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DEPARTMENT OF DEFENSE

Military’s transgender ban lifted

Secretary of Defense Ash Carter announces the new transgender policy for the Department of Defense at the Pentagon June 30.



PETTY OFFICER 1ST CLASS TIM D. GODBEE Department of Defense News Service

BY TERRI MOON CRONK
Department of Defense News Service
WASHINGTON, D.C. — Transgender service members in the U.S. military can now openly serve their country without fear of retribution, Defense Secretary Ash Carter announced June 30, a policy decision that overturns the ban on transgender service across all branches of service, effective immediately. Following a study at his direction, the secretary said three

main reasons led to the decision to lift the transgender ban: the force of the future, the existing force and matters of principle. “As a result of the yearlong study, I’m announcing today that we are ending the ban on transgender Americans in the United States military,” Carter said. “Effective immediately, transgender Americans may serve openly, and they can no longer be discharged or otherwise separated from the military just for being transgender.”

Further, he said, he has directed that the gender identity of an otherwise qualified individual will not bar him or her from military service or from any accession program. “(We in) the Defense Department and the military need to avail ourselves of all talent possible ... to remain what we are now — the finest fighting force the world has ever known,” Carter said. “Our mission is to

SEE POLICY, 10A

CHANGE OF COMMAND

Yakima Soldiers welcome new boss

BY RIO FERNANDES
Northwest Guardian
The sun shined on the parade field at Yakima Training Center June 30 as community members and service members watched Lt. Col. Jason Evers pass command of the training center to Lt. Col. Jarret D. Mathews. The ceremony began with the arrival of the official party, which led into remarks from Col. Daniel S. Morgan, Joint Base Lewis-McChord commander, about the importance of the center and its role in keeping service members prepared for any challenge. “As we’ve all seen over the last couple of days, how real of a threat, as our allies in Turkey are still dealing with a devastating attack,” Morgan said. “That is tied back to the readiness that this installation brings to our Soldiers, our Airmen, our Marines and our Sailors.”



Mathews



Evers

Morgan also took time to honor Evers and the legacy he left at the training center, pointing to the variety of successful training events and the installation’s commitment to “enabling readiness for our joint operations and warfighting com-

SEE YTC, 10A

IN THE NEWS



SENIOR AIRMAN JACOB JIMENEZ

Maj. Jennifer Jones competes in equestrian sporting events.

EQUESTRIAN COMPETITOR

Air Force major trains three-to-five times a week with her coach and is part of a dressage team called SKM Dressage. See story, 7A

JBLM FREEDOM FEST CELEBRATION

A HAPPY FOURTH OF JULY



SCOTT HANSEN Northwest Guardian

Layla Arce, 10, left, and her brother Benjamin, 4, middle left, and friends Cole Barcinas, 8, and his brother Eban, 5, ride the Dragon Wagon.

BY RUTH KINGSLAND
Northwest Guardian
Whether they came to chase the big bubbles, drool over the classy chassis, pet the pig and other animals, or enjoy the music, carnival rides, food and fireworks, thousands flocked to Joint Base Lewis-McChord’s annual Freedom Fest at Cowan and Memorial stadiums Monday for a celebration that didn’t disappoint. “Give them a big round of applause; they were groovy,” Kevin Wolfe said, as a few stunned audience members took their seats after helping the magician with an illusion that left a look of wonder on the faces of many who watched.

SEE FOURTH, 10A



Nick Mango, second from left, of Spanaway, celebrates after recording a vocalization for musician Blake Lewis, left. Lewis used the vocalizations from four volunteers to incorporate into one of his songs.

PROPER ORDNANCE DISPOSAL

Surprise! Civilian stops by visitor center with grenade

BY RUTH KINGSLAND
Northwest Guardian
Quick thinking on the part of military and civilians at the Joint Base Lewis-McChord Main Gate Visitor Center Tuesday morning defused what could have been a dangerous or even deadly, explosive outcome. At about 8:30 a.m., a 73-year-old Tacoma man brought in a Vietnam-era hand grenade, which had a missing pin, replaced by a paper clip, with the lever held in place only by

Scotch tape. The grenade was in a brown, plastic grocery bag. The man, Larry D. Ayers, walked up to window No. 1 and told 19-year-old Pvt. Trivaun George, who was working that window, he’d inherited an ammo can from his dad, a World War II veteran, according to George. “The man said that at the bottom of the ammo can he found a grenade,” George said. “I looked up just as (Ayers) was reaching down into the plastic

bag. He said he didn’t know what to do with it, so he brought it here. I was a little surprised — I wasn’t expecting him to pull out a grenade.” That’s when Cpl. Bryce Hooper got involved. Hooper is a Department of the Army Guard and was working security that day at the Lewis Main Visitor Center.



George

He said he was keeping an eye on the clerks, as he usually does, and watching for anything out of the ordinary or unusual. “I was listening, and I overheard the guy talking to Private George, who is kind of a quiet kid,” Hooper said. “The guy said his father had an ammo can and that kind of perked my interest.” As Ayers began to reach into the bag, Hooper took charge. He rushed up to Ayers and

SEE GRENADE, 10A

PERMANENT CHANGE OF STATION

New PCS program helping make system more efficient

BY RIO FERNANDES
Northwest Guardian

A newly created program for inprocessing and outprocessing through Joint Base Lewis-McChord was implemented recently in an attempt by commanding officials to allow service members to hit the ground running.

This revamped system for the permanent change of station program is longer, but is meant to be more efficient and save time in the long run, said Corey Akers, the chief of inprocessing for the Army at Waller Hall.

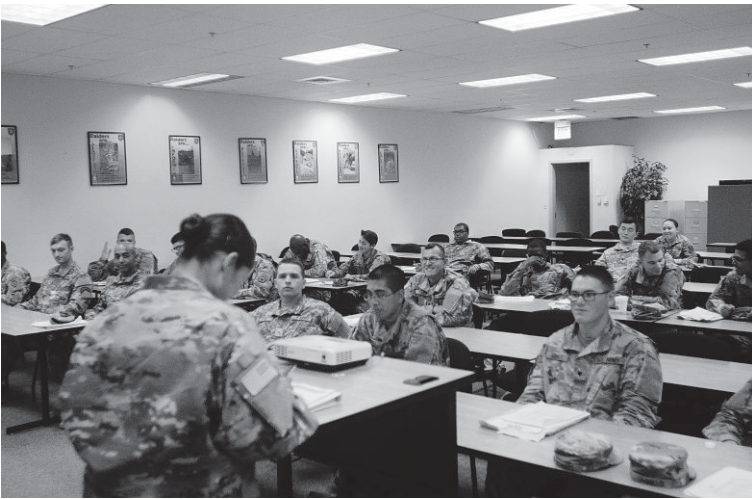
“History has shown us and the field commanders have told us that when service members come out of inprocessing, they aren’t ready to go into the battle,” Akers said. “What (Lieutenant General Stephen) Lanza wants is that when people come to JBLM, they are screened in the personnel, dental and finance (offices) before they go down to their units. We serve as the conduit to make sure the people coming out here are getting out effectively.”

Akers contends the old system wasn’t broken, but it was possible for mistakes — which led to delays — to occur. This could come from a breakdown in communications with a Soldier’s sponsor, or a mistake or missing information in the medical screening process that could create unnecessary delays. This new program scrubs potential transferees in an attempt to catch any issues that could halt the process.

The new process stretches across seven days as opposed to the older system that took five days. This includes a variety of briefs on finance, medical, dental, personnel and master resilience training. Meet and greets with unit sponsors are available, providing valuable time for transferees to learn more about their new assignment.

The goal of the new system is to allow service members to hit the ground running, but there is onus on those going through the process to make sure it goes smoothly, Akers said.

“Before people come to JBLM, they need to go on the JBLM inprocessing website to find out



RIO FERNANDES Northwest Guardian

Sgt. Shivon McNeil speaks to a group of incoming service members during a recent inprocessing brief at Waller Hall on Lewis Main.

what they need,” Akers said. “A lot of service members will need their DA form, 51-23-1; that’s the inprocessing form for an installation. If they went through that and personally scrubbed it, they would be a lot more squared away.”

For all pertinent information, service members are encouraged to explore the JBLM Directorate of Human Resources page at lewis-mcchord.army.mil/dhr/ag/, which contains information about inprocessing, outprocessing and sponsorships. Workshops are also offered at Waller Hall to provide tips and information for service members going through the PCS process.

For Air Force members, the key to a speedy PCS process is a commitment to completing the checklist, according to Capt. Maxfield S. Shea, of the 627th Force Support Squadron.

“Time goes by faster than people think,” Shea said. “Airmen should make sure they have all checklist items checked off in the vMPF outprocessing checklist prior to their final outprocessing appointment at the (Military Personnel Section). Anyone may make an appointment with our relocations technicians here in the MPS to help resolve issues that come up, but the more time we have the less stressful it’ll be.”

For Air Force inprocessing, sessions are held Monday, Tuesday and Thursday at 9 a.m. and

finance sessions are held Monday and Thursdays at 7 30 a.m., Shea said.

Vincent Griffin, the lead for outprocessing for the Army, said that it’s important for those going through outprocessing to stay on top of everything. This means to report to Waller Hall 30 days before the expected relocation date, and to contact health providers to begin all necessary medical screening.

“They need to keep in mind that this is their PCS,” Griffin said. “No one is going to take care of themselves better than the actual service member. Once they get notified of an assignment, make sure they act right away.”

Second Lieutenant Corey Medeiros, of the 2nd Brigade, 2nd Infantry Division, experienced the new inprocessing program first hand and learned how it differs from his previous experiences.

“The big improvement was having contact for my sponsor ahead of time,” Medeiros said, who transferred from Fort Riley, Kan. “That was the biggest thing that made this move a lot easier. Having the sponsor’s contact information really facilitated the process of getting indoctrinated into the base. The reception unit did a very (good) job of getting our paperwork ahead of time so that when we did our briefings, we knew what to expect. The process was very smooth.”

NEWS IN BRIEF

JBLM shopper wins \$5,000 in Exchangewide sweepstakes

A military spouse was awarded a \$5,000 prize by the Army and Air Force Exchange Service Wednesday at the McChord Field Exchange.

Michael Einer, Exchange general manager, presented a \$5,000 check to Suhrhim Lee, of Spanaway, in the store.

Lee was selected at random from more than 12,000 Army and Air Force Exchange Service shoppers worldwide who entered to win the Ford Gum Sweepstakes, which offered shoppers a chance to win a \$5,000 trip to Chicago.

“When they first left me a voicemail to tell me I’d won, I thought it was a scam because I didn’t remember that I entered into a sweepstakes,” Lee said. “I didn’t call back, and when he called the next day I finally remembered I’d entered. I was in disbelief.”

Since Lee’s husband, Army Special Forces member Sgt. 1st Class Seungshik Lee, will be in Fort Benning, Ga., for training until at least November, Lee opted to take the prize’s cash value instead, though it will be earmarked in the family budget for a future vacation.

“Being in the Special Forces, my husband is deployed or off for training quite a bit during the year,” she said. “It’s always one thing after another. So any time we get to spend together is good.”

Einer said the Exchange is proud to give the prize to a military spouse who sacrifices so much in the name of protecting American freedoms.

“Enduring long periods of time away from her spouse, Ms. Lee is living proof that the military spouse is the backbone of the American military family,” Einer said. “This prize serves as a small token of our appreciation for Ms. Lee’s dedication to not only her family, but her country.”

— ARMY AND AIR FORCE EXCHANGE SERVICE

‘Jedi at the Exchange’ coming to Joint Base Lewis-McChord

The Force will most definitely be with families at Joint Base Lewis-McChord on Saturday and Sunday thanks to the Army and Air Force Exchange Service.

“Jedi at the Exchange” will offer Disney-approved Jedi training – similar to that offered at Disney theme parks – for children ages 4 to 12 at the Lewis Main Exchange on Saturday from 11 a.m. to 5:30 p.m. and at the McChord Field Exchange on Sunday from 11 a.m. to 5 p.m.

During each session, Jedis-in-training will learn how to wield a lightsaber, be trained in the ways of the Force and receive an official certificate stating they have completed the training. Robes and lightsabers will be provided, though aspiring Jedis may bring their own costumes if they so choose.

The McChord training session will be held from in front of the Exchange Food Court. Parents may register their children for the event from 4 to 8 p.m. outside the front of the main store in the food court patio area.

The Lewis Main training session will be held in front of the main store. Space for the event is limited, and parents may register their children for the last remaining spots at the manager’s office.

More than 5,000 children participated in 21 Jedi at the Exchange events in 2015, which were held in anticipation of the worldwide release of “Star Wars: The Force Awakens.”

— ARMY AND AIR FORCE EXCHANGE SERVICE

Registration is now open for dental assistance program

Joint Base Lewis-McChord’s Dental Command and the American Red Cross offers Department of Defense ID card holders to apply for a 300-hour dental assistant program. This program is designed to provide a marketable training opportunity for the volunteer while providing volunteer assistance for the dental clinics.

Applications are being accepted now through July 29. Program dates are from Sept. 6 to Nov. 18.

To participate in this program, you must become an American Red Cross volunteer. For an application or questions please contact the Madigan Army Medical Center’s Red Cross office at 253-968-1055 or email jblm@redcross.org.

— AMERICAN RED CROSS

Goldfein sworn in as the 21st Air Force chief of staff July 1

General David L. Goldfein was sworn in as the Air Force’s 21st chief of staff by Air Force Secretary Deborah Lee James during a ceremony at the Pentagon July 1.

As the Air Force’s most senior uniformed leader, Goldfein is responsible for ensuring the 660,000 active-duty, Guard, Reserve and civilian Airmen under his command are fully trained and equipped. He also joins the Joint Chiefs of Staff as an adviser to the secretary of defense, National Security Council and the president of the United States.

“The Air Force is going to be relying on your determination, General Goldfein, to improve readiness, to improve our modernization, and most importantly -- always at the top of the list -- taking care of our Airmen,” James said. “It is a huge responsibility, it’s also an honor, and it’s also a great privilege, and I have every confidence that you are going to take our Air Force to new heights.”

One of Goldfein’s first acts as chief of staff was to make a pledge to his Airmen.

“(This is) my commitment to you -- to work every day to give you everything I’ve got, to leave nothing on the table, to remain laser-focused on warfighting excellence, to find the opportunity in every challenge, to treat team building as a contact sport, and to be worthy of this honor,” he said. “And I can’t wait to get started. Fight’s on!”

In his previous position as the Air Force’s vice chief of staff, Goldfein presided over the Air Staff, and served as a member of the Joint Chiefs of Staff Requirements Oversight Council and Deputy Advisory Working Group.

— AIR FORCE NEWS SERVICE

An Air Force MQ-9 Reaper UAV crashes over northern Syria

An MQ-9 Reaper crashed in northern Syria Tuesday. The aircraft was flying a combat mission when positive control of the aircraft was lost. The remotely piloted aircraft crash was not due to enemy fire. There are no reports of civilian injuries or damage to civilian property at the crash site.

The MQ-9 was destroyed by coalition aircraft and is not in enemy hands.

An investigation board will convene to determine the specific cause of the crash.

— U.S. AIR FORCES CENTRAL COMMAND PUBLIC AFFAIRS

VOLUNTEER OF THE MONTH

Helping others is volunteer’s passion

BY RUTH KINGSLAND
Northwest Guardian

Transitioning from civilian life to being a military spouse is hard enough; then add in the challenges of growing up in the Dominican Republic, living in Puerto Rico and then New York and Japan. There are language and cultural differences, but one thing remains constant: the joy you get in volunteering, according to Maribel Paulino, who moved to Joint Base Lewis-McChord one year ago with her two young sons and military husband.

“When I help other people, I feel good,” Paulino said. “It’s my passion.”

Paulino is JBLM’s July Volunteer of the Month. Nearly every month, a volunteer from one of the more than 300 organizations on base is highlighted for dedication and service, according to Lori Parker, installation volunteer corps program manager.

“We are very fortunate to have Maribel as a volunteer here at JBLM,” Parker said. “She is very enthusiastic, very passionate about volunteering, very knowledgeable and willing to do whatever it takes with a smile on her face.”

Paulino is the wife of Staff Sgt. Daniel Morales, 1st Battalion, 23rd Infantry Regiment. The couple has two sons: 8-year-old Julio, and 7-year-old Sebastian, both students at Hillside Elementary School.

Paulino is a volunteer with the Armed Forces Family Action Plan and also gives of her time to Santa’s Castle. In her free time she enjoys cooking and volunteering as a Zumba instructor, as needed, with Warrior One.

Paulino and Morales grew up in a small town in the Dominican Republic. Her family owned the local radio station and his family owned a pizza restaurant.



RUTH KINGSLAND Northwest Guardian

Maribel Paulino, a volunteer with the Armed Forces Family Action Plan and Santa’s Castle, is JBLM’s July Volunteer of the Month.

After graduating from high school, she attended the Universidad del Sagrado Corazan (University of the Sacred Heart) in San Juan, Puerto Rico, where she earned a bachelor’s degree in marketing and logistics.

Morales “fell in love with me and followed me there,” Paulino said.

She was a bit younger than him when she started college, at 17; he was in his early 20s.

“He asked if I would consider being his girlfriend,” she said, adding she told him one of the requirements would be that he get his degree, which he did.

The terrorist attacks on Sept. 11, 2001, had an impact on the young couple, even though it was many miles away.

“When 9-11 happened, I just remember (Morales) said, ‘I wish I could go and help,’” she said.

Although she said she remembers thinking he was a bit crazy, his passion for joining the Army persisted. She said she felt the need to support him.

After they married, June 14, 2003, and before their first son was born, Morales joined the

Army. He’s been stationed in Okinawa, Japan, and Fort Jerome, N.Y. — in addition to service in Iraq.

Paulino said her volunteer activities began while she was in New York and her husband was deployed. She would talk to him by phone and he’d say he was at the USO.

“I wanted to know what the USO was and who was being so kind to let him call from there,” she said.

“I asked how I could help,” she said. “I didn’t know a lot of English then, but I knew I could help in some way. I was right. I found my love — my passion.”

Paulino later volunteered with the American Red Cross in Okinawa and, since coming with her family to JBLM, she has been a volunteer with several groups on base.

“I love volunteering,” she said. “I could work for money, and that’s good, too, but I feel better doing it without being paid. My (motto) is: Look at ways to be successful and be positive and active. Keep focused and find ways to help others.”

QUOTE OF THE WEEK

“It has been said that security is like oxygen: if you have it, you don’t think about it. But if you don’t have it, that’s all you can think of. The Muslim-Americans who now serve our nation in uniform, as well as the many more who support their mission in a civilian capacity, play a critical role in providing that oxygen to the world, alongside their fellow service members and colleagues of every faith and every background.”

