

JBLM VACATION BIBLE SCHOOL



RUTH KINGSLAND Northwest Guardian

Jesse Oteba, 17, middle, officiates a game of tug of war during recreation time at JBLM Vacation Bible School at Beachwood Elementary School on Lewis North Monday.

JBLM children participate at the 'Maker Fun Factory'

BY RUTH KINGSLAND
Northwest Guardian

Children played with hula hoops, tug-of-war ropes, a giant, brightly-colored field ball and other outdoor play equipment. They watched a video, made new friends, sang songs and learned Bible verses. All this took place on the first day of Joint Base Lewis-McChord's Vacation Bible School at two locations — Beachwood and Carter Lake elementary schools Monday.

The installation has hosted vacation Bible school for at least the last 20 years, event coordinators said. This year the event theme was "Maker Fun Factory."

As that first day of activities ended at shortly after noon, event coordinators promised hundreds of children at each location that more fun was to come throughout the five-day event.

"The point for today is: God made you, and you are special because God made you," said Ashley Mason, kid vid(eo) station leader.

She prepared the children to watch a short video on Lego robotics and the creation of robots, as compared to creationism and humans in the Christian belief.

The video also dealt with creating teamwork — something that is important in vacation Bible school and all of life, according to Ingrid Troy, a Bible school volunteer.

Troy is a grandma now, but

"I learn something new every day."

Alexia Keller, 10
on JBLM Vacation Bible School

she volunteered with various vacation Bible schools when her children were small, she said. A few days before the JBLM Vacation Bible School started, Troy found out there was a need for more volunteers, so she signed up.

"It's great to be part of something like this, helping children," she said.

Jennifer Parmar, a military spouse, has been a volunteer at the JBLM event for the past three years, but she also volunteered at her husband's prior duty stations. She and her husband have eight children — ages 4 to 15 — and she home-schools the kids, so she's a natural for a vacation Bible school volunteer, she said.

"Great teamwork guys! Whoohoooo!" Parmar said, as her group of youngsters competed in a ball-pushing event on the field at Beachwood Monday.

Parmar said her younger children were participating in vacation Bible school, and the older ones were volunteers this year. Eleven-year-old Rebekah Parmar served as her mother's assistant for the week.

"It's a lot of fun; I get to help the little kids and give my mom a helping hand," she said.

Jesse Oteba, 17, a senior at Timberline High school in Lacey, also volunteered at Beachwood for the event.

"I like doing outdoor activities and it's not really work 'cause I'm having fun with the kids," he said, as he readied a large group of children for a game of tug of war.

"Ready? Begin!" Oteba shouted as he raised and then dropped his arm and the rope tugged both directions for a few minutes.

"We have a winner," he said, as one side of the rope was pulled sharply and half the kids ended up on the ground.

Ten-year-old Alexia Keller, who is home schooled, laughed as she got off the ground and headed back toward Parmar, her group leader.

"I love vacation Bible school," she said.

Alexia attended the JBLM Vacation Bible School last year when it was held at the Lewis North Chapel. The event was expanded to two locations this year because of the popularity of it. More than 600 children signed up this year between the two locations.

Alexia said her favorite part of the week of activities is learning about the Bible and memorizing verses.

"I learn something new every day," she said.

"Our verse today was Psalm 139:14, and it talks about us being complex," she said. "I didn't know how complex we were before."

TRAVELING TRIBUTE VIETNAM MEMORIAL

DuPont to host traveling memorial wall

BY RUTH KINGSLAND
Northwest Guardian

One doesn't have to travel to Washington, D.C., to experience a powerful, emotionally-charged viewing of the Vietnam Memorial Wall.

The city of DuPont will be host to the American Veterans Traveling Tribute Vietnam Memorial, and the memorial wall will grace Powderworks Park, 1775 Bobs Hollow Lane, in DuPont, Thursday to July 30.