Ash Carter
Secretary of Defense

ALSO INSIDE



SCOTT HANSEN Northwest Guardian

ARCHERY: Young archers participate in a Get Fit, Be Strong archery camp at the JBLM CYSS gymnasium on Lewis Main. **See story, 1B**

NWGUARDIAN.COM

- **Zika vaccine:** Doctors at the Walter Reed Army Institute of Research have developed a Zika vaccine that they’ve successfully tested on mice, are now testing on monkeys and hope to begin testing on humans later this year. Their study, published June 28 in the journal “Nature,” demonstrated how mice developed immunity to Zika after injection with a purified inactivated virus vaccine, called ZPIV. The study also involved a second type of vaccine developed by research collaborators at Harvard Medical School.
- **Protect against fraud:** Fraud against TRICARE beneficiaries is in the news. Protecting your personal information is vital to your privacy, and prevents abuse of taxpayer funds. Be safe; don’t



share your military ID or other personal or family information with an unknown person. Fraudsters often target TRICARE beneficiaries, including active duty service members. Examples include fake surveys used to collect personal information or offering gift cards to get your information, then billing TRICARE for services you didn’t need or never received.

HANUMAN GUARDIAN 2016

Lancers build relations in Pacific

BY CAPT. DEREK WAMSLEY
2nd Brigade,
2nd Infantry Division

Hanuman Guardian 2016 kicked off June 27 to provide the Royal Thai and U.S. armies with challenging training scenarios, improve military readiness to respond to a crisis and enhance relations between the two long-standing allies. Brigadier General Brian Alvin, deputy commanding general for the United States Army Reserve, and Lt. Gen. Thakonkiat Nuanyong, director general of the Royal Thai Army Training Command, presided over the opening ceremonies June 27. “This year’s exercise marks 183 years of U.S. and Thai relations,” Alvin said. “You are our oldest treaty ally in Asia, and we have a proud history



PFC. DAYMEON EVANS U.S. Army Photo

Brig. Gen. Brian Alvin, left, exchanges a plaque with Lt. Gen. Thakonkiat Nuanyong at Fort Adisorn, Thailand, June 27.

of close cooperation and friendship between our militaries.

“This partnership has not only stood the test of time but also proved beneficial for our

two countries as we work together to promote continued prosperity in the Pacific region.” The bilateral exercise focuses on improving humanitarian assistance and disaster response capability, medical care, search and rescue operations, aviation and aviation maintenance interoperability and military planning. The exercise’s culminating event is a joint-staff exercise to help both nations enhance their skills in staff planning and execution of humanitarian assistance and disaster response missions. “This is a great opportunity to sustain readiness in a different environment,” said Maj. Michael Taylor, the operations officer for 2nd Bde., 2nd Inf. Div. “Together with the (Royal

Thai Army), we’ll conduct a robust training plan that will address a wide range of humanitarian assistance capabilities and overall readiness that will also benefit the greater community if ever called upon.” In addition to their work in Thailand, Soldiers from the Lancer Brigade will work in the Philippines, Malaysia and Indonesia. “Hanuman Guardian is part of a series of exercises in the region that strengthens our relationships, builds readiness and stresses our capabilities together,” Taylor said. “When Pacific Pathways is complete, our forces will have gained a better understanding of our partners in the region and how to work with them in the future.”

62ND MAINTENANCE SQUADRON

PMEL has precision down to millionth

BY SENIOR AIRMAN
JACOB JIMENEZ
62nd Airlift Wing Public Affairs

McChord Field Airmen provide global airlift on a daily basis and Airmen from the 62nd Maintenance Squadron Precision Measurement Equipment Laboratory contribute some uncommonly known services to make that happen. The PMEL shop, part of the 62nd MXS test measurement diagnostic equipment flight, is responsible for calibrating equipment that is used in virtually every phase of maintenance on McChord Field and throughout numerous government organizations in the Pacific Northwest. The Airmen from the PMEL shop use exacting attention to detail to take measurements in increments as small as millionths to ensure equipment is properly calibrated from torque wrenches for C-17 maintainers to jet engine test cells in Oregon. “Many people think we just do pressure gauges and torque wrenches,” said Senior Master Sgt. Jessica Stevens, 62nd MXS test measurement diagnostic equipment flight chief. “We have a very large scope of re-



SENIOR AIRMAN JACOB JIMENEZ 62nd Airlift Wing Public Affairs

sponsibilities and a wide variety of equipment we calibrate.” The PMEL shop provides services for customers such as the U.S. Coast Guard District 13, the Oregon Air National Guard, and the Western Air Defense Sector. “We are a customer focused organization,” said Master Sgt. Daniel Thomas, 62nd MXS PMEL section chief. “The four things we ensure for every piece of equipment is safety, accuracy,

reliability and traceability. This is our goal and mission.” With this approach, and Department of Defensewide force reduction, the PMEL shop had to make dramatic changes to perform more efficiently with less Airmen. Over the last two years, the shop’s manning was reduced from 33 Airmen and civilians to a team of 22 people. “When we started losing people, we changed our operating mindset,” Thomas said. “We

looked at how we could streamline processes and improve turnaround time with less manning.” The PMEL shop decided to implement a more efficient process that focused on only inspecting and evaluating jobs more prone to errors. “We started to focus on risk areas to identify jobs more prevalent to have issues,” Thomas said. “This helped us reduce man-hours and our customers with turnaround time.”

In addition to this change, the PMEL shop also helped reduce man-hours needed for servicing customer equipment by taking a greater initiative to evaluate customer inventories and assist in recommending better equipment. “We are constantly looking to find alternative solutions for customers’ equipment that are more reliable and have longer calibration cycles,” Thomas said. “We want our customers to have more efficiency when buying new equipment.” One example of this initiative recently, was PMEL advising the 62nd MXS aerospace ground equipment flight in purchasing a new type of gauges that would be more reliable and have longer calibration cycles, according to Stevens. The purchase resulted in more than 1,000 PMEL man-hours saved yearly. “One of my goals is to help customers to examine their inventories for ways to better their efficiency,” Thomas said. “With a reduction in our manning, we have to think smarter.” The end result is calibrations that would usually take a few days are being completed in a few hours, Thomas said.

REGIONAL HEALTH COMMAND-PACIFIC

RHC-Pacific welcomes new commanding general

BY EMILY YEH
Regional Health Command-Pacific Public Affairs

FORT SHAFTER, Hawaii — Regional Health Command-Pacific conducted a change of command ceremony at historic Palm Circle on Fort Shafter, Hawaii, June 30 to bid farewell to Maj. Gen. Patrick Sargent, outgoing commanding general, and to welcome Brig. Gen. Bertram Providence, incoming commanding general. RHC-P is comprised of medical, dental, veterinary, and public health facilities at Joint Base Lewis-McChord and throughout Washington state, as well as in Alaska, California, Hawaii, Japan and South Korea. Major General Robert Tenhet, deputy surgeon general and

deputy commanding general (Support) U.S. Army Medical Command hosted Soldiers, staff, family, friends and distinguished guests who gathered to honor both generals as they assume their new roles. Sargent who assumed command of RHC-P in 2014, moves into his new position as the deputy commanding general (Operations), U.S. Army Medical Command; and chief, U.S. Army Medical Service Corps, Joint Base San Antonio, Texas. “Over the course of my tenure in command at RHC-P, I have watched every organization on this field elicit greatness from their organization as they delivered safe, high-quality care to their beneficiaries and exported medical diplomacy across the



EMILY YEH Regional Health Command-Pacific Public Affairs

pacific region,” Sargent said. Providence previously relinquished his position as the command surgeon, U.S. Army Forces Command, Fort Bragg, N.C., to assume the position of commanding general, RHC-P; command surgeon, U.S. Army

Pacific; and senior market manager, Hawaii Enhanced Multi-Service Market, Honolulu. Providence will build upon the work of previous leaders by ensuring RHC-P’s military treatment facilities continue to provide safe, high-quality and ac-

cessible world-class medical care to beneficiaries. He will also ensure RHC-P remains a credible partner and key enabler, managing medical diplomacy to the 36 nations in the Indo-Asia-Pacific region. “To Soldiers, civilians and family members of the command, the fundamental goal of military health care is to maximize readiness which is different from any other health care system in the United States,” Providence said. “We can only be successful in this effort if we work as a team. It takes a team to succeed; no one can do it alone. “I truly thank you for all you do on a daily basis to help ensure our military and our nation remain ready to fight and win.”



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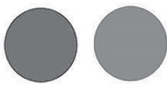
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STRAIGHT TALK

To join the “Straight Talk” conversation, visit facebook.com/JBLewisMcChord



What did you enjoy most July 4?

“Spending time with my family.”

— MELINDA WILDE

“Blake Lewis! My daughter got called on stage with him.”

— ALLYSON WENTZ

“Stage performances and quality time with friends.”

— ASHLY CLARK

“The 50-gun salute and the 50-state flag and the six-territory flags. That was really cool to see.”

— TAWNY JO

“Awesome fireworks show. Best I’ve ever seen. Kids loved it.”

— LUCAS HANKS

“Time with family and not having to drive to see good fireworks shows thanks to people setting them off in my neighborhood.”

— DARYL AYALA

“Smaller crowds at Freedom Fest! We were actually able to walk without being bumped into.”

— VIRGINIA RUIZ CRUZ

“Murica!”

— ERWIN RATUITA

“Freedom Fest was really nice!”

— KEVIN JAMES

Next week’s question

What are three things you need to relive your childhood summer day?

VIEW FROM THE TOP



SGT. SINTHIA ROSARIO 5th Mobile Public Affairs Detachment

A competitor completes weapons qualification as part of the I Corps First Sergeant of the Year competition recently at Joint Base Lewis-McChord. The competition tests each individual on warrior skills and promotes esprit de corps.

Competition good way to test leadership skills

BY 1ST SGT. CARL J. MORANSKI II
66th Military Police Company

When Soldiers ask why I competed in the Best First Sergeant competition at this year’s I Corps Best Warrior competition, the answer is always the same.

First, competition breeds excellence and gave me a goal to set my sights on. I tell them that in everything we do, we have to have a goal because if we don’t we are sitting still — going day in and day out without a task and purpose.

Second, I wanted to be an example for my Soldiers. It’s hard for anyone to motivate their Soldiers to do something if they aren’t willing to do it themselves.

After hearing about the competition, my battalion command sergeant major at the 504th Military Police Battalion had two of his first sergeants in mind. I put my packet together and submitted it through the S3 channels.

My assumption was that this competition would be an oral board and

packet review. A couple of weeks later, I received an email containing the packing list and schedule of events.

I was excited to find out my name was selected to represent the 42nd Military Police Brigade, and to also find out we were going through the same physical gambit that the Soldier/Noncommissioned Officer of Year competitors were going through.

Once the competition started, our group of first sergeants quickly bonded. There was no “I’m the best first sergeant, don’t talk to me” mentality in the group. We shared stories of things we had to deal with and were always supportive of each other in every event.

The competition itself was very challenging, but none of the events were difficult by themselves. The rapid succession of events is what made it all miserably fun. We had to push ourselves to be competitive while trying to conserve energy to finish.

As a senior NCO, it was awesome to “embrace the suck” with the junior competitors. The old Soldiers motivated the younger Soldiers and NCOs just by being there.

As a senior NCO, it was awesome to “embrace the suck” with the junior competitors. The old Soldiers motivated the younger Soldiers and NCOs just by being there.

One day, these Warriors will take my place, and from talking with the Soldiers and NCOs during this competition, I know the Army of the future is in good hands.

The best thing I received from winning the competition has been seeing my Soldiers walking around a little bit taller, knowing their first sergeant represented the organization and won. And already, I am seeing Soldiers more excited to compete at the next battalion board.

For me, that makes it even more worth every obstacle, task and grueling mile.

CHAPEL SERVICES

CATHOLIC MASSES

Saturday, 4:30 p.m. — Madigan Chapel

Saturday, 5 p.m. — McChord Chapel No. 2; (reconciliation at 4 p.m.)

Sunday, 9 a.m. — Main Post Chapel

Sunday, 9 a.m. — Madigan Chapel

Sunday, 10 a.m. — McChord Chapel No. 2

Sunday, noon — Evergreen Chapel

Sunday, 5 p.m. — Main Post Chapel

Daily (Mon-Fri), noon — Lewis North Chapel

Daily (Mon-Fri), 11:45 a.m. — Madigan Chapel; call 253-968-1125

1st Fridays, noon — McChord Chapel No. 2

PROTESTANT SUNDAY

9 a.m. — Liturgical — Soliders Chapel

8:30 a.m. — Traditional — McChord Chapel No. 1

10 a.m. — Contemporary — Four Chaplains Memorial Chapel (chapel Next)

10:30 a.m. — Collective — Main Post Chapel

10:30 a.m. — Collective — Madigan Chapel

10:30 a.m. — Contemporary — Evergreen Chapel

11 a.m. — Contemporary — McChord Chapel Support Center

11 a.m. — Gospel — Lewis North Chapel

DIVERSE WORSHIP

Jewish

1st, 3rd & 5th Fridays at 6 p.m. — BLDG T-2002, 968-2310

Islamic

Fridays, 12:30 p.m. — Four Chaplains Memorial Chapel, 968-1125

Buddhist Thursday, 6 p.m. — Lewis North Chapel, 966-5959

Pagan/Wiccan

Wednesday, 7 p.m. — Building 6230, Lewis Main, 907-952-4156

JBLM SNAPSHOT



CAPT. BRIAN HARRIS 16th Combat Aviation Brigade

Army Soldiers, assigned to 16th Combat Aviation Brigade, 7th Infantry Division, at Joint Base Lewis-McChord, prepare to conduct gunnery during training at Yakima Training Center June 25. The Soldiers were part of a battalion-sized live-fire exercise that included both ground and air assets.

THIS WEEK IN HISTORY

July 8, 1950: Gen. Douglas MacArthur named commander, UN forces in Korea.

July 9, 1776: Declaration of Independence read aloud to Washington’s troops.

July 10, 1962: U.S. Patent issued for three-point seat belt.

July 11, 1812: U.S. invades Canada near Detroit.

July 12, 1862: Congress authorizes the Medal of Honor.

July 13, 1955: Last woman hanged for murder in Great Britain.

July 14, 1099: Jerusalem captured in First Crusade.



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U.S. ARMY INSTALLATION MANAGEMENT COMMAND

Murphy participates in IMCOM Town Hall

BY JADE FULCE

IMCOM Public Affairs

FORT SAM HOUSTON, Texas — The U.S. Army Installation Management Command hosted a worldwide town hall with the Under Secretary of the Army Patrick Murphy via teleconference June 28.

More than 70 garrisons connected to the town hall and employees were able to stream it live online.

In his opening remarks, Lt. Gen. Kenneth Dahl, the IMCOM commanding general, said he asked Murphy to speak directly to the 58,000 civilians in the IMCOM workforce about transformations in the Army during an office call about a month ago.

“It was great for me to hear it,” Dahl said. “But you really need to hear it and you need to hear it from your senior civilian leadership,” he told the worldwide audience.

Wherever possible, IMCOM leaders invited Soldiers and civilians to gather in theaters and conference rooms to participate. Where that wasn’t available, a live stream was provided so employees could watch from their desks.

“I want to talk to the Army team,” Murphy said. “The Army team is 1.3 million strong with 1 million Soldiers and 300,000 civilians. We are one team, one fight — My job is to fight for the Army.”

Murphy emphasized the Army’s number one priority is readiness, which meant being



Blair Ferrier controls the video screen at Fort Sam Houston Theatre for the Installation Management Command Town Hall for Army employees around the world June 28.

“We have to do a better job of telling the Army story. Every single one of us is a recruiting officer. We should be asking ourselves what we are doing to talk about the Army to our sons and daughters; our nieces and nephews.”

Patrick Murphy
Under Secretary of the Army

asking ourselves what we are doing to talk about the Army to our sons and daughters; our nieces and nephews.”

The town hall ended with Murphy thanking the workforce for everything that they do.

IMCOM employee Alfreda Arnold thought that it was “a wonderful thing” that Murphy was able to take time out of his schedule and bring some light to the issues that are going on with the Army.

Melissa Sturgeon, the IMCOM deputy director for operations, said it was great seeing and hearing Murphy on the teleconference because it demonstrated his passion for the Army.

“It is nice to see that level of enthusiasm and that energy applied to leading the Army,” Sturgeon said. “That make us more excited to do our job and it was obvious that he values our command.”

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62ND AIRLIFT WING

Airman pursues equestrian passion

BY SENIOR AIRMAN JACOB JIMENEZ
62nd Airlift Wing Public Affairs Office

A small gathering of spectators watch silently as a horse and its rider slowly round a corner of the course and gracefully go into a new set of movements. The rider is formally dressed and commands the horse with ease as they transition from each movement.

An Airman and competitor, Maj. Jennifer Jones, 627th Communications Squadron director of operations, competes regularly in equestrian sporting events called dressage competitions.

Jones said she always loved horses as a kid, but was encouraged to pursue sports by her parents. In her teen years she played soccer and later rugby at the U.S. Air Force Academy, in Colorado. Upon graduation from the academy she followed her passion and began taking riding lessons and bought her first horse named Monaco.

“He was a great horse and he taught me a lot about riding,” Jones said. “He wasn’t the bravest horse, but he helped me grow as a rider.”

After buying Monaco, Jones began competing in equestrian competitions such as Western Pleasure, Hunt Seat, Show Hunter, Eventing and crosscountry equestrian. While working an Air Force assignment in Florida, her horse Monaco suffered an injury tearing one of his ligaments in his left front leg which led to very long recovery period and ultimately ended in Jones having to retire him as a competition horse.

“Though it seemed to be fully recovered, he kept tearing the ligament whenever we began training,” Jones said. “He kept getting hurt so we decided to let him just be a horse.”

The loss of her horse and a friend, in a sense, was hard on Jones. She lost touch with riding for more than three years.

After being assigned to JBLM, Jones’s decided to start taking riding lessons again and reignited her passion for riding.



SENIOR AIRMAN JACOB JIMENEZ 62nd Airlift Wing Public Affairs



Maj. Jennifer Jones, 627th Communications Squadron director of operations, removes her riding gear from her horse, Campari, at the recent Summer-vale Premier Dress-age show in Roy.

Jones warms up prior to a dressage competition at the recent Summervale Premier Dressage show in Roy.

she found the right one. She found Campari — also known as Cam.

“We just hit it off,” Jones said. “The owner was surprised at how well he responded to me

“Doing this makes me a much more patient person, there is one thing I’ve learned from riding and that is things don’t always have to happen right now; you can always ask again,” Jones said. “I think that this makes me a much more balanced person.”

Maj. Jennifer Jones
627th Communications Squadron

riding him. He was just a little bit temperamental.”

Over the last two years, Jones and Cam have been training and competing in dressage events nationally. Jones and Cam completed their first dressage competition in June at the Summer-vale Premier Dressage show in Roy. Jones placed third in the show and will compete again July 22 to 24 at the DevonWood Equestrian Centre’s dressage show in Sherwood, Ore.

“We are off to a rough start this year,” Jones said. “He can do better than me at this point so it’s frustrating. The only thing he does incorrect is that he wants to do things in his own time.”

Jones trains three to five times a week with her coach and is part of a dressage team called SKM Dressage. Dressage is one of the highest levels of equestrian training and requires riders and their horses to be proficient in a variety of technical movements and to perform according to high dressage standards, according to Jones.

“Competition judges look at the form of the horse, how he walks, accepts commands, if they are fluid in their movements and the overall harmony between the rider and the horse,” Jones said. “They look at how well you carry out the dressage principles.”

Although her training has made her a better rider, Jones said it has also affected how she handles challenging circumstances in her professional and personal life.

“Doing this makes me a much more patient person, there is one thing I’ve learned from riding and that is things don’t always have to happen right now; you can always ask again,” Jones said. “I think that this makes me a much more balanced person.”

Airmen under Jones are in agreement that she is enjoyable to work with.

“I think she is a great communicator and good at setting goals and guidelines for the squadron,” said 1st Lt. Bradley Graves, 627th CS client services and networks officer in charge. “She is very clear about letting us know where we are at and how we are doing as a unit.”

Having progressed as a rider Jones credits many of her accomplishments to the support she receives from her squadron.

“They always make it possible for me to take the time I need to be with Cam,” Jones said. “If it wasn’t for their support, we wouldn’t be this far along the road.”

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Health Beat

MADIGAN SHOUT OUT

Captain Elizabeth Poindexter was recently awarded the prestigious Uniformed Services University of the Health Sciences’ Board of Regents Award after completing the rigorous 36-month Doctorate of Nursing Practice program. Poindexter was just one of three students to earn the award, and ranked as number one of 53 graduating nursing students completing phase two at Madigan’s site. The Board of Regents Award is the highest honor given to graduating students exemplified by scholarship, leadership and service. Poindexter is one of Madigan’s newest family nurse



practitioners and will be working in the Primary Care Service Line at the Winder Clinic. Pictured are, from left, Dr. Karen Guice, assistant Secretary of Defense for Health Affairs; retired Lt. Gen. Ronald Blanck, chair of the Board of Regents; Poindexter; and Dr. Charles Rice, president of USUHS.

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Tricare On-Line: tricareonline.com
United Health Care: uhc-militarywest.com, 877-988-9378
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Tricare Express-Script pharmacy service: 877-363-1433 or www.express-scripts.com
Referral Coordination Center Hotline: 253-968-2903

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BEHAVIORAL HEALTH SERVICES
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Life Line: 800-273-8255 (Option 1)
Exceptional Family Member Program: 253-968-0254/1370
Armed Forces Blood Bank Center: 253-968-1850
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Veterinary Treatment Facility: 253-982-3951
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Madigan Army Medical Center website: mamc.amedd.army.mil
Email: usarmy.jblm.medcom-mamc.mbx.pao@mail.mil
Fisher House: 253-964-9283

HOT SHOP HEROES

Soldiers’ art exhibit comes to Madigan

BY SUZANNE OVEL
Madigan Public Affairs

Patients and other visitors coming into Madigan Army Medical Center’s Medical Mall can now take in glass art created by Soldiers and veterans from the Warrior Transition Battalion.

The art ranges from whimsical pieces to ones depicting Soldiers’ experience downrange — a memorial display, the tears and blood of war, and a more lighthearted battle between a scorpion and a camel spider.

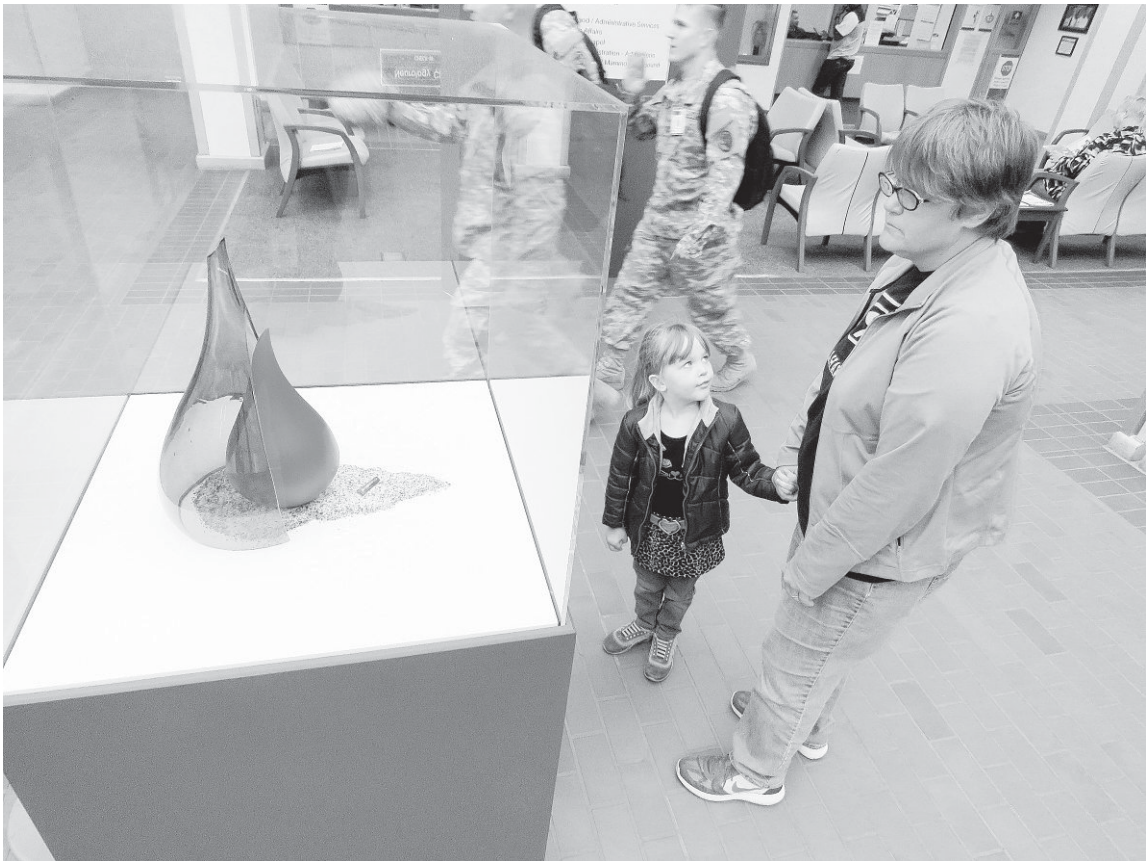
The exhibit is on loan through November from the Museum of Glass in Tacoma, where the artists created the pieces through the Hot Shop Heroes program. The course is a joint venture between the museum and the WTB here to allow Soldiers and veterans to heal through the art of blowing glass.

“We’re grateful for the opportunity to showcase our own Soldiers’ art right here at Madigan,” said Col. Michael Place, the Madigan commander. “The art is amazing, but more than that, it is a poignant reminder of the trials our Soldiers have been through. It also reminds us that community programs can and do help our Soldiers heal in their hearts and their minds,”

Instructor Patricia Davidson said it takes courage to work with molten glass in more than 2,000 degrees of heat, although it takes even more courage to express oneself truly through art.

“Seeing your deepest experiences clearly, so that you can manifest physical objects and then put them on display for all eyes to see — these are the supreme acts of bravery,” Davidson said, who along with instructor Greg Owen taught the art of glass blowing to 150 students since the Hot Shop Heroes program started more than two years ago.

The Hot Shop Hero partici-



SUZANNE OVEL Madigan Public Affairs

Jennifer Boisen, right, and her daughter, Georgia, 4, take in the Hot Shop Heroes exhibit at Madigan Army Medical Center June 17. The glass art was created by Soldiers and veterans from JBLM.

“Rank gets shed, experiences get shed, and we’re just kind of stripped down just to us and dealing with people as people.”

“F.M.” Bonsall
Retired Army staff sergeant

pants began the planning process for the first exhibit of their work in early 2015; all of the pieces embody a special significance to the artists who created them.

“They all mean something very, very important to us,” said Sgt. 1st Class Peter Bazo, a platoon sergeant at the WTB and one of the artists of the exhibit. He worked on the battlefield memorial piece, “The Final

Goodbye,” and helped to design the “Taste of Blood and Tears.” While the Iraqi Martyr’s Memorial in Baghdad served as the original inspiration for the piece (Bazo’s brigade was headquartered there in the early days of Operation Iraqi Freedom), the final piece’s symbolism was more universal.

“I wanted to display something to show that even though the blood has dried, there are

still thousands of tears on top of it,” Bazo said, an artilleryman who deployed four times to Iraq and Afghanistan.

The salt and shavings of iron it rests upon reflect the taste associate with it, “salt for tears, iron for blood, and it occasionally spills out.”

The third piece on the T-wall, “Nasty Surprise Underfoot,” was thought up by retired Staff Sgt. “F.M.” Bonsall. He deployed six times to Afghanistan and Iraq as an infantryman.

By his second tour in Iraq, they’d sometimes see six to 10 improvised explosive devices a night. He found that IEDs were a common experience for everyone who deployed to that region, so Bonsall began to think that the exhibit needed a piece

about them. “I struggled with it at first; I struggled about even mentioning it,” Bonsall said, who retired after 18 years in the service. “It was such a large part of our life over there. But I’ve lost friends to IEDs; I got a friend that’s paralyzed — It just screamed that it needed to be done. I put a piece of myself into this work.”

He also rediscovered some of himself while in the program, to include rebuilding his ability to trust again — something he lost downrange. At the hot shop, Bonsall started connecting with his fellow artists as they got together weekly to create glass art.

“Rank gets shed, experiences get shed, and we’re just kind of stripped down just to us and dealing with people as people,” he said.

For Bonsall, the whole experience was “powerful in a deep, subtle way.” He started art school in January to lay the foundational skills to become a glass artist.

This building of resiliency and healing the spirit overall can be one of the key ways art can help heal.

“There’s a lot of deep, personal growth that happens here and deep healing that happens with the Soldiers in this environment,” Davidson said. “(It) gives them the ability to reach into themselves, to parts of themselves that lay dormant.”

Officials with the museum and the Army hope that the Hot Shop Heroes program can serve as a blueprint for other museums throughout the country to help other veterans to heal from seen and unseen injuries.

All active-duty service members and veterans from all services and eras are eligible to join the Hot Shop Heroes program. For more information, visit museumofglass.org/hot-shopheroes.

HEALTH GOALS

Lifestyle tips for summer, fall in the Evergreen state

BY 2ND LT. JOURDIN STEWART
Madigan Dietetic Intern

So now that it’s near the second half of the year, are you still going strong with those New Year’s resolutions? How are you doing with maintaining healthier habits?

Well, just in case you need some more tips to help you finish 2016 like you started, this article is here to give you just that.

The summer and fall are wonderful times of the year to visit the local farmers markets in the surrounding Tacoma and Olympia areas. These outings can be fun, family-friendly type excursions.

Local markets can expose you to a wide variety of seasonal produce not found at the commissary. Women, Infants and Children or Supplemental Nutrition Assistance Program recipients can also get significant discounts on produce at participating markets. Farmers often have recipe ideas for unfamiliar foods, which may broaden your food horizons.

SUMMER MONTHS

June to August brings ideal weather for numerous outdoor activities. Staying well hydrated is crucial.

Seasonal produce like nectar-

ines, peaches, plums, apricots, cucumbers, cauliflower and tomatoes contain a lot of water. So, snacking on these treats is a good way to supplement fluid intake.

Sweet onions, beets and green snap, or snow peas are also flavorful summer salad additions. Picking your own wild blackberries or going to “U-pick” farms for strawberries, raspberries and blueberries can be a fun way to be active, too.

If you enjoy exploring and going on road trips during the summer months, you can pack “cooler” snacks for the journey. This may help avoid frequent stops at convenience stores for reasons other than fueling the car or taking a restroom break.

These stores tend to have a wide variety of calorie rich and highly processed snacks designed to tempt you. Bring colorful, crisp or naturally sweet fresh produce with you instead.

Picking up some Rainier cherries and other local produce from roadside stands can be habit forming in this great state. Touring some wine vineyards and apple orchards during the late summer and fall months is great for exercise.

Fishing (or shopping) for wild salmon can be a unique experi-



SGT. DANI WHITE U.S. Army Photo

Making healthier choices could help lead to a robust body and heart.

ence as well. Local lakes and coastal areas are second to none for these activities.

And of course, eating fish a couple of times a week, instead of red meat or other fattier sources of protein, is a great idea. Fish is a fantastic source of healthy anti-inflammatory unsaturated fat, protein, vitamin D, B vitamins, phosphorus and selenium.

FALL MONTHS

September is back-to-school time for the kiddos. Some folks

also take advantage of the pleasant weather to get in the last hiking and camping trips of the year.

Granola bars, nuts and seeds are good healthy and portable snacks. They help energize and satisfy the body during outdoor adventures or for afterschool sports, because of the mixture of carbohydrates, protein, fat and fiber they contain.

Ever wondered how to make bell peppers, radishes, carrots or celery sticks more appetizing? A couple of tablespoons of

hummus or a low-fat salad dressing dips in packed school lunches may do the trick.

Baked sweet potato, kale or zucchini chips are other easy and nutritious homemade snacks. Dinner ideas for this season include green veggies like mustard, turnip and collard greens.

Roasted acorn, butternut, and hubbard squashes are wonderful, along with beets, artichokes, and various cabbages. Don’t forget the fresh sweet corn, green peas and green beans — these could all increase the volume of familiar soup or stew recipes, or they could serve as exciting ways to integrate new foods at the nightly dinner table.

Flavorful salads with arugula, romaine, butter or red leaf lettuce, spinach and broccoli can be enjoyed during this season as well. Fall is the peak time for apple and pear harvesting. These fruits make for sweet additions to salads or tasty treats for after dinner, too.

Be sure to keep these tips in mind when navigating through the year. For more information or to find a farmer’s market near you, visit the Washington State Farmers Market Association website at wafarmers-markets.com.

Community Ledger

ATTENTION

Event announcements must be received no later than the Friday before publication. They can be emailed to nwgeditor@nwguardian.com. Announcements can be viewed online at nwguardian.com. The Northwest Guardian office is in the basement of 1010 Liggett Ave. on Lewis Main. For more information, call 253-477-0182.



SNAPSHOT Grand Marshal

Lt. Gen. Stephen R. Lanza, I Corps commanding general, reaches out during the City of Steilacoom's annual Independence Day parade Monday.

SGT. 1ST CLASS BRANDON AIRO 42nd MP Bde.

LET’S HEAR IT

What do you want to know in 2016? The Northwest Guardian, Joint Base Lewis-McChord’s command authorized source for installation news and information, wants to hear from you. Go to the JBLM Facebook page to answer the Straight Talk question of the week on Page A4, or submit a 1MB JPEG of your favorite photo of life on JBLM. Got a news tip or know a story you’d like to see in the Guardian? Coordinate with your unit public affairs section, then call 253-477- 0182.

SCHEDULED FAMILY DAYS FOR 2016

The following are the scheduled dates for Army’s Day of No Scheduled Activity, Air Force’s Family Days and federal holidays on Joint Base Lewis-McChord. Sept. 2 — Army DONSA and Air Force Family Day

SATURDAY BOWLING SPECIAL FOR YOUTH

Every Saturday, youth can bowl at Sounders Lanes Family Fun Center for only \$5 from 10 a.m. to noon. Sounders Lanes is located at 737 Jackson Blvd., on McChord Field. For more information, call 253-982-5954 or visit jblmmwr.com/bowling.

ARMY, AIR FORCE PCS MOVE WORKSHOPS

Joint Base Lewis-McChord’s Armed Forces Community Service hosts a First PCS Move workshop every Monday from 3 to 4 p.m. at Waller Hall, 2140 Liggett Ave., Lewis Main, and the second Thursday of each month at the Service Member and Family Readiness Center, 551 Barnes Blvd., McChord Field. For more information, call 253-967-3633 or 253-982-2695. To register, visit jblmafcscheckappointments.com.

TUESDAY POOL TOURNAMENTS AT WZ

Rack ‘em up and call your shot at the free, weekly eight-ball pool tournament Tuesdays at the Warrior Zone on Lewis North. Sign up at 6 p.m.; weekly tournaments start at 6:30 p.m. Players of all levels are welcome to compete on eight, champion-sized pool tables. Bring your own cue or use a house cue. For more information, call 253-477-5756.

JBLM HOME FIRE SAFETY CLASS

Base housing residents are required to take a Family Housing Fire Safety class within 30 days of moving in. Service member must attend; spouse is welcome and encouraged. Classes take place Tuesdays and Thursdays at 1 p.m. at Bldg. 2014, Fire Station 7, 107 Pendleton on Lewis Main.

RHC-PACIFIC 68 SERIES CAREER FIELD BRIEF

Regional Health Command-Pacific invites all military occupational specialty 68 series to attend a Career Management Field Brief Tuesday-Thursday. A total of 14 sessions will be conducted at Joint Base Lewis-McChord at various locations and times. For more information, call 253-966-3729.

EXTRAORDINARY DADS CLASSES ON JBLM

Join a dads support group “extraordinary dads” where fathers support fathers. Learn how to become a better father and have a place to do activities with your children. Receive support from other dads who understand the day-to-day struggle of raising children. Classes take place on the second Wednesday of the month from 11:30 a.m. to 12:30 p.m. at Bldg. 2013 N. 3rd Ave., Lewis Main. Next class is Wednesday. For more information, call 253-967-5901 or email extraordinary-dads@gmail.com.

JOIN MCCHORD FIELD LIBRARY BOOK CLUB

Like to discuss books? Talk about what you’ve learned by joining the McChord Library’s Novel Navigators. This adult discussion group meets the second Wednesday of each month at the McChord Library at 4:30 p.m. The next meeting is Wednesday to discuss “The Paris Winter: A Novel” by Imogen Robertson. Register in person for the group. Copies will be available at the circulation desk, 851 Lincoln Blvd, ground floor, on McChord Field. For more information, call 253-982-3454.

BUILDING MANAGERS SAFETY CLASS

All building managers on Joint Base Lewis-McChord are required to take a Building Managers Fire Safety Class. Classes take place on the first and third Wednesday of the month at 9 a.m. Bldg. 2014, Fire Station 7, 107 Pendleton, on Lewis Main. The next class is set for July 18. For more information, call 253-966-7164.

FIRE EXTINGUISHER CLASS, SERVICING

All facility fire extinguishers on Joint Base Lewis-McChord must be recertified and retagged annually. Accomplish this either by contractor via GPC card or hand-carry facility extinguishers to the fire extinguisher shop located at the rear of Bldg. 2014 on Lewis Main. The maximum number of extinguishers one facility manager may rotate a day is 10. For more information, call the fire extinguisher shop at 253-966- 2600. Classes are conducted on the first and third Wednesday of each month in Bldg. 2014 on Lewis Main. The

next class is July 18. For more information, call 253-966-7164.

VACATION BIBLE SCHOOL ‘CAVE QUEST’

Spread the word; registration for families and volunteers is now open for Vacation Bible School the week of July 18-22 at Joint Base Lewis-McChord. There are three easy ways to register: via email to jblmvbs2016@gmail.com; forms at Lewis Main Chapel, Lewis North Chapel, 4 Chaplains’ Memorial Chapel or McChord Chapel Support Center; or call Jackie Shipman at 253-967-1723. The program will take place in two locations this year. Don’t forget to specify whether you’re closer to Lewis North Chapel or McChord Chapel Support Center.