The American Veterans Traveling Tribute Vietnam Memorial is one of a handful of traveling Vietnam walls, but it is touted on its website as the largest such traveling wall.

This traveling wall is an 80-percent replica of the Washington, D.C. memorial, created in anodized aluminum. The Vietnam Memorial Wall in Washington, D.C., is made of granite and said to be the most visited memorial in the Washington, D.C., area. The actual wall is set into the ground at varying heights and takes up a 2-acre site.

The American Veterans Traveling Tribute Vietnam Memorial Wall is 8 feet tall and 360 feet long with 58,310 names on it — that's the same number as currently are on the original wall — including three names added to each this year for Vietnam veterans who died of injuries sustained in the war that led to their death, according to Kevin Weatherly, CEO of American



Courtesy photo

The City of DuPont will host the American Veterans Traveling Tribute Vietnam Memorial at Powderworks Park July 30.

Veterans Traveling Tribute, based in Flint, Texas.

"The wall is a way for all the people who will never get to D.C. to see their family member's names on the memorial and also a way to bring those veterans on the wall back home," Weatherly said.

Weatherly said the traveling wall has visited many cities across the state of Washington in the past, but this is its first visit to DuPont. The traveling wall has existed since 1998 and operated under its current ownership since 2006. The owner of the wall is retired Lt. Col. Don Allen, a Vietnam Special Forces veteran.

Administrators in the city of

DuPont petitioned to have its city host the wall during the free commemorative event sponsored by the Marine Corps.

"The city of DuPont is very honored to be hosting the Vietnam Memorial Traveling Wall," DuPont mayor Mike Courts said in a news release Monday. "Military and civilians alike respect the sacrifices made by the men and women who served our nation during the Vietnam War. This traveling wall has been a solemn and healing tribute to all of those who served or had loved ones who served during this time. We look forward to providing an opportunity for the people of our region to show their respect at this memorial."

NEWS IN BRIEF

JBLM to host Exercise Mobility Guardian July 30 to Aug. 12

Air Mobility Command's first Mobility Guardian readiness exercise will be held July 30 to Aug. 12 at Joint Base Lewis-McChord. More than 2,000 people are expected to attend, including members of the U.S. Air Force, Air Force Reserve, Air National Guard and 11 international partners.

JBLM, Fairchild Air Force Base, Yakima Training Center and Moses Lake areas provide ideal locations to train U.S. and international mobility air forces. Communities near those areas can expect increased overflights of military aircraft from U.S. and other nations during the duration of the exercise.

Exercise scenarios will include joint forcible entry and airfield seizure, a joint mission between Air Force airdrop crews and Army Airborne units, and will incorporate contingency response and humanitarian relief operations to include aeromedical evacuation.

— 62ND AIRLIFT WING PUBLIC AFFAIRS

Nationwide National Night Out welcomes the JBLM community

The Joint Base Lewis-McChord Directorate of Emergency Services will host National Night Out Aug. 1 from 7 to 10 p.m.

National Night Out is an annual, nationwide event held the first Tuesday in August. The Aug. 1 event will mark the 5th National Night Out on JBLM.

The event will be held adjacent to the Greenwood Community Center on Lewis Main located at 5517 N 4th Street. The event is open to all JBLM community residents.

The event will include activities for children, back-to-school information from Clover Park School District as well as school supplies, and information related to safety and security from DES police and fire.

— JBLM DIRECTORATE OF EMERGENCY SERVICES

Recruiting has started for new security force brigades in Army

The 1st Security Force Assistance Brigade commander will visit Joint Base Lewis-McChord and hold an information and recruiting briefing Aug. 3 from 9:30 to 11:30 a.m. and 1 to 3 p.m. at French Theater on Lewis Main.

The brigade is the is the first permanent unit of its kind in the Army solely dedicated to advising and assisting partner nations in developing security force capabilities.

The Army is developing the first of six SFA brigades, and Security Force Assistance Proponency will be established under Army Training and Doctrine Command's Maneuver Center of Excellence at Fort Benning, Ga., in October. The brigades will be designed based on two variants — infantry and armored brigade combat teams — consisting of approximately 500 senior officers and noncommissioned officers specializing in training foreign security forces based on either infantry or armor/mechanized formations.

For qualifications and more information, visit armyreenlistment.com/sfab.html.

— 1ST SECURITY FORCE ASSISTANCE BRIGADE

Public safety career fair to be held Saturday on Lewis Main

If you have an interest in a career in public safety, there will be a career fair Saturday from 10 a.m. to 2 p.m. at Memorial Stadium on Joint Base Lewis-McChord.

The event, in correlation with the Stand With Those Who Serve appreciation day, is expected to have first responders, law enforcement and military members from city, state and federal agencies, as well as others who continue to dedicate and sacrifice to protect and serve their communities.

The career fair is open to anyone with a Department of Defense ID card. For more information, visit swtws.org.

— RUTH KINGSLAND, NORTHWEST GUARDIAN

Soldier Enhancement Program: Soldiers know what they need

Every Soldier has the opportunity to submit ideas of commercial off-the-shelf items directly to the Soldier Enhancement Program and potentially have their recommended item issued to Soldiers.

Government-off-the-shelf and nondevelopmental items are also encouraged for submission.

Review panels meet twice a year and welcome yearround submissions. Online submissions take about five minutes and require the item name, description and purpose, technical specifications, how the item enhances Soldier combat capabilities and where to find the item. Items submitted for SEP consideration must be able to be worn or carried by the dismounted Soldier.

For more than 25 years, SEP's main purpose is to increase the combat effectiveness of dismounted Soldiers. SEP is an enduring process designed to help the Army move at the speed of industry by using a "Buy, Try and Decide" methodology. SEP will buy and evaluate the item in order to reduce the time from initial submission to Army-issuing to Soldiers.

Since 2012, SEP approved more than 140 submissions for further evaluation by Soldiers. Previous approved submissions for SEP include a solar charger blanket, the M110 semi-automatic sniper system, clip-on sniper night sight, combat shotgun enhancement kit, squad common optic, extreme cold weather socks, parachute electronic activation device, fuel handlers coveralls and gloves, and individual combat shelter.

Anyone can submit their recommended item through the Program Executive Office Soldier website — peosoldier.army.mil/SEP.

— SOLDIER ENHANCEMENT PROGRAM

I CORPS COURT-MARTIAL

U.S. V STAFF SGT. MALLOY, DIVARTY

On June 20, Staff Sgt. Michael P. Malloy, 2nd Infantry Division Artillery, was convicted of abusive sexual contact. Malloy was sentenced to a reduction to the grade of specialist (E-4) and to be discharged from the service with a bad-conduct discharge.

All articles are violations of the Uniform Code of Military Justice. I Corps and 7th Infantry Division are committed to preventing sexual harassment and sexual assault. Leaders at every level of the chain of command have an obligation to safeguard service members through prevention, education, investigation, victim advocacy, and, when appropriate, prosecution. One hundred percent of unrestricted reports of sexual assault and all reports of sexual harassment will be properly investigated and appropriately acted upon by the command.

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QUOTE OF THE WEEK

"ISIS threatens America in the west because of its commitment to plot, direct and inspire terrorist attacks and its ability to recruit, move and finance the terrorists who commit these attacks. The terrorists have been very clear in their propaganda. They want to recruit and attack globally."

Navy Capt. Jeff Davis
Pentagon spokesman

ALSO INSIDE



SCOTT HANSEN Northwest Guardian

FUN RUN: Runners came dressed as their favorite "Forrest Gump" characters during the Run Forrest Run 5K Saturday. **See story, 1B**

NWGUARDIAN.COM

● **Dover's C-5s grounded:** Air Mobility Command has directed a stand-down of C-5 flying operations at Dover Air Force Base, Del., following a second malfunction of C-5 nose landing gear within the last 60 days. The stand-down was directed Monday. Inspections will occur to ensure the proper extension and retraction of the C-5 nose landing gear. During the C-5 stand-down at Dover, AMC will work to ensure worldwide mission requirements are minimally impacted. Eighteen C-5 aircraft are assigned to Dover. There are 56 C-5 aircraft in the Air Force fleet. The stand-down only impacts Dover.