CRAIG MORGAN TO PERFORM AT JBLM

Spend an evening of music and audience conversation with Army veteran and country music artist Craig Morgan. Hosted by CMT radio and TV personality Cody Alan July 19 at 7 p.m. at Samuel Adams Brewhouse JBLM. Sam Adams Brewhouse is located at 2400 Bitar Avenue and South Division on Lewis Main.

SMA OF NORTHWEST MEETS NEW LOCATION

The monthly general membership meeting of the Sergeants Major Association of the Northwest has a new home on Joint Base Lewis-McChord. The new location is at the Joint Base Lewis-McChord Samuel Adams Brewhouse (renovated Cascade Community Center, Bldg. 2400 on South Division Street). The date and time is still the same — the third Thursday of every month

— with social time at 4:30 p.m. and official business at 5 p.m. Next meeting is July 21.

‘HOT WORKS’ FIRE SAFETY CLASS

Hot Works Fire Safety Classes, for base and contract welders, cutters, brazers and solders, take place on the first and third Thursday of the month at 9 a.m. at Bldg. 2014, Fire Station 7, 107 Pendleton, on Lewis Main. The next class will take place July 21.

WINE AND CANVAS EVENT AT THE CLUB

You don’t need to be an artist to light up your creativity — join in the fun at the Wine and Canvas Night at the Club at McChord Field. The event is July 22 from 6 to 8:30 p.m. Art supplies, light appetizers and your first glass of wine are included in the cost. Seating is limited, prepayment is required and you must be age 21 or older to attend. Prepayment is required; call 253-982-5581. The cost is \$30 per person; Club members receive a \$3 discount for each admission.

STAND WITH THOSE WHO SERVE JULY 23

The sixth annual Stand With Those Who Serve event will take place July 23 from 10 a.m. to 3 p.m. at Heritage Hill on Joint Base Lewis-McChord. For more information, email info@standwiththosewhoserve.org.

2016 ARMY ARTS AND CRAFTS CONTEST

The 2016 Army Arts and Crafts Contest is here. This year’s juried competition is open now through Aug. 12. Submit a high-quality digital photo of your best artwork completed within the past year and you could

win monetary prizes and recognition from the online gallery. Winners will be notified at the end of summer. You can submit up to three entries per category. The ten categories within each division are ceramic, fiber, glass, digital, metal or wood art, drawings, paintings, 2D mixed media and 3D mixed media. All active duty, Reserve, National Guard, family members, retirees and Department of Defense civilians (except Arts and Crafts Center employees and their families) are eligible, from novices to accomplished artists. To get your entry application, visit cloud.mwr.army.mil/app-trac. If you need help, contact the Arts and Crafts Center at McChord Field by calling 253-982-6726/6723.

ENTER YOUR BEST IN BARBECUE COOK-OFF

Compete in the JBLM Grillin’ and Chillin’ barbecue cook-off and Family Fest Aug. 13 from noon to 5 p.m. at Freedom Park at Lewis Main. The cook-off will be taste tested and judged by a panel of judges. Department of Defense ID cardholders can enter to win cash cards and trophies. For more information, call 253-477-5756.

REGISTER YOUTH FOR SUMMER CAMPS

Now you can register your Child, Youth and School Services-enrolled middle school children for weekly camps scheduled now to Aug. 26 at Hillside Youth Center. Daily camps are set to take place from 7 a.m. to 1 p.m. Enroll at Parent Central Services. Fees are based on total family income. For more information or to register, call 253-966-2977.

TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

Find jobs on the “JBLMUnlimited” website at jblmunlimited.com or on Facebook at [facebook.com/jblmunlimited](https://www.facebook.com/jblmunlimited).

A LIST OF UPCOMING EMPLOYMENT FAIRS

The following is a snapshot look into some upcoming employment fairs and networking opportunities:

Operation GoodJobs!
Fridays 2 p.m. Starbucks, 10314 S. Tacoma Way, Lakewood. For more information, email vet-servicesinfo@goodwillwa.org or call 253-573-6789.

Career Skills Program Briefings take place Mondays at Hawk Transition Center Auditorium. Walk-ins are welcome. Noon: trades/skills/ technology/business brief.

Mini Career Technical, Apprenticeship and Education Fair takes place Mondays at Hawk Transition Center Auditorium at 10:30 a.m. Walk-ins are welcome.

What’s My Next Move?
Second Monday of the month from 1:45 to 3:15 p.m. at Work Source Pierce. Next meeting is Monday. Email kmymers@esd.wa.gov or call 253-552-2547.

Brown Bag Mini Job Fair takes place every Wednesday from 11 a.m. to 1 p.m. in the Hawk Transition Center lobby. Walk-ins are welcome.

Goodwill Networking Event will take place Wednesday from 11 a.m. to 2 p.m. at the American Lake Conference Center. For more information, visit tinyurl.com/jcr2gwh.

Worksource Pierce Weekly Meetings Every Thursday from 1 to 4 p.m., the WorkSource Pierce Career Center will host a weekly meeting for job seekers unemployed for 27 weeks or longer, seeking assistance to re-enter the workforce. Location is 1305 Tacoma Ave. South, Tacoma. Call 253-593-7300 or email backtowork@workforce-central.org.

WorkSource Veterans Service Orientation briefings take place the first and third Wednesdays of the month from 9 to 11 a.m. at 500 SW 7th St., Renton, Wash. The next meeting is July 20. For more information, call 206-205-3500.

Public Safety Career Fair will take place July 23 from 9 a.m. to noon at Heritage Hill on JBLM. Registration: Career Seekers, visit goo.gl/ByyFnK, exhibitors and agencies, visit goo.gl/wNBpXU. For JBLM access information, visit goo.gl/jrnmYie.

IT Industry Forum will take place at JBLM Sept. 9. Save the Date.

Camo2Commerce Attention military leaders in mid-level management roles, ideally staff and senior noncommissioned officers and junior to mid-grade officers in transition. Camo2Commerce has created the Heroes Corporate Fellowship Academy to help you land a job in a position commensurate with your knowledge, skills, abilities and experience. This goes above and beyond the traditional job-seeking efforts and puts you in the driver’s seat of a corporate management level role. For more information, visit: camo2commerce.com/heroes/. Attend orientation on Thursdays at 3:30 p.m. at the Stone Education Center on Lewis Main. Email rob@pacmtn.org.

Spotlight Events and Employer Hiring Check for employer spotlight events on

social media at [facebook.com/jblmunlimited](https://www.facebook.com/jblmunlimited). Sign up at sfl-tap.army.mil or with your SFL TAP Center at 253-967-3258/5599.

INFORMATION TECH DIVISION DIRECTOR

King County Elections — Salary: \$114,920.00 to \$145,683.20 annually. With a growing commitment to providing an accessible voting experience to the residents of King County, the Department of Elections is looking for a dynamic and visionary leader to manage the daily operations of the Information Technology Division. The primary goal of this position will be to make decisions leveraging technology and resources to maintain high customer service levels while implementing strategies and guiding principles which align with the business needs. This leader will interface with internal management, state/federal and regulatory agencies, as well as County department and agencies. This exciting opportunity to join county government is open to all applicants and remain will open until filled. The first date of consideration will be July 11 at 4:30 p.m. For more information, call Queniya Lassiter at 206-477-3773.

BUSINESS PRACTICE AND PRODUCTIVITY MANAGER

Washington State Department of Health — Salary: \$68,412.00 to \$95,000.00 annually. The Washington State Department of Health, Division of Health Services Quality Assurance – Office of Assistant Secretary is searching for an

innovative and collaborative business productivity and process improvement professional to fill the position of business practice and productivity manager. This position is located in Tumwater. The business practice and productivity manager is responsible for the division’s production analysis program including production capacity, process re-design and development work, as well as oversight of and incorporation of Lean activities and performance management. To obtain a copy of the position announcement, visit tinyurl.com/doh3257, or contact cher.williams@doh.wa.gov, 360-236-4545.

HEALTH INSURANCE ADVISOR 1 IN TUMWATER

WA State Office of the Insurance Commissioner — Salary: \$47,208 to \$61,920 annually. The OIC is recruiting to fill one permanent position. This position provides training, consultation, support, mentoring, planning and technical assistance to the Statewide Health Benefits Advisors volunteers and volunteer coordinators within an assigned territory. This position supports the SHIBA mission by ensuring that volunteers have the necessary training and skills to assist and advocate for consumers through high-quality consultations and community education experiences. This position travels frequently within the local and regional area on same-day basis with occasional overnight travel. To apply, visit careers.wa.gov and enter OIC6903 in the search.

SIGN UP FOR SUMMER READING PROGRAM

All ages are invited to sign up for the summer reading program, “Read for the Win.” Activities are planned for children and their parents, plus pre-teens, teens and adults. Everyone who completes the program will be invited to a celebration at the conclusion of the program. Register online at jblmmwr.com/libraries. Record your hours online and stop by a library to collect your prize for every 10 hours of reading. For more information, call the McChord Library at 253-982-3454 or Book Patch Library at 253-967-5533.

YOUTH SWIMMING LESSONS AVAILABLE

Kimbro Pool, at the McVeigh Sports and Fitness Center on Lewis Main, now offers swim lessons for children 6 months to 16 years of age. Visit jblmmwr.com/aquatics and click on WebTrac or call 253-967-5026.

MOVING RESOURCES AVAILABLE ONLINE

Automated Housing Referral Network is sponsored by the Department of Defense and is designed to improve the process of securing available housing for relocating military families. For more information, visit ahrn.com. Defense Travel Management Office consolidates, streamlines and centrally manages commercial travel. This single point of contact ensures consistency in the department’s focus, policy and execution, marking a new era in government travel. For more information, visit defensetravel.dod.mil. Defense Personal Property System is a centralized, integrated one-stop source for managing personal property moves. For more information, visit move.mil.

YOUTH SUMMER PROGRAMMING

Register your Child, Youth and School Services-enrolled children for summer programming at Cascade School Age Center, Lewis North School Age Center and McChord School Age Center. Enroll at Parent Central Services. Fees are based on total family income. For more information about registration, call 253-966-2977.

SKIESUNLIMITED CLASSES AVAILABLE

SKIESUnlimited offers multiday classes in art, theater, music and more during the summer for Joint Base Lewis-McChord youth. Pick and choose what days you want to enroll your children. Visit jblmcyssregistration.com for the list of classes. Children must be registered with Child, Youth and School Services. For more information about registration, call 253-966-2977.

SIGN UP FOR JBLM ALERT NOTIFICATIONS

Joint Base Lewis-McChord Alert Notifications is a free service. Sign up and receive emergency notifications about road closures, severe weather, utility service interruptions and public safety messages from Pierce County and the base. For more information, call 253-966-7526 or visit tinyurl.com/gl5g3sq.

FROM PAGE 1A

POLICY

defend this country, and we don't want barriers unrelated to a person's qualifications to serve preventing us from recruiting or retaining the (service member) who can best accomplish the mission."

Because an estimated 7,000 active and reserve transgender service members on the upper end now wear a military uniform, "I have a responsibility to them and their commanders to provide them both with clearer and more consistent guidance than is provided by current policies," Carter said.

Based on the working group's

analysis of 18 allied militaries including those of the United Kingdom, Australia and Israel and the expected rate at which American transgender service members would require medical treatment that would affect their fitness for duty and deployability, a Rand Corp. analysis concluded that there would be minimal readiness impacts from allowing transgender service members to serve openly, the secretary said.

MEDICAL EXPENSES

Until change in policy, transgender service members had to seek out-of-pocket medical care from private doctors who deemed whether certain procedures were necessary.

"This is inconsistent with our

promise to all our troops that we will take care of them and pay for necessary medical treatment," the secretary said, adding that Rand found health care costs would represent "an exceedingly small proportion" of DOD's overall health care expenditures.

Civilian federal employees have access to a health insurance plan that provides comprehensive coverage for transgender-related care and medical treatment, he said.

The secretary said he and senior DOD leaders met in the past year with transgender service members who have deployed all over the world, serving on aircraft, submarines, forward operating bases and in the Pentagon.

After talking with doctors, employers and insurance companies, he said, it became clear that "transgender" is becoming common and normalized in public and private sectors, and he noted a "sea change" in the past decade.

FUTURE POLICY PHASES

The new policies related to lifting the transgender ban will take place over the next 12 months, beginning with immediate guidance for service members and commanders, the secretary said. Next will follow training the entire force, and DOD will then start accessing new military service members who are transgender.

In no more than 90 days after the policy change, DOD will

issue a commanders' guidebook for leading transgender service members, and guidance will be issued to military doctors to provide transition-related care if required for existing transgender troops, the secretary said.

Deliberate and thoughtful implementation will be key, he added, and DOD's senior leaders will ensure all issues identified in the study are addressed in implementation.

"I'm 100 percent confident in the ability of our military leaders and all men and women in uniform to implement changes in a manner that both protects the readiness of the force and also upholds values cherished by the military — honor, trust and judging every individual on their merits," Carter said.

FROM PAGE 1A

FOURTH

Wolfe's magic show has been part of Freedom Fest for the past 19 years — one of many attractions that fascinated the crowds.

Big bubbles blew through the wind, which many children tried to catch, as they perched high on their mom or dad's shoulders.

Also impressive was Eric Haines' One Man Band, a strolling musician who picked his banjo while simultaneously making music with horns, cymbals and drums. A large, stationary percussion set was a big hit with young and old, allowing for some not-so-musical banging of buckets, assorted pots, pans and other metal, plastic or wooden parts.

One of the biggest attractions at the event was the Classy Chassis Car Show, which nearly filled Memorial Stadium with 127 vintage, classic and custom cars and trucks competing for trophies and praise from the crowd.

Many of the vehicles — ranging from 1970s Volkswagens, 1960s Corvettes, 1930s Fords and a 1942 Willys Army Jeep — were owned by service members, including a dark green, 1948 Chevy Fleetmaser, restored to its original beauty by Sgt. 1st Class Danny Lopez, 1st Brigade, 2nd Infantry Division.

Although he has restored numerous other cars since his youth, this was Lopez' first car show, so he was quite pleased with the third place trophy he received in the Low Rider category.

"This is great," he said with a big smile as he held tightly his shiny trophy.

Marine Corps Vietnam veteran Fred Cenicerros, 72, who attended the event with family members and friends from Victory Outreach Christian Recovery Home in Tacoma, said he was most impressed by Lopez' Chevy.

"That car is really something," he said, adding he enjoyed all of the Freedom Fest events. "I've been to other July Fourth events, where there's an element, especially after dark, but here I feel safe and secure. (JBLM) does a good job."

In near parade-like style, the vehicles all exited the



SCOTT HANSEN Northwest Guardian

Caleb Hastings, right, and his sons Tristen, 8, left, and Joshua, 5, prepare to due battle while foam sword fighting during Freedom Fest.



JBLM children ride the ATVs during the annual JBLM Freedom Fest celebration on Lewis Main Monday.



Johnny Haynes and his son, Lincoln, 2, ride The Tropical Slide.

and is working on a third — this time a self-produced double album, entitled "Funk Shui."

This was the first time Wastman has performed at Freedom Fest, but he felt at home and part of the family and heritage of the event, he said.

Sergeant First Class Abel Reymundo, 2nd Bde., 2nd Inf. Div., sat on the stadium's lawn with his 14-year-old daughter, Jordanna, and 10-year-old son, Jadon, as Wastman and his backup singer, Tiffany Wilson, performed.

"This is very relaxing," Reymundo said, as Jordanna munched on some bright pink cotton candy and Jadon sat back and enjoyed the performers.

"This music is the best," Jadon said.

"Thank you for your service," Wastman said into his microphone as he concluded his set and the audience erupted into applause. "And," he added above the roar, "happy Independence Day."

field at 3:30 p.m. and lawn chairs and blankets were positioned for the evening entertainment. Three separate acts were performed by stars of television's "The Voice" and "American Idol" — Mycle Wastman,

Blake Lewis and Vicci Martinez.

First on was Wastman — a Desert Storm Army veteran, former Army Reserve chaplain's assistant at Madigan Army Medical Center and frontrunner contestant in the third season

of "The Voice."

Wastman said appearing on the TV show gave him some national celebrity and was a boost to his recording career.

The soul singer from Seattle has already recorded two CDs

FROM PAGE 1A

YTC

mand for the past 24 months."

Under Evers' leadership during this time at the YTC, the installation resourced the multitraining and exercise facility, dealt with a massive forest fire, initiated the Selah airstrip and maintained its reputation as the Northwest's premier military training base, Morgan said.

Evers, whose next assignment will be as the deputy commander of the Transatlantic Afghanistan District, United States Army Corps of Engineers, in Bagram, Afghanistan, spoke about how much he enjoyed his

time leading the Yakima Training Center.

"Honestly, I'm extremely humbled to have been able to lead this organization over the last two years," Evers said. "The accomplishments you heard Colonel Morgan talk about is a testament to the workforce that I've been able to lead. It's quite an honor to have been able to do that and have that kind of responsibility bestowed on you and to have the workforce perform so well."

Yakima Training Center's new leader, Mathews, described being named commander as an "honor and a privilege."

"This is where we can build readiness for the Army, and I couldn't be more excited to get

started," said Mathews, who comes to Yakima after serving in the Headquarters Department of the Army G3/5/7, Special Operations Detachment as the policy and forces branch chief for the Pentagon.

Mathews grew up in Dallas, Ore., a town southwest of Portland, which makes his arrival to Yakima a bit of a homecoming to the Pacific Northwest.

"I grew up about four hours south of here," Mathews said. "I had heard the name (Yakima Training Center) but I didn't know what it was about. But after coming out here, meeting with all the people and studying all about (it) over the last years, I couldn't be happier to be here."



RIO FERNANDES Northwest Guardian

Lt. Col. Jason A. Evers, second from left, greets Lt. Col. Jarret D. Mathews after relinquishing command of the Yakima Training Center.

FROM PAGE 1A

GRENADE

said, "Sir, can we step outside?"

"I wanted to get him away from everyone," Hooper said, adding that he also instructed visitor center staff to evacuate the area and not use cell phones. "I wanted to make sure there wasn't any activation if the device was radio con-

trolled — you never know."

Hooper said Ayers told him he'd received the ammo can, with the grenade inside, about 20 years ago.

"That's not so unusual; lots of people brought home stuff back then," Hooper said.

Hooper laid the bag on the ground and made sure there were no wires attached.

"I could tell it was a frag — an M67," Hooper said, who has 22 years experience in the Army,

including service in Iraq, Kosovo and Bosnia. "I don't get rattled — my Army instincts and training kicked in. But, it did surprise me a little."

JBLM's 3rd Explosive Ordnance Disposal Battalion was called and responded promptly. The grenade was X-rayed and determined to be a practice grenade. The grenade was secured and will later be destroyed.

Hooper said the conclusion to

the incident was a lot better than it could have been.

"Those things can do some damage," he said. "Maybe if someone had started fiddling with it, or if it had detonated on the interstate in the car."

A live M67 grenade has a casualty radius of about 50 feet, but can send steel fragments as far away as 750 feet, according to the Army Project Manager website.

Hooper said Ayers was doing

the only thing he knew to get rid of the grenade and its likely other people have similar items, which they don't know what to do with.