● **Air Force PME:** Air Force officials announced major changes to the enlisted professional military education program



today via an initiative called Enlisted Professional Military Education for the 21st Century, or "EPME 21." A major initiative of EPME 21 is that time in service will no longer dictate an Airman's EPME enrollment — Airmen will only be required to complete distance learning courses as a prerequisite to their resident attendance. This initiative is now in effect.

5TH BATTALION, 5TH AIR DEFENSE ARTILLERY REGIMENT

Dragon Slayers return to JBLM

Soldiers, friends, families reunite after 9 months

BY SGT. JACOB KOHRS
17th Field Artillery Brigade
Public Affairs

The crowd was already buzzing with excitement when a booming voice yelled, "Battalion; Attention!" The crowd exploded with applause as the curtain slowly revealed the Soldiers who just returned to their family and friends.

Soldiers of the 5th Battalion, 5th Air Defense Artillery Regiment reunited with their family and friends after a nine-month deployment to Afghanistan and Iraq, at Wilson Fitness Center, on Joint Base Lewis-McChord Monday.

"This is a gracious moment, to see all of the families here to see their Soldiers," said Command Sgt. Maj. Steve Hall Sr., 5-5 ADA command sergeant major. "And I'm happy to bring our Dragon Slayers home, safe."

Over and over again, the family members said how excited they were to have their Soldiers back. Some were excited because of a baby that the Soldier hadn't met, like Jamie Wolbersen.

She moved back home to St. Paul, Minn., while her husband, Spc. Darin Wolbersen Jr., was in the Middle East. While in Minnesota, she had their first child, James.

"I'm super excited to have Darin back and can't wait to see his face when he meets his son for the first time," Jamie



SGT. JACOB KOHRS 17th Field Artillery Brigade Public Affairs

Hazzard, Darin's mother. "But it isn't the same as holding your first child."

Then others, like Tasha McCracken, the wife of Capt. Timothy McCracken, who were so overwhelmed with anticipation to have their husbands back, they couldn't say much more than "I'm so excited" as she bubbled with joy.

The Soldiers were just as excited being home as the family members.

"This was my first deployment," Timothy said. "So everything seems to be such a surreal experience. Yet, I am so glad to see my wife and the rest of our family that made it here.

Their mission in Afghanistan and Iraq was to provide indirect fire protection against rockets, artillery and mortars and defend critical assets in the Central Command area of operations.

"It feels great to be home," said Sgt. 1st Class Justin Thacker, as he held two of his daughters firmly in his arms. "I'm happy that the deployment went well, but I'm really glad to have my family back."

5-5 ADA, is a part of the 31st Air Defense Artillery Brigade at Ft. Sill, Okla., and attached to the 17th Field Artillery Brigade on JBLM. This deployment was the third deployment in three years for the detachment.

"These Soldiers in this unit have a mission that is critical overseas," said Command Sgt. Maj. Jerry Jacobitz, 31st ADA Bde. command sergeant major. "Their mission is to protect people and save lives. They are a very valuable asset, to our leaders, to have in a battle."



ABOVE: Spc. Darin Wolbersen, middle, 5th Battalion, 5th Air Defense Artillery Regiment, embraces his wife, Jamie, and son, James, during a welcome home ceremony at Wilson Fitness Center on Joint Base Lewis-McChord Monday.

LEFT: Maj. Gen. Thomas James Jr., second from right, 7th Infantry Division commanding general, welcomes back Soldiers from the 5th Battalion, 5th Air Defense Artillery Regiment as they come off of the plane.

said. "We have talked over Skype, so he has seen him but he has never held him."

And with modern technology, Darin was able to still witness the birth of his son.

"We were able to have him on a live feed while the delivery was happening," said Sheryl

1ST SPECIAL FORCES GROUP (AIRBORNE)

1st SFG trains cadets at U.S. Military Academy

More than 200 cadets learn all about leadership

BY MAJ. ALLIE WEISKOPF
1st Special Forces Group
(Airborne) Public Affairs

WEST POINT, N.Y. — Soldiers from 3rd Battalion, 1st Special Forces Group (Airborne) trained over 200 United States Military Academy cadets in patrolling at Camp Buckner, N.Y., from June 26 to 30. The team of Green Berets served as the primary instructors for introduction to patrolling and also conducted train the trainer with cadet platoon and company leadership.

According to the detachment, the 1st SFG Soldiers partnered with the cadets for the leader training period of the cadet field training during the mandatory summer field exercises for rising sophomores.

The training focused on patrolling, small-unit tactics, and introduction to basic branches.

"Developing, planning, and executing the introduction to patrolling lane during West Point's cadet field training was a learning experience," said Capt. Matthew Talley, detachment commander. "Given the training audience, it forced me to refine how I coach and mentor junior leaders in order to



U.S. Army Photo

achieve higher levels of performance and participation. Additionally, it exposed the cadets not only to small unit tactics but to the Special Forces branch, (Special Forces) officer accessions, ODA capabilities and the dynamics of life on a (Special Forces Operations Detachment Alpha - the primary fighting force of the Green Berets).

At West Point, each cadet is required to conduct a leadership detail where they are placed in positions of responsibility over underclassmen. At cadet field training, the rising sophomores conduct four weeks of tactical training to include land navigation, basic rifle marksmanship, engineer lanes,

call for fire, medical skills and introduction to patrolling.

The cadet field training instructors chose the 3rd Battalion detachment to serve as the primary instructors for the introduction to patrolling portion of the training.

The detachment developed a detailed 36-hour train the trainer program of instruction for the cadets to include patrolling techniques, react to contact, patrol base operations, ambush and raid.

"The introduction to patrolling lane was a great opportunity to refine tactical teaching techniques in order to affect dramatic change in the proficiency of the cadets here at West Point," said Ryan, the

team's intelligence sergeant. "The condensed training timeline encouraged detachment members to streamline the overall instruction process while allowing the cadets to capitalize on a range of topics from Soldier skills to small unit tactics."

The detachment led the cadets through a series of drills to enhance their soldier skills. This included the basics of troop leading procedures at a patrol base, carrying techniques during casualty evacuation, and movement and maneuver drills.

"The opportunity to mentor and mold future Army leaders made this detail very satisfying," said Joseph, the team's weapons sergeant. "Having the

"Developing, planning and executing the introduction to patrolling lane during West Point's cadet field training was a learning experience. Given the training audience, it forced me to refine how I coach and mentor junior leaders in order to achieve higher levels of performance and participation."

Capt. Matthew Talley

3rd Battalion, 1st Special Forces Group (Airborne)

ability to influence the mindset and competence of future officers connected my work to the larger Army team in a way that I don't often experience. For many cadets, patrolling was the first experience which required them to apply basic soldier skills in a stressful, austere environment.

"The detachment used this detail as an opportunity to enhance each member's knowledge of small unit tactics, which will enhance our ability to conduct operations in both the Pacific and Middle East."

● **Editor's note:** Due to the mission of Special Forces Soldiers, some members of the 1st Special Forces Group (Airborne) prefer not to use their full names.

Viewpoint



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Army Senior Commander, JBLM**
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Air Force Senior Commander, JBLM**
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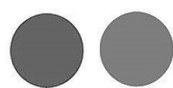
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STRAIGHT TALK

To join the "Straight Talk" conversation, visit [facebook.com/JBLewisMcChord](https://www.facebook.com/JBLewisMcChord)



What is your favorite quote?