"The thing is, if you don't know what to do with something like that, don't transport it or carry it around in a (grocery) bag," Hooper said. "Call the sheriff or some other law enforcement, they can call us. We'll take care of it, that's our job."

ARMED FORCES TRIATHLON

Triathlete runs strong at Armed Forces event

BY DEAN SIEMON
Northwest Guardian

It was only five years ago when Judith Coyle ran in her first triathlon, which happened to be the Ironman 70.3 out of Boise, Idaho.

Despite the difficulty of completing a 1.2-mile swim, a 56-mile bicycle ride and a 13.1-mile run, Coyle was hooked after being recruited to participate with other members of the 728th Airlift Squadron at Joint Base Lewis-McChord.

Now an Air Force Reserve major with the 446th Airlift Wing on McChord Field, Coyle was the first among all female runners during the Armed

Forces Triathlon June 18 at Point Mugu, Calif. She finished with a time of two hours, 11 minutes and three seconds, followed by Mollie Hebda of the U.S. Marine Corps (2:12:17) and Samone Fanzese of the Army (2:14:42).

Although she ran a few Olympic distance triathlons in the past, this was a different event that went by International Triathlon Union rules and allowed drafting on the 25-mile bicycle portion of the race.

“Your position coming out of the water is crucial because you want to get into a pack of riders,” Coyle said. “Even a group of two or three riders can ride so much faster than a single rider.

You’re exerting less energy and going much faster.”

She finished the 1,500-meter swim first with a time of 19:42 with a lead of about 40 seconds. About two and a half laps into the five-lap bicycle course, the Army’s Justine Emge caught up to her. They were able to team up in a draft to stay ahead of the pack of other athletes.

“I’m not that strong of a runner,” Coyle said. “I can hold my own, but a majority of the girls in the top six had faster runs.”

She was able to maintain the one-minute lead to finish first among all female runners; how-

SEE COYLE, 2B



KENNETH POLK Armed Forces Sports

Air Force Maj. Judith Coyle of Joint Base Lewis-McChord, captures the Armed Forces Women’s Triathlon crown. The 2016 Armed Forces Triathlon Championship took place at Naval Base Ventura County, Calif., June 18.

GET FIT, BE STRONG ARCHERY CAMP



SCOTT HANSEN Northwest Guardian

Sawyer Mickelson, 8, of JBLM, eyes the target during a Get Fit, Be Strong archery camp at the CYSS gymnasium on Lewis Main June 27-30.

YOUNG ARCHERS TEST THEIR SKILL, PATIENCE

BY DEAN SIEMON
Northwest Guardian

It was recently at a local fair, where a booth had pots and pans set up as targets, that Jordan Javines, 9, discovered a passion for archery. Afterward, he was excited to try the sport both at his school and through Joint Base Lewis-McChord’s Child, Youth and School Services.

CYSS hosted a four-day archery camp June 27 to 30 at the gymnasium inside Parent Central Services on Lewis Main as part of the Get Fit, Be Strong program. The gymnasium was turned into an archery range for 20 JBLM youths. Hitting different types of targets was one activity kids enjoyed.

Jordan’s mom, Whitney Javines, said his son learned the importance of patience and awareness.

“He has to wait before he goes,” she said. “He has to be more aware of his surroundings because there might be three other kids on the line, and he needs to know who

SEE CAMP, 2B



Aine Murphy, 8, of JBLM, left, checks her accuracy as she retrieves her arrows during a recent Get Fit, Be Strong archery camp at the JBLM CYSS gymnasium on Lewis Main.

ON THE SCHEDULE

COMMANDER’S CUP 10K CHAMPIONSHIP RACE
Sports: The Triumph Commander’s Cup Series continues with the Joint Base Lewis-McChord 10K Championship Friday at 6 a.m. at Family and Morale, Welfare and Recreation’s Fest Tent on Lewis Main. Event is open to active-duty service members on JBLM and will help units earn points toward the 2016 Commander’s Cup. Registration is open at 5:30 a.m. on the day of the race. For more information, call the JBLM Intramural Sports Office at 253-967-4768.

YOUTH TENNIS CAMP SCHEDULED FOR JULY 11-14
Youth: Joint Base Lewis-McChord’s Child, Youth and School Services will host a youth tennis camp Monday-Thursday for ages 7 to 15. Registration is \$40 per youth and can be done online at jblmcyssregistration.com. For more information, call 253-966-2977.

HOOPS SKILLS CAMP WITH SUMNER HIGH SCHOOL
Youth: Summer High School and Joint Base Lewis-McChord’s Child, Youth and School Services are hosting a free basketball youth camp July 15 from 10 a.m. to 1 p.m. at the Child, Youth and School Services Gymnasium on Lewis Main. Free basketball and T-shirt provided. Open to 100 youths, ages 7 to 15. For more information, call 253-966-2977.

JBLM BODYBUILDING CHAMPIONSHIPS JULY 30
Sports: Sign up for the 2016 Joint Base Lewis-McChord Bodybuilding Championship before July 15 to compete July 30 at Nelson Recreation Center on Lewis Main. Entry is free for all classes, both male and female. Open to all active duty military, retirees and spouses. The entry form is available at Soldiers Field House. Prejudging will take place July 30 at 9 a.m. before the 5 p.m. show. For more information, call 253-967-4771.

SIGN UP FOR THE SMA NORTHWEST CHARITY GOLF TOURNEY
Sports: The Sergeants Major Association of the Northwest will be hosting its annual charity golf tournament Aug. 5 at Whispering Firs Golf Course on McChord Field. Registration is \$75 per golfer, which includes an 18-hole round with a cart and lunch afterward. Limited to 36 teams that will play in four-person best ball format. Teams have until July 29 to register. For more information, email sma-northwest@gmail.com or visit the Whispering Firs pro shop at 895 Lincoln Blvd. SW, McChord Field.

JBLM FREEDOM RUN

Fun run to honor fallen will include 5K, 10-miler options

BY DEAN SIEMON
Northwest Guardian

Joint Base Lewis-McChord will host a Freedom Run event July 23 at 7 p.m. starting at Cowan Stadium on Lewis Main. Both the 10-mile and 5K courses will feature American flags placed in honor of fallen service members. Having a patriotic theme for a fun run event felt perfect in the shadow of Independence

Day and Memorial Day, according to JBLM race coordinator Jennifer Helm.

“There’s nothing involved as far as color or mud or anything like that,” Helm said. “It’s truly like that,” Helm said. “It’s truly just signing up to register and run for the heroes and the brave members of the U.S. armed forces.”

The patriotic-themed event features special T-shirts for

those who register early for either the 10-mile or the 5K fun runs. All who participate in the event will receive a special Freedom Run medal featuring the outline of an eagle with the American flag, a shield and the Statue of Liberty — as well as the message “Home of the free because of the brave.”

The event features a 5K course for runners of all ages

and abilities. The 10-mile course will be available for active-duty service members interested in attempting to qualify for one of JBLM’s three teams going to Washington, D.C., to compete in the Army Ten-Miler race in October.

The hope is for JBLM to bring an all-male, all-female and mas-

SEE RUN, 2B

If you go

What: JBLM Freedom Run

When: July 23, 7 p.m.

Where: Cowan Stadium, Lewis Main

To learn more: jblmmwr.com/races

FROM PAGE 1B

COYLE

ever, her team finished third-behind the Army and Marine Corps.

Team standings were based on the top three finishers for each team and added points based on where the runners finished — the lower the score, the better. Although Coyle finished first overall among the women, the team had 23 points

after Jamie Turner finished eighth (2:18:53) and Amanda Bergquist finished 14th overall (2:34:51). Running in triathlons and marathons have become a big part of Coyle’s life, she said. The activity has also helped her work

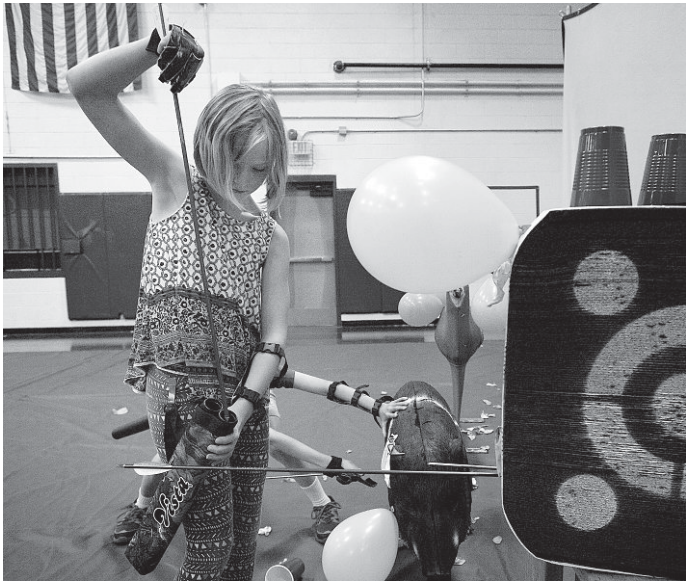
out the stress that can come with being a fulltime pilot for Delta Airlines and still serving in the Air Force Reserve on JBLM. She does hope to make a return to the Air Force team next year, she said, but there

are a lot of factors moving forward. “I think I’ll always train,” Coyle said. “As far as racing, it’s going to be based on life.”
Dean Siemon: 253-477-0235, @deansiemon



SCOTT HANSEN Northwest Guardian

Oliver Kynaston, 8, of Olympia, takes aim at the target during a Get Fit, Be Strong archery camp at the JBLM CYSS gymnasium on Lewis Main. The next camp is Aug. 22 to 25.



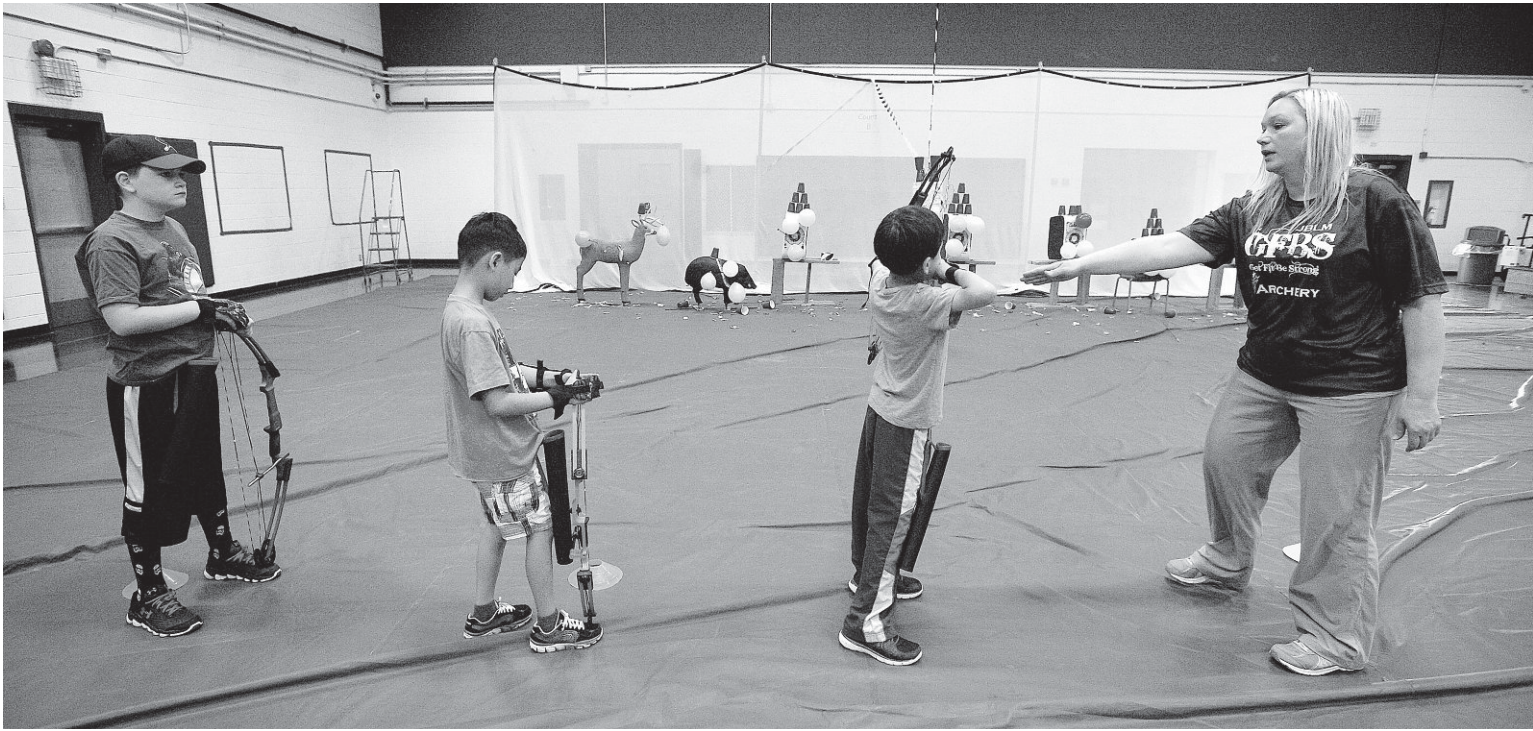
FAR LEFT: JT Trimble, 10, of JBLM, receives a medal for participating in the recent Get Fit, Be Strong archery camp at the JBLM CYSS gymnasium on Lewis Main.

AT LEFT: Lila Kynaston, 9, of Olympia, retrieves her arrows during a Get Fit, Get Fit, Be Strong archery camp at the JBLM CYSS gymnasium on Lewis Main June 27-30.

FROM PAGE 1B

CAMP

is where.” CYSS is known for hosting camps that include team sports like soccer and football, but individual sports, like archery allow the children to focus on their own performance and abilities. The only sense of competition is found when kids are attempting to improve on what they did the day before. “It’s fun to see the kids improve and progress from hitting nothing to hitting cups and balloons all the time,” said CYSS coach Steven Wartella. “You’ll see a very big smile on their faces, and that’s what is important.” Targets ranged from stacked cups and balloons to a hanging SpongeBob SquarePants piñata that easily became the favorite target among the campers. Points were kept for fun as kids hit different targets stacked on top of boxes and stuffed animals on the other end of the range. Before kids were allowed to step up to the line, they had to show they were aware of the different parts of the bow — the wheels on the top, the cams at the bottom, the grip, arrow rest



Coach Steva Brown, right, works with camp participants during the Get Fit, Be Strong archery camp at the CYSS gymnasium on Lewis Main.

and the bow’s string. Kids learned how to hold the bow properly and also on how to position the body. Campers also learned proper spacing of feet and straightening of the arm while holding the bow — important for safety. Coaches ask the youths to take

things one step at a time, considering different ages and skill levels. “One of the most challenging parts (of the camp) is the kids’ gross motor skills are all at different levels,” said CYSS coach Steva Brown. “It’s one swift motion, and the

form has to be right.” Some parents are already signing up their children for the next archery camp, scheduled for Aug. 22 to 25, like Debbie Baer who brought her daughter, Sarah, 8, into the sport. “I did archery when I grew up, so for her to have that same

opportunity is cool,” Baer said. Registration for the next four-day archery camp is open for \$40 per youth and can be completed online at jblmcysregistration.com.
Dean Siemon: 253-477-0235, @deansiemon

FROM PAGE 1B

RUN

ter’s team (ages 40 and older), but none of the teams were filled from the last qualifier in April. Helm said she thinks this is the type of run that allows those on the fence to see where they are and possibly earn a spot on the team.

“I think a lot of people underestimate their ability to run 10 miles and they think they need a top speed or something unrealistic,” she said. “We have plenty of spots open. If they think they can do it, it’s definitely worth coming out and trying.” Not only is the event unique for having a 10-mile option, but it also has a different starting time. Helm said the JBLM race

staff heard people wish a run would happen later in the day, rather than in the morning. In an effort to appease those runners while avoiding the heat, 7 p.m. felt like the perfect starting time for the July event, she said. “It’s a dusk run as the sun is going down and hopefully the temperatures are dropping,” Helm said. “It gives people the

rest of the day to do whatever they want and have the run as the nightcap.” Early registration is open online at jblmmwr.com/races until Wednesday at 11:59 p.m. All Department of Defense ID cardholders pay \$25 for the 10-mile run and \$15 for the 5K run; those with no military affiliation will pay \$35 for the 10-miler and \$25 for the 5K. Signing up by this time also guaran-

tees each runner will receive a T-shirt in their size. Those who need a temporary pass for installation access must register for the event before July 16 at 11:59 p.m. Prices will increase after the Wednesday deadline. For more information, visit jblmmwr.com/races or call 253-967-4768.
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Saturday, July 23
Cowan Stadium • 7PM
Race & sign-up details at
JBLMmwr.com/races

Active Duty participants in the 10-Miler have an opportunity to qualify for the Army Ten-Miler team.

Everyone who registers by July 13 will receive a finisher medal.

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Saturday, Aug. 13

Noon-5PM at Freedom Park



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McChord Library

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SECTION C

ALSO INSIDE:
For more fun things to do,
see the JBLM calendar. 2C

COVER STORY

IT'S IN THE HOLE

A list of the area's best disc golf courses includes
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FOR THE WEEK OF JULY 8-14

8

SAMUEL ADAMS BREWHOUSE JBLM 4 p.m. to midnight. Come see the newly opened brewhouse with signature brews, tasty menu items and friendly atmosphere. Ages 21 and older.

THE BISTRO AT RUSSELL LANDING 11 a.m. to 2 p.m. BBQ double bacon cheeseburger and fries for \$13.95.

BATTLE BEAN DRIVE-THRU AND STONE ED BATTLE BEAN Get a \$1 pastry with purchase of a specialty coffee drink.

WARRIOR ZONE CAFE 10 a.m. to 11 p.m. Smash Night (WiiU) and open play Super Smash Brothers at 9 p.m. Ages 18 and older.

9

SAMUEL ADAMS BREWHOUSE JBLM AND WARRIOR ZONE UFC 200. Ages 18 and older only at the Warrior Zone; ages 21 and older at Sam Adams Brewhouse.

SOUNDERS LANES FAMILY FUN CENTER 10 a.m. to noon. Kids bowl for only \$5 (shoes included).

10

THE CADDY SHACK BAR AND GRILL AT EAGLES PRIDE 8 a.m. to 2 p.m. Order breakfast hot off the grill, huge burgers and sandwiches, a quarter-pound hot dog, Philly steak sandwich, nachos and more.

11

THE BISTRO AT RUSSELL LANDING 11 a.m. to 2 p.m. Chicken and sausage jambalaya for \$13.95.

WARRIOR ZONE 10 a.m. to 11 p.m. Save with Happy Hour specials 5 to 7 p.m. weekdays: reduced prices on all brews and select appetizers. Battle of the Zones at 6 p.m. with the most popular games. Ages 18 and older.

EAGLES PRIDE AND WHISPERING FIRS GOLF COURSES Golf combo: green fee, shared cart and \$7 food voucher is \$35 for ranks E1-E5 and \$39 for E6 and above and DOD personnel. Guests pay \$43.

12

SOUNDERS LANES FAMILY FUN CENTER Fish sandwich combo.