"Everyone is fighting their own battles; be kind.' My momma."

— SUMMER ELLENBERGER

"We are tied to the ocean. And when we go back to the sea, whether it is to sail or to watch, we are going back from where we came.' JFK."

— AMBER BLYTHE STOKES

"Never, never, never give up.' Winston Churchill."

— RACHEL GRIFFIN

"Why can't you see that freedom is sometimes just simply another perspective away?' Kutless."

— MANDY MATHEWS

"The holiest of all holidays are those kept secret and apart — the secret anniversaries of the heart.' Henry W. Longfellow."

— LINDA SHUBLAK

"Just keep swimming.' Dory."

— HEATHER LYNCH

"Ike was the best clerk I ever had.' Gen. MacArthur."

— CALEB WHEELER

Next week's question

What's your favorite movie of all time?

VIEW FROM THE TOP



SGT. DANIEL SCHNEIDER U.S. Army Photo / 2010

Even back in 2010, Soldiers were using a 15-minute mindfulness meditation session to help with deployment stress. The Army continues to research the benefits to Soldiers to counter post-traumatic stress and develop coping mechanisms.

Meditation helps to aid resilience, performance

BY DR. DAVID BROWN

*Regional Director,
Psychological Health
Regional Health Command-Pacific*

I recently led a leadership development session for members of the Regional Health Command-Pacific team that highlighted various types of meditation techniques that have been around for



Brown

centuries and are now starting to gain more attention in corporations across the nation and the military. Over the past decade, a technique called mindfulness has been showing significant promise in helping to sharpen skills like attention, memory, listening, emotional resilience, leadership and job performance. Just as the body needs exercise to stay in optimal physical condition, the mind also needs exercise to be at its peak performance.

When practiced regularly, mindfulness can help a person regain their focus and clarity in order to have a more productive work day. For that reason, and others, many organizations have begun to implement mindfulness and meditation programs to enhance their workers' productivity levels.

Some branches of the United States military have also begun using mindfulness training to increase service members' resilience and help to alleviate stress. In 2015, a University of Miami-led research

study funded by the U.S. Army Medical Research and Materiel Command, and led by Dr. Amishi Jha, principal investigator and neuroscientist, showed that mindfulness meditation exercises positively support active-duty Soldiers in protecting and training their minds to stay focused and better prepare them for high-stress combat situations, while also improving overall cognitive resilience and performance.

Another study conducted in 2016 by the University of Michigan looked at how mindfulness-based therapy could be used as potential therapy for combat veterans with post-traumatic stress disorder. The results of that study concluded that mindfulness helped the veteran cohort to successfully manage negative thoughts and sensations connected to post-traumatic stress.

While meditation involves spending time in quiet thought, mindfulness is a mental state achieved by focusing on one's breathing, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations, without judgment. In other words, it's being 100 percent, fully in the moment, without distractions.

According to published articles on mindfulness, this type of relaxation technique takes practice and a commitment of time. Integrating mindfulness into one's daily routine may be challenging in the beginning, but with practice, mindfulness, which can be performed while seated or walking, has been proven

to produce positive results.

For starters, some of the well-known benefits of mindfulness include the ability to maintain one's self control, mental composure and focus. The opposite of those benefits would be distractedness, inattention and lack of engagement.

For example, multitasking might work well for quantity tasks when safety or mistakes are not concerns. But excessive multitasking can leave one feeling drained. Mindfulness, however, allows one to feel organized, rested, resilient and more content.

Psychologists believe this is due to the fact that multitasking and mindfulness exercises use different areas of the brain.

Timothy Wilson, professor of psychology at the University of Virginia, has cited that the human brain receives more than 11 million bits of information at any given moment, but our conscious awareness processes only 40 bits of that information.