BATTLE BEAN DRIVE-THRU AND STONE ED BATTLE BEAN Receive a free flavor upgrade on any coffee drink.

SAMUEL ADAMS BREWHOUSE JBLM 3 to 9 p.m. Stop by for Happy Hour weekdays from 4 to 6 p.m. and get half-off appetizers, \$2 off Sam Adams draft pitchers and \$1 off domestic drafts. Ages 21 and older.

WARRIOR ZONE 10 a.m. to 11 p.m. Get in a pool tourney starting at 6:30 p.m. The first five people to sign up for any gaming tournament any day of the week receive \$2 off any food purchase. Ages 18 and older.

13

SOUNDERS LANES FAMILY FUN CENTER 11 a.m. to 9 p.m. Ask about healthy combo options to include with your meal, including side salad or apple slices instead of fries. Chicken-fried rice.

HABAÑERO MEXICAN GRILL AT WHISPERING FIRS GOLF COURSE Try our vegetarian options and light-size burritos and quesadillas. Our chicken Caesar wraps are perfect for summer.

BATTLE BEAN DRIVE-THRU AND STONE ED BATTLE BEAN Get one free espresso shot in your coffee order.

THE BISTRO AT RUSSELL LANDING 11 a.m. to 2 p.m. Chicken-walnut spinach salad for \$12.95.

14

WARRIOR ZONE 7 to 10 p.m. Open Mic Night on the patio. Sign up starting at 6 p.m. if you want to sing, play music, be a comic and entertain others on stage. Open to all ID card holders ages 18 and older.

THE BISTRO AT RUSSELL LANDING 11 a.m. to 2 p.m. Chinese sweet-n'-sour chicken for \$13.95.

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 3 p.m. Chicken-bacon ranch wrap combo.

BATTLE BEAN DRIVE-THRU AND STONE ED BATTLE BEAN Get \$1.50 off any size caramel macchiato.

STONE ED BATTLE BEAN 2 to 4 p.m. Get in on happy hour.

JOINT BASE LEWIS-MCCHORD MARKETPLACE DIRECTORY

Battle Bean at AFC Arena	253-964-8837
Bowl Arena Strike Zone	253-967-4661
Caddy Shack Bar & Grill	253-964-2792
Cascade Community Center/Heroes Lounge	253-964-0331
Globemaster Grill at McChord Club	253-982-5581
McChord Catering	253-982-8175
The Bistro at Russell Landing	253-964-2813
The Warrior Zone (Lewis North)	253-477-5833
Whispering Firs Habanero Mexican Grill	253-982-3271
To see menus, visit JBLMmwr.com.	

AT THE MOVIES

Carey Theater on Lewis Main

X-Men: Apocalypse (PG-13) Friday at 7 p.m.

Finding Dory (PG) Saturday at 3 p.m.

X-Men: Apocalypse (PG-13) Saturday at 7 p.m.

The Angry Birds Movie (PG) Sunday at 3 p.m.

Alice Through the Looking Glass (PG) Sunday at 7 p.m.

MOVIE TIMES

FRIDAY

TACOMA AREA

BLUE MOUSE THEATRE: 253-752-9500

The Junglebook (PG) 7

GRAND CINEMA: 253-593-4474

Older Than Ireland (Not Rated) 4:10

Swiss Army Man (R) 2:10, 4:35, 7, 9:20

Our Kind of Traitor (R) 2, 4:25, 6:50, 9:15

Free State of Jones (R) 6, 9

Dark Horse (PG) 2:05, 3:55

Love & Friendship (PG) 1:40, 6:15, 8:30

REGAL LAKEWOOD STADIUM 15: 844-462-7342

Mike & Dave Need Wedding Dates (R) 1:10, 4:20, 7:20, 10

The Secret Life of Pets 3-D (PG) 1, 2, 3:20, 5, 6:30, 9:10, 9:50, 10:20

The Secret Life of Pets (PG) 11:30, noon, 2:30, 4, 4:30, 6, 7:10, 7:40, 8:40

The BFG 3-D (PG) 9:55 p.m.

The BFG (PG) 12:30, 3:50, 7

The Legend of Tarzan 3-D (PG-13) 12:45, 4:10, 7:05, 10:05

The Legend of Tarzan (PG-13) 11:50, 3:10, 6:20,

9:20

The Purge: Election Year (R) 12:50, 4:40, 7:30, 10:10

Independence Day: Resurgence (PG-13) 12:20, 3:30, 6:40, 9:40

The Shallows (PG-13) 2:15, 4:50, 7:45, 10:15

Central Intelligence (PG-13) 11:40, 2:50, 6:50, 9:30

Finding Dory 3-D (PG) 12:40

Finding Dory (PG) 1:\$5, 3, 6:10, 8:50

The Conjuring 2 (R) 12:25, 3:40, 5:50, 9

Three Wise Cousins (PG-13) 12:10, 2:45, 5:10, 7:50, 10:20

CENTURY POINT RUSTON AND XD: 800-246-6215 #3238

The BFG 3-D (PG) 9:50, 6:40

The BFG (PG) 12:40, 3:40, 9:30

Central Intelligence (PG-13) 9:10, noon, 2:50, 5:20, 8

Finding Dory (PG) 9, 1:30, 2:20, 5, 7:40, 10:20

Independence Day: Resurgence (PG-13) 10:10, 1, 3:50, 6:50, 10

The Legend of Tarzan 3-D (PG-13) 10:20, 4:10, 7

The Legend of Tarzan (PG-13) 1:10, 10:10

Mike & Dave Need Wedding Dates (R) 9:30, 12:10, 2:30, 4:50, 7:30, 10:30

The Purge: Election Year (R) 9:15, 11:50, 2:35, 5:10, 7:50, 10:50

The Secret Life of Pets 3-D (PG) 11:40, 4:40, 9:40

The Secret Life

of Pets (PG) 9:20 2:10, 7:10

The Secret Life of Pets XD (PG) 10:30, 12:50, 3:30, 8:10

The Secret Life of Pets XD 3-D (PG) 5:50, 10:40

The Shallows (PG-13) 11 p.m.

PUYALLUP

LONGSTON PLACE: 253-770-9901

Mike & Dave Need Wedding Dates (R) 1:50, 4:50, 7:50, 10:30

The BFG 3-D (PG) 3:50, 6:40

The BFG (PG) 1:30, 4:20, 7:20, 10:10

The Legend of Tarzan 3-D (PG-13) 1, 3:40, 9:10

The Legend of Tarzan (PG-13) 1:30, 4:30, 6:30, 7:30, 10:10

The Purge: Election Year (R) 2, 5, 7:40, 10:20

Free State of Jones (R) 1:10, 4:10, 7:10, 10:10

Independence Day: Resurgence 3-D (PG-13) 9:40 p.m.

Independence Day: Resurgence (PG-13) 1:15, 4, 7

The Shallows (PG-13) 2:30, 5:30, 8, 10:15

Central Intelligence (PG-13) 1:10, 4:10, 6:50, 9:20

The Conjuring 2 (R) 1:05, 4:05, 7:05, 10:05

Warcraft (PG-13) 1, 9:30

Me Before You (PG-13) 1:45, 4:\$5, 7:45, 10:15

Captain America: Civil War (PG-13) 2:10, 5:20, 8:30

The Jungle Book (PG) 2:15, 5:15, 8:15

SOUTH HILL MALL SIX: 253-445-8801

The Secret Life of Pets 3-D (PG) 11:50, 1:10, 2:30, 3:50, 5:10, 6:30, 7:50, 9:45

The Secret Life of Pets (PG) 11:15, 12:30, 1:50, 3:10, 4:30, 5:50, 7:10, 8:30, 9:15

Finding Dory (PG) 11, 11:35, 1:30, 2:10, 4:10, 4:50, 6:50, 7:30, 10

X-Men: Apocalypse (PG-13) 9:30 p.m.

BONNEY LAKE

REGAL TALL FIRS 10: 253-891-5445

Mike & Dave Need Wedding Dates (R) 1, 4, 7:10, 10

The Secret Life of Pets 3-D (PG) 12:20, 3:20, 6:30, 9

The Secret Life of Pets (PG) 12:10, 12:40, 3:10, 3:50, 7, 9:35

The BFG 3-D (PG) noon, 6:45

The BFG (PG) 3:30, 9:30

The Legend of Tarzan 3-D (PG-13) 3:45, 9:50

The Legend of Tarzan (PG-13) 12:30, 6:40

The Purge: Election Year (R) 12:50, 4:10, 7:20, 9:55

Independence Day: Resurgence (PG-13) 12:15, 3:15, 6:25, 9:20

The Shallows (PG-13) 6:35, 9:15

Central Intelligence

SEE MOVIES, 7C



SCOTT HANSEN Northwest Guardian

MCCHORD DISC GOLF COURSE

TIME TO 'TEE' IT UP

BY DEAN SIEMON
Northwest Guardian

Ever since he first started playing disc golf five years ago while stationed at Joint Base Elmendorf-Richardson in Alaska, Staff Sgt. Steven Rivera of Joint Base Lewis-McChord's 62nd Aircraft

Maintenance Squadron has slowly been building up his disc collection.

His current bag holds up to 20 discs — which he claims is only a small bag for the standard disc golf player.

“Pro players will probably spend anywhere from \$150 to

\$300 and carry up to 20 to 40 discs,” Rivera said.

He plays in several local tournaments and enjoys coming out to the lesser known nine-hole disc golf course located along Outer Drive on McChord Field.

SEE DISC, 11C



ABOVE: Disc golfers (from left) Steven Rivera, Matt Henley and Paul Hansen play a round at the little-known McChord Field Disc Golf Course.

AT LEFT: Steven Rivera's disc golf bag holds up to 20 discs. By contrast, pro players will carry up to 40 discs in their bags.

JULY 9

MOUNT ST. HELENS
PHOTO WORKSHOP

Mount St. Helens is a photography paradise. Head to Johnston Ridge Observation Point, Loowit Viewpoint and Coldwater Lake to take in the unique landscape and learn basic landscape photography techniques, depth of field, ISO, metering and photo composition, while seeing the sights.

You'll need to bring your camera, tripod (optional), good, sturdy footwear, food/snacks and water. The trip requires hiking a short distance with an elevation gain of up to 300 feet. Minimum age: 12. Depart from the Northwest Adventure Center at Lewis North at 7:30 a.m. Trip with NAC expert guides. **\$75.**

JULY 10

RAFT AND RIBEYE
SKYKOMISH RAPIDS

Your expertly guided rafting adventure includes nine miles of class III-V whitewater rapids. Three miles into the trip, you're faced with the infamous class V "Boulder Drop." This drop challenges even the most experienced boaters. Exhilarating rapids will keep your adrenaline

pumping the entire trip.

A photographer will be there to capture the most memorable moments so you can share them with your friends, family and co-workers (photos are available for viewing and purchase). At the end of the trip, you'll enjoy a quick shuttle back to the River House for a delicious dinner (included in the price).

With the onsite café, you can also enjoy an adult beverage or espresso, if you'd like. Difficulty: beginner; prerequisite: confident swimmer; time: 10 hours. Minimum age: 16. Depart from the Northwest Adventure Center at Lewis North at 11 a.m. or McChord Field's Adventures Unlimited at 11:15 a.m.

Preregistration is required. Volunteer option. **\$120.**

BUNGEE JUMP OR
ZIPLINE ADVENTURE

If adrenaline is what you crave, you won't be disappointed. Head to the base of Mount St. Helens to bungee jump off one of the highest bungee bridges in the country.

If bungee jumping isn't your thing, you can zipline over the canyon for an adventure in the trees on seven different ziplines. Bungee jumpers get two jumps and a T-shirt.

Minimum weight: 90 pounds. Depart from the Northwest Adventure Center at Lewis North at 9 a.m.

Preregistration is required. **\$135.**

JULY 14

BELLA DONNA SUP YOGA
ON THE LAKE

If your yoga routine's getting a little stale, try the challenge of yoga on a stand-up paddleboard. Take your yoga practice out the doors and into nature. Break down the barriers of where your practice should take place, and change the expectations of what your practice should look like. Our sunset classes cater to all levels, from those with no prior yoga or stand-up paddleboard experience who are inspired to try something new to serious practitioners of both.

The trips will reinvigorate you and push you to become an even better yogi than you thought possible — all while enjoying the natural splendor of floating on water. Explore the grounding challenge on a stand-up paddleboard and begin to experience the awakening of your great ability to focus.

Each class begins with a brief



JBLM Outdoor Recreation

The Northwest Adventure Center has several standup paddleboard yoga classes coming soon.

shore lesson on the basics of SUP, followed by a guided paddling warm-up. Work to improve your balance and keep above water (yet don't be afraid to splash around) with invigorating SUP sun salutations flowing into strengthening and lengthening postures, breathing exercises and guided meditation on American Lake.

Meet at the Northwest Adventure Center at Lewis North at 6 p.m. Trip with NAC expert guides. **\$35.**

JULY 16

SAN JUAN ISLAND
KAYAKING DAY TRIP

This one-day kayaking trip features fantastic views of the Olympic Mountains and British Columbia's Vancouver Island. Paddle along the west side of San Juan Island, enjoying the beauty of storm-sculpted evergreens and rocky cliffs covered in grasses and wildflowers.

Dense kelp forests sway in the currents and the steep cliff

shores are sprinkled with purple sea stars and barnacles. Keep an eye out on this trip; orcas, along with other oceanic wildlife, may be visible. Trip fee includes: ferry pass, launch fees, gear, instruction and guide.

Difficulty: easy; distance: four miles; time on water: three hours. Minimum age: 12; younger than 18 must be with a parent/guardian.

Departure time from the Northwest Adventure Center at Lewis North will be based on the ferry schedule. **\$150.**

JULY 19

NAC SEA KAYAK SKILLS
CLASS FOR BEGINNERS

Outdoor Recreation offers five levels of two-hour kayak skills classes.

- Level one: proper paddling techniques and how to buddy-rescue.

- Level two: edging maneuvers and self-rescue.

- Level three: recovery techniques and muscle memory exercises for the roll.

- Level four: multiday kayak trip prep and t-rescue.

- Level five: the roll.

You may start at any time and master as many of the levels as

SEE OUT, 8C

the Humane society

Dog-A-Thon

9:00 am - 2:00 pm on Saturday, July 23rd
Fort Steilacoom Park in Lakewood

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- *Pet-Related Vendors
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- *Food Trucks
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EVENTS

COMMUNITY

Friday Family Fun Movie Night An all kid-friendly line-up, bring blankets and enjoy the movie while snacking on free popcorn. 9 p.m. Friday: "The Lego Movie" July 15: "Aladdin" Skansie Brothers Park, 3211 Harborview Drive, Gig Harbor. Free. gigharbor-guide.com/event/friday-family-fun-movie-night-at-skansie-brothers-park-1.

Scrapbook Expo Enthusiasts can browse a wide array of products and register for a variety of workshops and cropping events. 10 a.m. to 6 p.m. Friday and 9 a.m. to 5 p.m. Saturday. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. \$10; children younger than 13 free. 951-415-0200, scrapbookexpo.com.

Celebrate Life Tacoma For those touched by cancer, whether a patient, survivor, or caregiver, live music, a Fighter and Survivor slide show with tips and tricks, and more 11 a.m. to 1:30 p.m. Saturday. Blue Mouse Theatre, 2611 N. Proctor St., Tacoma. Free. 808-741-4089, missionpositivefilms.com/Celebrate-Life-Tacoma-23.html.

Family Day: Liberty Lyrics artist Jennifer Adams will lead participants in a quest to write a prose gem that will adorn a festive wooden star. The Tacoma Banjo Club performs at 1 p.m., and the Synergy Dance Company performs at 3 p.m. 1-4 p.m. Saturday. Museum of Glass, 1801 Dock St., Tacoma. Museum admission: \$5-\$15; members, younger than age 5 and library pass holders free. 866-468-7386.

Lakewood SummerFEST 11 a.m. to 11 p.m. Saturday. Fort Steilacoom Park, 8714 87th Ave. SW, Lakewood.

Meeker Mansion Psychic Fair A \$5 Meeker Mansion restoration fee will be charged, plus [psychics' fees. Call 253-848-1770 for more information. 10 a.m. to 5 p.m. Saturday. Meeker Mansion, 312 Spring St., Puyallup. 253-848-1770, meekermansion.org.

Historic Fort Steilacoom Summer Fest Open House reenactors in period dress will show the historic buildings and answer questions about the U.S. Army during its occupation of Fort Steilacoom. 10 a.m. to 4



M. SPENCER GREEN Associated Press

Country singer-songwriter Sara Evans is scheduled to perform Saturday at 7 p.m. at the Snoqualmie Casino. Tickets are \$40-\$75.

p.m. Saturday. Historic Fort Steilacoom, 9601 Steilacoom Blvd. SW, Lakewood. Donations accepted.

Tacoma History Walk will feature classic cars on the plaza through October, rain or shine. Mix and mingle with other car enthusiasts while listening to music, voting on the People's Choice Award and entering to win the raffle. 5-8 p.m. LeMay

— America's Car Museum, 2702 E. D St., Tacoma. Free. americascarmuseum.org.

19th Century Family Fun Night Several cannon firings punctuate an evening of 19th century fun with the Fort's re-enactors. Families are invited to bring a picnic dinner and join in scavenger hunts, games, contests, and dancing of the mid-1800s. 6 p.m. July 15. Fort Nisqually Living History Museum, 5400 N. Pearl St., Tacoma. Included in admission.

Atomic Comicon a free celebration of reading, comics, and geek culture sponsored by Atomic Comics and Tacoma Public Library. 1-5 p.m. July 15.

Tacoma Public Library, 1102 Tacoma Ave. S., Tacoma. 253-292-2001 tacomalibrary.org.

Day Out with Thomas 9 a.m. to 5 p.m. July 15. Northwest Railway Museum, 38625 S.E. King St., Snoqualmie. naturefind.com.

Fife Farmer's Market 3-7 p.m. Fridays through Sept. 23. Dacca Park, 54th Ave. E, Fife. Free. 253-922-0900.

Open Days Program Garden Tour- South Sound Explore seven private and public gardens in Auburn, Federal Way, Graham, Orting, and Puyallup, open to the public for self-guided tours, benefits the Garden Conservancy and the

Chase Garden. 10 a.m. to 3 p.m. weekends through October. Admission \$7 per garden; children 12 and younger free. See opendaysprogram.org 888-842-2442.

VOLUNTEER

Early Stage Memory Loss Zoo Walk offers walks Fridays at Point Defiance Zoo and Aquarium. Volunteers needed to accompany group for a morning walk followed by refreshments. Eight week sessions with breaks in between. Entry fees are paid for zoo. For more information contact Linda McCone, 253-722-5691 or email

lmccone@lcsnw.org.

WORKSHOPS

Marymount Driver's Ed: Ford Model T One-day class is a unique hands-on experience for any car lover. 9:30 a.m. Saturday. LeMay Marymount Event Center, 325 152nd St. E., Tacoma. \$150. 253-272-2336, lemaymarymount.org/marymount-drivers-ed-class-ford-model-t.

Marlene's Market and Deli-Tacoma, 2951 S. 38th St., Tacoma. The Power of Plant-Based Eating with speakers Dr. Joanne Kong and Paula Furner 10 a.m. to noon Saturday. Free. 253-472-4080.

NW Solar Now Free Solar Workshop Information about how solar energy systems work in Washington, site requirements, available state and federal incentives for solar energy systems, and more. 6-7:30 p.m. Wednesday. Environmental Services Building, 9850 64th St. W., University Place. Free. 206-788-3819, nwwindandsolar.com/registration.

MUSIC

CHORAL

Tacoma Totemaires presents "Memories" 2 and 7 p.m. July 23, Tacoma Community College, 6501 S. 19th St., Tacoma. \$13. 253-752-5135.

CLASSICAL

Midsummer Concert and Ice Cream Social A recital featuring: Madeline Bersamina (soprano), Erin Calata (mezzo-soprano), John Stuntebeck (piano), Brian Fairbanks (flute). Admission is by freewill donation. 7 p.m. July 17. Trinity Lutheran Church, 12115 Park Ave. S., Tacoma. Donations accepted. 253-537-0201, trinitylutheranparkland.org.

CONCERT SERIES

Summer Sounds at Skansie 6:30 p.m. Tuesday: Rich Wetzel's Groovin' Higher Orchestra. July 19: The Beatniks. July 26: Danny Vernon's "Illusion of Elvis." Aug. 2: The David Correa Group. Aug. 9: The Olson Bros Band. Aug. 16: Sounds Like Dolores. Skansie Brothers Park, 3211 Harborview Drive, Gig Harbor. Free. 253-853-3554.

SEE EVENTS, 9C

ON SALE
THIS WEEK

CHENEYVILLE MUSIC FESTIVAL, featuring Dawes, Cloud Cult and Strand of Oaks, will come to Cheney Stadium at 5 p.m. Aug. 28. Tickets are \$35.50-\$100.50 and are on sale through Ticketmaster.

DEAD and COMPANY, featuring Mickey Hart, Bill Kreutzmann, John Mayer and Bob Weir, will come to the Gorge Amphitheatre in George for a 7:30 p.m. show July 23. Tickets are \$40-\$149.50.

ALSO ON SALE

BARENAKED LADIES 6 p.m. July 16, Marymoor Park, Redmond. \$44.50-\$79.50.

PHISH 7:30 p.m. July 15-16, Gorge Amphitheatre. \$65-\$110.

STING and PETER GABRIEL 8 p.m. July 21, KeyArena, Seattle. \$45-\$250.

KENNY CHESNEY 5 p.m. July 23, CenturyLink Field, Seattle. \$21-\$250.

WILLIE NELSON and FAMILY 7:30 p.m. July 23, Marymoor Park, Redmond. \$49.50-\$99.50.

ADELE 7:30 p.m. July 25-26, KeyArena, Seattle. \$35.50-\$145.50.

THE WATERSHED FESTIVAL July 29-31 and Aug. 5-7, Gorge



Courtesy photo

Dawes will be one of the groups performing at the Cheneyville Music Festival Aug. 28 at Cheney Stadium in Tacoma.

Amphitheatre, George. \$199.

WEEZER and PANIC. 6 p.m. July 29, Marymoor Park, Redmond. \$49.50-\$75.

MODEST MOUSE 7:30 p.m. July 30, KeyArena. \$35.99-\$55.99.

VANS WARPED TOUR 11 a.m. Aug. 12, White River Amphithe-

ater, Auburn. \$39.50-\$85.

DEMI LOVATO and NICK JONAS 7 p.m. Aug. 21, KeyArena, Seattle. \$25.95-\$85.95.

JOURNEY and THE DOOBIE BROTHERS 7 p.m. Aug. 23, White River Amphitheater, Auburn. \$29.50-\$141.

JOSH GROBAN 7 p.m. Aug. 23, Chateau Ste. Michelle Winery, Woodinville. \$78-\$152.50.

GWEN STEFANI 7 p.m. Aug. 24, KeyArena, Seattle. \$35.95-\$144.95.

HEART, JOAN JETT and THE BLACKHEARTS and CHEAP

TRICK 6:30 p.m. Aug. 26, White River Amphitheater, Auburn. \$20.25-\$101.

I LOVE THE '90s 7:30 p.m. Aug. 26, Tacoma Dome. \$25.50-\$99.50.

SNOOP DOGG and WIZ KHALIFA 7 p.m. Sept. 2, White River Amphitheater, Auburn. \$26-\$70.75.

BUMBERSHOOT Sept. 2-4, Seattle Center. \$180-\$700.

KID ROCK 7:30 p.m. Sept. 3, Washington State Fair, Puyallup. \$95-\$120.

COUNTING CROWS and ROB THOMAS 6 p.m. Sept. 3, Chateau Ste. Michelle Winery, Woodinville. \$70.50-\$126.

TIM MCGRAW 7:30 p.m. Sept. 4, Washington State Fair, Puyallup. \$85-\$95.

CREDENCE CLEARWATER REVISITED 7:30 p.m. Sept. 7, Washington State Fair, Puyallup. \$30.

SMASH MOUTH 7 p.m. Sept. 8, Washington State Fair, Puyallup. \$30.

CARRIE UNDERWOOD 7 p.m. Sept. 8, KeyArena, Seattle. \$45.50-\$75.50.

THOMPSON SQUARE DANCIN' IN THE DIRT PARTY 9 p.m. Sept. 9, Washington State Fair, Puyallup. \$35.

JUAN GABRIEL 7 p.m. Sept. 9, Tacoma Dome. \$63.50-\$203.50.

CHRIS JANSON DANCIN' IN

THE DIRTY PARTY 9 p.m. Sept. 10, Washington State Fair, Puyallup. \$35.

FOR KING and COUNTRY and **MATT MAHER** 7:30 p.m. Sept. 12, Washington State Fair, Puyallup. \$26-\$46.

FIFTH HARMONY 7 p.m. Sept. 13, White River Amphitheater, Auburn. \$29.95-\$79.95.

DNCE 7:30 p.m. Sept. 14, Washington State Fair, Puyallup. \$28-\$55.

SINBAD 7:30 p.m. Sept. 14, Emerald Queen Casino, Tacoma. \$25-\$65.

X AMBASSADORS and RACHEL PLATTEN 7:30 p.m. Sept. 15, Washington State Fair, Puyallup. \$40-\$65.

DRAKE 7 p.m. Sept. 16, Tacoma Dome. \$49.50-\$129.50.

KELLOGG TOUR OF GYMNASIAC CHAMPIONS 7:30 p.m. Sept. 16, KeyArena, Seattle. \$31-\$294.

ALAN JACKSON 7:30 p.m. Sept. 17, Washington State Fair, Puyallup. \$50-\$85.

CHRIS YOUNG and CASSA-DEE POPE 7:30 p.m. Sept. 19, Washington State Fair, Puyallup. \$40-\$60.

GAVIN DeGRAW 7:30 p.m. Sept. 20, Washington State Fair, Puyallup. \$43-\$65.

DOLLY PARTON 7:30 p.m. Sept. 21, ShoWareCQ Center, Kent. \$39.50-\$125.

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FROM PAGE 2C

MOVIES

gence (PG-13) 12:45, 3:40, 6:50, 9:40 **Finding Dory** (PG) 12:35, 3:25, 6:20, 9:10

GIG HARBOR
GALAXY UPTOWN THEATRE:
253-857-7469

The Secret Life of Pets (PG) 10:15, 11:30, 1, 1:30, 2, 3:30, 4, 4:30, 6, 6:30, 7, 8:45, 9:30 **The Secret Life of Pets 3-D** (PG) 10:45, 9 **Mike & Dave Need Wedding Dates** (R) 1:45, 2:15, 4:45, 7:30, 10:15 **The Legend of Tarzan** (PG-13) 10:10, 11, 1:10, 2, 4:10, 4:50, 7:10, 7:45, 10:10, 10:30 **The BFG** (PG) 10:05, 1:05, 3:50, 6:45, 9:45 **Independence Day: Resurgence** (PG-13) 10:15, 1:15, 4:15, 7:15, 10:15 **Finding Dory** (PG) 10, 10:30, 12:45, 1:15, 3:30, 4:15, 6:15, 7:15, 9, 10

PORT ORCHARD
REGAL SOUTH SOUND 10:
360-871-2294

Mike & Dave Need Wedding Dates (R) 12:30, 3:50, 7:10, 10:10 **The Secret Life of Pets 3-D** (PG) noon, 2:30, 5, 7:30, 10 **The Secret Life of Pets** (PG) 1:30, 2, 4:30, 7, 9:30 **The BFG 3-D** (PG) 3, 9:45 **The BFG** (PG) 1:50, 6:40 **The Legend of Tarzan 3-D** (PG-13)

3:20, 9:35 **The Legend of Tarzan** (PG-13) 12:15, 6:45 **The Purge: Election Year** (R) 12:25, 3:40, 7:20, 10:15 **Independence Day: Resurgence** (PG-13) 11:40, 2:50, 6:20, 9:40 **The Shallows** (PG-13) 12:40, 4, 7:25, 10:20 **Central Intelligence** (PG-13) 12:20, 3:30, 6:50, 9:50 **Finding Dory** (PG) 12:10, 3:10, 6:30, 9:20

EATONVILLE
ROXY THEATRE: 360-832-7699

Central Intelligence (PG-13) 7 **SOUTH KING COUNTY**
AUBURN STADIUM 17: 253-735-6721

Mike & Dave Need Wedding Dates (R) 9:50, 12:30, 3:15, 4:30, 5, 6, 7, 9:50, 10:50, 11:25 **The Secret Life of Pets 3-D** (PG) 9:10, 10:20, 11:40, 12:50, 2:10, 3:20, 4:40, 5:50, 7:10, 8:20, 10:35 **The Secret Life of Pets** (PG) 9, 9:40, 11, 12:10, 1:30, 2:40, 4, 5:10, 6:30, 7:40, 9, 10:10 **The BFG 3-D** (PG) 10:10, 1:10, 10:30 **The BFG** (PG) 1:20, 2:20, 4:30, 5:40, 7:30, 8:40 **The Legend of Tarzan 3-D** (PG-13) 9:30, 12:20, 3:10, 9:15 **The Legend of Tarzan** (PG-13) 10:30, 1:45, 1:20, 4:20, 6:10, 7:20, 10:20 **The Purge: Election Year** (R) 9:15, noon, 2:50, 7:50, 9:40, 11:10, 11:30 **Free State of Jones** (R) 10:45 p.m. **Independence Day: Resurgence 3-D** (PG-13) 3:45, 9:30 **Independence Day: Resurgence** (PG-13) 9:45, 12:45, 6:40, 11:45 **The Shallows**

(PG-13) 11:30, 1:50, 4:10, 6:30, 8:50 **Central Intelligence** (PG-13) 9:05, 2:45, 5:30, 8:10, 11:10 **Finding Dory 3-D** (PG) 9:20, 11:50, 2:30, 5:30, 8, 10:30 **Finding Dory** (PG) 10, 10:50, 12:40, 1:30, 3:10, 3:40, 5:50, 6:20, 8:30, 9:10 **Now You See Me 2** (PG-13) 9, 8:45 **The Conjuring 2** (R) 12:10, 11:40

CENTURY FEDERAL WAY 16:
253-946-0942

Mike & Dave Need Wedding Dates (R) 12:05, 2:35, 5:05, 8:10, 10:45 **The Secret Life of Pets 3-D** (PG) 9:30, 10:10, 12:20, 12:40, 3:10, 4:30, 5:40, 7:40, 9:30, 10:40, 10:55 **The Secret Life of Pets** (PG) 9:50, 10:30, 11:30, 1, 2, 2:50, 3:30, 5:20, 6, 7, 7:50, 8:30, 10:20 **The BFG 3-D** (PG) 12:10 **The BFG** (PG) 9:45, 10:20, 4:10, 7:05, 10 **The Legend of Tarzan 3-D** (PG-13) 11:05, 10 **The Legend of Tarzan** (PG-13) 9:30, 1:15, 3, 4:30, 5:40, 7:15, 8:20, 11:05 **The Purge: Election Year** (R) 11:10, 1:50, 4:30, 8:15, 10:55 **Free State of Jones** (R) 9:50, 1, 7:20 **Independence Day: Resurgence 3-D** (PG-13) 10:20, 10:15 **Independence Day: Resurgence** (PG-13) 1:25, 4:25, 7:20 **Swiss Army Man** (R) 12:35, 3:05, 5:35, 8:05, 10:35 **The Shallows** (PG-13) 10:45, 1:05, 3:30, 5:50, 8:25, 10:50 **Central Intelligence** (PG-13) 11:20, 2, 4:50, 7:55, 10:40 **Finding Dory** (PG) 9:35, 10:30, 12:15, 1:10, 2:55, 3:50, 5:35, 6:30, 7:30, 9:10, 10:10 **The**



Universal Pictures via AP

Animated characters (from left) Max, Duke and Katie appear in a scene from "The Secret Lives of Pets."

Conjuring 2 (R) 4:10, 10:35
FEDERAL WAY GATEWAY 8:
253-946-5289

Warcraft 3-D (PG-13) 3:40, 9:35
Warcraft (PG-13) 12:45, 6:35
Teenage Mutant Ninja Turtles: Out of the Shadows (PG-13) 11:20, 2:05, 4:55, 7:30, 10:10
Neighbors 2: Sorority Rising (R) 2:50, 5:10, 7:35, 9:55 **The Nice Guys** (R) 2, 4:55, 7:30, 10:15
Money Monster (R) 7:15, 9:40
Ratchet & Clank (PG) 11:35 a.m.
The Huntsman: Winter's War (PG-13) 12:30, 3:30, 6:30 **Barbershop: The Next Cut** (PG-13) 9:20
The Boss (R) 12:15 **Batman vs. Superman: Dawn of Justice** (PG-13) 11:30, 2:45, 6:10, 9:30
Zootopia 3-D (PG) 2:10, 10

Zootopia (PG) 11:40, 4:55, 7:20
Kung Fu Panda 3 (PG) noon, 2:30, 4:55

OLYMPIA/LACEY
MARTIN VILLAGE STADIUM
16: 360-455-5003

Mike & Dave Need Wedding Dates (R) 11:15, 2, 4:45, 7:30, 10:15
The Secret Life of Pets 3-D (PG) 11, 12:20, 1:40, 3, 4:20, 5:40, 7, 8:20
The Secret Life of Pets (PG) 10:30, 11:50, 1, 2:30, 3:40, 5:10, 6:20, 7:50, 9, 10:20 **The BFG 3-D** (PG) 1:10, 4:10, 7:10, 10 **The BFG** (PG) 12:10, 3:10, 6:10, 9:10 **The Legend of Tarzan IMAX 3-D** (PG-13) 12:40, 3:30, 6:30, 9:20 **The Legend of Tarzan 3-D** (PG-13) 10:40 a.m. **The Legend of Tarzan** (PG-13) 1:30, 4:30, 7:20, 10:05

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FROM PAGE 4C

OUT

you'd like. Meet at Kimbro Pool inside McVeigh Sports and Fitness Center at 7:30 p.m. Minimum age: 12. Clinic with NAC expert guides. **\$25.**

JULY 21-24

JBLM ALPINE CLUB'S MT. RAINIER CLIMBS

Rising 14,410 feet above sea level, Mount Rainier offers nearly unlimited climbing possibilities. Tackle some of the 60 climbing routes on this iconic symbol of Washington state with the JBLM Alpine Club. July 21-24, take on Kautz to DC Carryover. Transportation and gear are provided on these multiday trips. Prerequisite requirements: demonstrated skills or completion of the Alpine Club's Basic Alpine Climbing Course. A **\$150** non-refundable climbing permit fee or full payment is required upon registration for each trip. Full trip details will be provided upon registration. For more information, email jblmalpine-club@gmail.com. **\$750.**

JULY 21

PADDLEBOARD TRIP WITH STEAK DINNER

Head to American Lake for an enjoyable paddle until the sun sets. All ages are welcome, but children younger than 12 must be on a board with an adult. Steak dinner is an optional add-on. Depart from the Northwest Adventure Center at Lewis North at 6 p.m. Preregistration is required by July 19 at 5 p.m. Trip with NAC expert guides. **\$30; \$20** for ages 3 to 12.

JULY 23

RAFT AND RIBEYE SKYKOMISH RAPIDS

Your expertly guided rafting adventure includes nine miles of class III-V whitewater rapids. Three miles into the trip, you're faced with the infamous class V "Boulder Drop." This drop challenges even the most experienced boaters. Exhilarating rapids will keep your adrenaline pumping the entire trip. A pho-



JBLM Outdoor Recreation

Flowers begin to bloom along the climbing paths on Mount Rainier. The Northwest Adventure Center is hosting multiple trips to climb various summits this summer.

tographer will be there to capture the most memorable moments so you can share them with your friends, family and co-workers (photos are available for viewing and purchase). At the end of the trip, you'll enjoy a quick shuttle back to the River House for a delicious dinner (included in the price). With the onsite café, you can also enjoy an adult beverage or espresso, if you'd like. Difficulty: beginner; prerequisite: confident swimmer; time: 10 hours. Minimum age: 16. Depart from the Northwest Adventure Center at Lewis North at 11 a.m. or McChord Field's Adventures Unlimited at 11:15 a.m. Preregistration required by July 19 at 5 p.m. **\$120.**

JULY 24

HORSEBACK RIDING IN CASCADE MOUNTAINS

Escape the hustle of summer and explore the beautiful Cascade Mountains by horseback.

Cle Elum's Flying Horseshoe Ranch has been around since 1955. There, you'll be walked through the steps it takes to groom, prepare and safely ride your horse before cruising around the hillsides enjoying everything the area has to offer. Minimum age: 12. Depart from the Northwest Adventure Center at Lewis North at 9 a.m. **\$70.**

JULY 24

TAKE A PHOTOGRAPHY TOUR OF SEATTLE

Beautiful and eccentric, Seattle is the perfect subject for honing your photography skills. Explore the Emerald City while learning techniques for depth of field, ISO, metering and photo composition. Some of the locations on the visit include Snoqualmie Falls, the Fremont Troll, Ballard Locks and one of the best views of Seattle — Kerry Park. Minimum age: 12. Depart from the Northwest Adventure

Center at Lewis North at 8 a.m. or McChord Field's Adventures Unlimited at 8:15 a.m. Trip with NAC expert guides. **\$70.**

JULY 28

BELLA DONNA SUP YOGA ON THE LAKE

If your yoga routine is getting a little stale, try the challenge of yoga on a stand-up paddleboard. Take your yoga practice out the doors and into nature. Break down the barriers of where your practice should take place, and change the expectations of what your practice should look like. Our sunset classes cater to all levels — from those with no prior yoga or stand-up paddleboard experience who are inspired to try something new to serious practitioners of both. The trips will reinvigorate you and push you to become an even better yogi than you thought possible — all while enjoying the natural splen-

dor of floating on water. Explore the grounding challenge on a stand-up paddleboard and begin to experience the awakening of your great ability to focus. Work to improve your balance and keep above water (yet don't be afraid to splash around) with invigorating SUP sun salutations flowing into strengthening and lengthening postures, breathing exercises and guided meditation on American Lake. Meet at the Northwest Adventure Center at Lewis North at 6 p.m. **\$35.**

JULY 30

ORCA WHALE WATCHING ON SAN JUAN ISLANDS

Breathe the fresh island air, take in the scenery and experience the magnificence of orca whales, bald eagles, seals, birds and more in the beautiful San Juan Islands. Sail deep into the territory of the resident orca pods with skilled local naturalists on board to ensure this fun and

exciting trip is also informational. Depart from the Northwest Adventure Center at Lewis North at 5:30 a.m. or McChord Field's Adventures Unlimited at 5:45 a.m. Preregistration is required before July 26 at 5 p.m. Reasonable accommodations can be made for persons with special needs; popular Family trip. **\$150; \$80** for ages 3 to 12 and **\$40** for ages 2 and younger.

JULY 30

APE CAVE ADVENTURE AT MOUNT ST. HELENS

Head to Mount St. Helens to explore the largest continuous lava tube in the Western Hemisphere. Go deep into the underside of a 2,000-year-old lava flow to scramble over and climb under volcanic formations. Two features that must be traversed include 6-foot and 8-foot vertical walls and numerous rock piles up to 20 feet high. Minimum age: 12. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. **\$55.**

JULY 31

BICYCLE RIDE THROUGH SNOQUALMIE TUNNEL

Ride through the Snoqualmie Tunnel; it's nearly 2 miles long. From there, snake your way around the hills and over old train trestles on the way to Rattlesnake Lake. The best part? It's all downhill. Difficulty: easy, distance: 22.5 miles; ride time: 3.5 hours.

Minimum age: 14. The trip fee includes guide, transportation, bike, helmet, gloves and headlamp. Depart from the Northwest Adventure Center at Lewis North at 8:30 a.m.

Popular Family trip; trip with NAC expert guides; volunteer option. **\$55.**

AUGUST 3

ATTEND THE NEXT JBLM ALPINE CLUB MEETING

Climbers are invited to the Alpine Club meeting August 3 at 6 p.m. The activity and meeting location differs each month. Members, check out jblmalpine-club.blogspot.com for more information.

SEE OUT, 10C

FROM PAGE 5C

EVENTS

Zootunes Summer Concert Series

July 17: Phillip Phillips and Matt Nathanson; July 27: UB40; July 24: The B-52s; July 26-27: Weird Al Yankovic; Aug. 2: Ziggy Marley; Aug. 3-4: Pink Martini; Aug. 21: Jef Beck; Aug. 23-24: Brandi Carlile. Woodland Park Zoo, 5500 Phinney Ave. N., Seattle. \$49 plus ticketing fees. 206-684-4800, zoo.org/zootunes#.V175bbsrJhE.

COUNTRY

Kenny Rogers 8:30 p.m. Friday. Emerald Queen Casino, 2024 E. 29th St., Tacoma. \$50-\$120. Ticketmaster.

Dixie Chicks Friday. White River Amphitheatre, 40601 Auburn Enumclaw Road S.E., Auburn. 360-825-6200, livenation.com.

Sara Evans 7 p.m. Saturday. Snoqualmie Casino, 37500 SE North Bend Way, Snoqualmie. \$40-\$75. 425-888-1234, snocasino.com.

The Nashville Tribute Band 7:30 p.m. Thursday. Washington Center for the Performing Arts, 512 Washington St. SE, Olympia.

\$10-\$20 plus ticketing fees. washingtoncenter.org.

JAZZ

Foreigner 8 p.m. Saturday. Little Creek Casino Resort, 91 W. State Route 108, Shelton. \$75-\$100.

Pearl Django 7:30 p.m. July Tuesday and Wednesday. Dimitriou's Jazz Alley, 2033 Sixth Ave., Seattle. \$29.50. 206-441-9729, jazzalley.com.

Sergio Mendes 7:30 p.m. July 14-15. Dimitriou's Jazz Alley, 2033 Sixth Ave., Seattle. \$59. 206-441-9729, jazzalley.com.

POP

Meghan Trainor: The Untouchable Tour 7 p.m. July 16. WaMu Theater, 1000 Occidental Ave. S., Seattle. \$27-\$57. 206-381-7555, Ticketmaster.

The Piano Guys 7:30 p.m. July 30, Marymoor Park, 6046 W. Lake Sammamish Parkway NE, Redmond. marymoorconcerts.com

R&B

Love the '90s featuring Salt-n-Pepa, Coolio, Tone Loc, Color Me Badd, All-4-One and more. 7 p.m. Aug. 27, Marymoor Park, 6046 W. Lake Sammamish Parkway NE, Redmond. marymoorconcerts.com.

ROCK

Foreigner 7 p.m. Friday. Tulalip Resort Casino, 10200 Quil Ceda Blvd., Tulalip. \$38-\$80. 888-272-1111, tulalipresort-casino.com/Entertainment.

Alice in Chains 8 p.m. Friday. The Paramount Theatre, 911 Pine St., Seattle. \$65.75. stgpre-sents.org.

Steven Tyler: Out On a Limb 8 p.m. Friday, McCaw Hall, 321 Mercer St., Seattle. \$57-\$147. Ticketmaster.

Goo Goo Dolls 6:30 p.m. Saturday. Chateau Ste. Michelle Winery, 14111 N.E. 145th St., Woodinville. \$60-\$85. 425-488-3300, Ticketmaster.

Brit Floyd 8 p.m. July 15. WaMu Theater, 1000 Occidental Ave. South, Seattle. \$30-\$60.

206-381-7555, www.britfloyd.com, 206-381-7555; Ticketmaster: 206-292-0888; www.ticketmaster.com.

Bare Naked Ladies 6 p.m. July 16, Marymoor Park, 6046 W. Lake Sammamish Parkway NE, Redmond. marymoorconcerts.com.

Twenty One Pilots 7 p.m. July 18. WaMu Theater, 1000 Occidental Ave. S., Seattle. \$45. Ticketmaster.

Sting 8 p.m. July 21. KeyArena, 305 Harrison St., Seattle. \$45-\$250. Ticketmaster.

Blondie 7 p.m. July 22. Snoqualmie Casino, 37500 SE North Bend Way, Snoqualmie. \$45-\$90. snocasino.com.

Weezer and Panic at the Disco 6 p.m. July 29, Marymoor Park, 6046 W. Lake Sammamish

Parkway NE, Redmond. marymoorconcerts.com.

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FROM PAGE 8C

OUT

AUGUST 4

PADDLEBOARD TRIP
WITH STEAK DINNER

Head to American Lake for an enjoyable paddle until the sun sets. All ages are welcome, but children younger than 12 must be on a board with an adult. Steak dinner is an optional add-on. Depart from the Northwest Adventure Center at Lewis North at 6 p.m. Preregistration is required by August 2 at 5 p.m. Trip with NAC expert guides.

\$30; \$20 for ages 3 to 12.

AUGUST 6-7

WILDERNESS FIRST AID
COURSE AT NAC

The WFA course will help you prepare for the unexpected. This fast-paced, hands-on training is designed to meet the needs of trip leaders, camp staff, outdoor enthusiasts and individuals working in remote locations. You'll be introduced to caring for people who become ill or injured far from definitive medical care. Classroom lectures and demonstrations are combined with realistic scenarios where mock patients will challenge you to integrate your learning. At the end of the course, you'll have

the knowledge, skills and ability to make sound decisions in emergency situations. Minimum age: 18. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. **\$225.**

AUGUST 6

ASTROPHOTOGRAPHY AT
MOUNT RAINIER

Photography of the night sky can be an extremely rewarding hobby revealing the spectacular beauty of nature and wonders of the universe. Head to Sunrise in Mount Rainier National Park to learn how to capture the Milky Way, create star trails and more. You'll be outside the entire evening with little cover, walking up to three miles (with up to

600 feet of elevation gain and loss). Please wear sturdy footwear to walk on muddy trails and pavement. Bring a pack to carry personal items, enough food to get you through the evening, water, extra layers of warm clothing and weather protection, camera, lenses, tripod other camera-related equipment and your camera instruction book. Minimum age: 12. Depart from the Northwest Adventure Center at 7 p.m.; the trip returns after midnight. Trip with NAC expert guides. **\$75.**

STANDUP PADDLEBOARD
ON SKYKOMISH

Go on a standup paddleboard adventure on the Skykomish River. Travel from Big Eddy

through exciting Class I and II rapids to the riverside town of Sultan. When the river's low, this is the best way to enjoy it. Gear, transportation and instruction on how to SUP on a river included. This is an intermediate SUP trip; prior SUP experience or the Introduction to SUP class is required. Minimum age: 16. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. Popular family trip with NAC expert guides. **\$65.**

AUGUST 7

ATTEND AN ATV
RIDERCOURSE™

In this half-day course, ATV Safety Institute instructors will guide you through the fun and excitement of safely riding an all-terrain vehicle. We ride rain or shine, so dress for the weather. ASI ATV RiderCourse™ certification will be awarded upon completion. Minimum age: 16. Meet at the ORV Park at 9 a.m. **\$35.**

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SCOTT HANSEN Northwest Guardian

Steven Rivera, middle, tees off on hole number four while playing a round with a group of friends at the McChord Field Disc Golf Course.

FROM PAGE 3C DISC

It's a course that isn't immediately noticeable when driving in that area, but it has attracted a group of service members who enjoy playing a quick round during lunch or after work.

Disc golf is a sport that has grown over recent years, despite a history that dates back to the 1970s, according to the Professional Disc Golf Association. The PDGA

lists more than 150 disc golf courses between Washington and Oregon.

While regulars like Rivera play in local tournaments, others like Staff Sgt. Paul Hansen of JBLM's 627th Communications Squadron, go out and have fun — usually carrying one or two discs at most.

"I just like to go out and throw a disc farther than the last one; however, I can't say with 100 percent certainty where it's going to land," Hansen said.

Unlike a number of courses that feature 18 holes intertwined with

wooded areas and have various water hazards, the McChord Disc Golf Course is considered a very friendly course for those who are just learning how to play the sport. The worst thing one might consider a hazard is over-throwing their disc into the neighboring Outer Drive — usually slow in terms of traffic.

Perhaps that's what attracts people who can go to a local sporting goods store or the exchanges on base, buy a starter disc for about \$20 and learn the sport on McChord Field.

"You get to learn where

your throw is going, without it hitting a tree right away," said Staff Sgt. Don Riggs, of the 62nd Maintenance Squadron.

It's also a quick run to play as many will play a quick round — usually the nine holes twice to make it 18 total — in about 25 minutes. Some throw jogging in between throws for an additional workout.

The McChord Disc Golf Course is a basic and quiet course, but regulars like Hansen and Rivera said they would like to see the military disc golf community grow to where they could have a league or

tournament on base.

"If we had enough (players), we could get it fitted in with the Commander's Cup with the rest of the sports on base," Hansen said.

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If you go

Fort Steilacoom Disc Golf Course, 8200 87th Ave. SW, Lakewood

Ambient Disc Golf Course, 7912 Lakewood Drive W, Lakewood

Woodland Creek Community Park, 6729 Pacific Ave. SE, Lacey

St. Martin's Abbey, 5000 Abbey Way SE, Lacey

Riverside Disc Golf Park, 7800 Riverside Road East, Sumner

To find other disc golf courses in the area, visit pdga.com/course-directory.

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Fri: 4:10; Sat-Sun: 12:00, 4:10
Mon-Wed: 2:20, 4:10
Thu: 2:20, 4:10, 6:15

Swiss Army Man (R)
Fri-Sun: 2:10, 4:35, 7:00, 9:20
Mon-Thu: 4:35, 7:00, 9:20

Our Kind of Traitor (R)
Fri: 2:00, 4:25, 6:50, 9:15
Sat-Sun: 11:35 AM, 2:00, 4:25, 6:50, 9:15
Mon: 2:00, 4:25, 6:50, 9:15
Tue-Wed: 2:00, 4:25, 9:15
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Free State of Jones (R)
Fri: 6:00, 9:00
Sat-Sun: 11:45 AM, 6:00, 9:00
Mon-Thu: 6:00, 9:00

Dark Horse (PG)
Fri: 2:05, 3:55; Sat-Sun: 2:45
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Thu: 2:05, 3:55

Love & Friendship (PG)
Fri: 1:40, 6:15, 8:30
Sat-Sun: 11:30 AM, 1:40, 6:15, 8:30
Mon: 1:40, 8:45
Tue-Wed: 1:40, 6:15, 8:30; Thu: 1:40, 8:30

Chasing Niagara (NR)
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First Girl I Loved (NR)
Wed: 1:45, 6:45

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FROM PAGE 9C

EVENTS

Nite Crew (9 p.m.). 253-594-7777.

Emerald Queen I-5 Show-room 2024 E. 29th St., Tacoma, Kenny Rogers (8:30 p.m.). 253-594-7777.

Forza Coffee Company 1520 Wilmington Drive, DuPont, live music (6:30 p.m.). 253-964-1407

Forza Coffee Company 2209 N. Pearl St., Tacoma, open mic (7 p.m.). 253-759-9320.

G. Donnalson's 3814 N. 26th St., Tacoma, Maggie Laird (7:30 p.m.). 253-761-8015.

Great American Casino 10117 South Tacoma Way, Lakewood, 4 More (9 p.m.). 253-396-0500.

Jazzbones 2803 Sixth Ave., Tacoma, Samantha Fish (8:30 p.m.). 253-396-9169.

Louie G's 5219 Pacific Hwy. E, Fife, Lust Punch, Tony West, 80 Proof Logic (8 p.m.). 253-926-9700.

Muckleshoot Casino 2402 Auburn Way S., Auburn, Chapter 5 (9:30 p.m.). 253-333-1848.

Real Art Tacoma 5412 South

Tacoma Way, Tacoma, Cally Reed (8 p.m.). realarttacoma.com.

Rock The Dock 535 Dock St., Tacoma, Zero Down (8 p.m.). 253-272-5004.

Royal Bear 35731 W. Valley Highway S., Algonia, Subvinyl Jukebox (9 p.m.). 206-628-0888.

The Swiss 1904 S. Jefferson, Tacoma, The Spazmatics (9 p.m.). 253-572-2821.

The Valley Pub 1206 Puyallup Ave., Tacoma, Mister Master, Dogstrum, Walking Things (8:30 p.m.). 253-248-4265.

SATURDAY

Buffino's Golden West Saloon 5228 South Tacoma Way, Tacoma, Back Porch Band (9 p.m.). 253-471-9892.

Emerald Queen I-5 Night-club 2024 E. 29th St., Tacoma, Nite Crew (9 p.m.). 253-594-7777.

G. Donnalson's 3814 N. 26th St., Tacoma, Maggie Laird (7:30 p.m.). 253-761-8015.

Great American Casino 10117 South Tacoma Way, Lakewood, 4 More (9 p.m.). 253-396-0500.

Jazzbones 2803 Sixth Ave., Tacoma, Brian Redman Memorial Music Scholarship Fundrais-

er featuring Vivian Gonzalez, Pig Snout, Darby Picnic, Varsity Week, Gabe and Rosie McPherson, Mr. Von (7 p.m.). 253-396-9169.

Louie G's 5219 Pacific Hwy. E, Fife, Gebular, Bleed The Stone, Static, Loco Motive (8 p.m.). 253-926-9700.

Muckleshoot Casino 2402 Auburn Way S., Auburn, DJ Supreme (10:30 p.m.). 253-333-1848.

Real Art Tacoma 5412 South Tacoma Way, Tacoma, Big O (7 p.m.). realarttacoma.com.

Rock The Dock 535 Dock St., Tacoma, Kraven (8 p.m.). 253-272-5004.

Royal Bear 35731 W. Valley Highway S., Algonia, Try (9 p.m.). 206-628-0888.

The Spar 2121 N. 30th St., Tacoma, Tatoosh (8 p.m.). 253-627-8215.

The Swiss 1904 S. Jefferson, Tacoma, The Spazmatics (9 p.m.). 253-572-2821.

Uncle Thurm's Finger Lickin' Ribs and Chicken 3709 S. G St., Tacoma, live music featuring blues, brews and BBQ's (8 p.m.). 253-475-1881.

The Valley Pub 1206 Puyallup Ave., Tacoma, Lobsana, Skull Kid, Jesus on the Moon,

Animyst (8:30 p.m.). 253-248-4265.

SUNDAY

Dawson's Bar and Grill 5443 South Tacoma Way, Tacoma, Tim Hall Band (8 p.m.). 253-476-1421.

G. Donnalson's 3814 N. 26th St., Tacoma, Blues Gospel (7 p.m.). 253-761-8015.

Jazzbones 2803 Sixth Ave., Tacoma, DJ Indica Jones (7:30 p.m.). 253-396-9169.

The Spar 2121 N. 30th St., Tacoma, Chris Stevens and Rod Cook (7 p.m.). 253-627-8215.

MONDAY

G. Donnalson's 3814 N. 26th St., Tacoma, Brian Feist (7:30 p.m.). 253-761-8015.

Real Art Tacoma 5412 South Tacoma Way, Tacoma, The Holophonix, Be Like Max (6 p.m.). realarttacoma.com.

The Swiss 1904 S. Jefferson, Tacoma, open mic with Chuck

Gay (7 p.m.). 253-572-2821.

TUESDAY

Antique Sandwich Company 5102 N Pearl St, Tacoma, open mike (7 p.m.). 253-752-4069.

B Sharp Coffee House 706 Opera Alley, Tacoma, Peeled Bananas comedy open mic (7 p.m.). 253-292-9969.

G. Donnalson's 3814 N. 26th St., Tacoma, Brian Feist (7:30 p.m.). 253-761-8015.

Real Art Tacoma 5412 South Tacoma Way, Tacoma, Blessthefall, Like Moths to Flames, Picturesque, Get Scared (6 p.m.). realarttacoma.com.

Rock The Dock 535 Dock St., Tacoma, open mic with Dustin (8 p.m.). 253-272-5004.

The Swiss 1904 S. Jefferson, Tacoma, Geeks Who Drink (8 p.m.). 253-572-2821.

The Valley Pub 1206 Puyallup Ave., Tacoma, Second Tuesday Comedy Night (8:30 p.m.). 253-248-4265.

WEDNESDAY

Dawson's Bar and Grill 5443 South Tacoma Way, Tacoma, Linda Myer's Band (8 p.m.). 253-476-1421.

G. Donnalson's 3814 N. 26th St., Tacoma, James Haye (7:30 p.m.). 253-761-8015.

Rock The Dock 535 Dock St., Tacoma, open mic with Virginia (8 p.m.). 253-272-5004.

THURSDAY

Dawson's Bar and Grill 5443 South Tacoma Way, Tacoma, Billy Shew Band (8 p.m.). 253-476-1421.

G. Donnalson's 3814 N. 26th St., Tacoma, Kareem Kandi Band (8 p.m.). 253-761-8015.

Muckleshoot Casino 2402 Auburn Way S., Auburn, Battle of the Puget Sound Bands (8 p.m.). 253-333-1848.

The Valley Pub 1206 Puyallup Ave., Tacoma, Full Garage, Led Fed Infants, Zero-Hero (9 p.m.). 253-248-4265.



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