Through mindfulness practice, a person is able to recognize how the mind reacts to thoughts, sensations and information, which in turn, creates the necessary space to maintain one's focus and make more grounded and deliberate decisions.

While mindfulness is just one of many techniques, one obvious observation is that there has been an increased interest among corporations and the military regarding the practice of this ancient form of meditation.

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. — Lewis Main Chapel
Sunday, 9 a.m. — Madigan Chapel
Sunday, 10 a.m. — McChord Chapel No. 2
Sunday, noon — Lewis Main Chapel
Sunday, 5 p.m. — Lewis Main Chapel
Weekdays, noon — Lewis North Chapel
Weekdays, 11:45 a.m. — Madigan Chapel; call 253-968-1125
1st Friday, noon — McChord Chapel No. 2

PROTESTANT SUNDAY

9 a.m. — Liturgical — Soldiers' Chapel
8:30 a.m. — Traditional — McChord Chapel No. 1
10 a.m. — Contemporary — Four Chaplains Memorial Chapel
10:30 a.m. — Collective — Lewis Main 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
Friday, 7 p.m. — Lewis Main Chapel
Islamic
Friday, 12:30 p.m. — Evergreen Chapel, 253-968-1125
Buddhist
Friday, 6 p.m. — Soldiers' Chapel, 253-966-5959
Pagan/Wiccan
Wednesday, 7 p.m. — Building 6230, Lewis Main, 907-952-4156

JBLM SNAPSHOT



STAFF SGT. JUSTIN SILVERS U.S. Army Pacific Public Affairs

Brig. Gen. Jeffrey Milhorn, former assistant chief of staff of operations, gives a speech at a Flying "V" ceremony, for outgoing senior officials at Palm Circle, Fort Shafter, Hawaii, July 14. Milhorn will be assigned to Joint Base Lewis-McChord as a I Corps deputy commanding general.

THIS WEEK IN HISTORY

July 21, 2011: NASA's final space shuttle mission comes to an end.

July 22, 2002: California governor signs new auto emissions legislation.

July 23, 1952: Military seizes power in Egypt.

July 24, 1911: Machu Picchu discovered.

July 25, 1978: World's first test tube baby born.

July 26, 1775: Congress establishes U.S. Post Office.

July 27, 1974: House begins impeachment of Nixon.

LAKEWOOD



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<p>2017 FORD FIESTA SE</p> <p>SAVE \$1,725</p> <p>PERIMETER ALARM</p> <p>MSRP...\$17,160 LWF DISCOUNT...-\$415 FORD REBATE...-\$150</p> <p>PW, PL, EASY FUEL CAPLESS FILLER, CRUISE CONTROL, AMBIENT LIGHTING, REMOTE KEYLESS ENTRY, 6 SPEED POWERSHIFT AUTO TRANSMISSION. STK#L17722, VIN#HMB12398, THIS ONE</p> <p>\$15,435</p>	<p>2016 FORD TRANSIT CONNECT</p> <p>SAVE \$4,832</p> <p>REMOTE KEYLESS ENTRY</p> <p>MSRP...\$25,935 LWF DISCOUNT...-\$1537 FORD REBATE...-\$350</p> <p>DUAL SLIDING DRs, CRUISE CONTROL, CARGO HOOKS, SINGLE CD W/SYNC, AC, OVERHEAD STORAGE SHELF, PW, PL. STK#L16775, VIN#G1233909, THIS ONE</p> <p>\$20,198</p>	<p>2017 FORD F-150 REG CAB</p> <p>SAVE \$7,054</p> <p>28 MPG HWY</p> <p>MSRP...\$31,450 LWF DISCOUNT...-\$1754 FORD REBATE...-\$350 TRADE IN ASSIST...-\$150</p> <p>2.7L ECOBOOST ENGINE, XL POWER EQUIPMENT GROUP, SYNC, SELECT SHIFT TRANSMISSION, 36 GALLON EXTENDED FUEL RANGE TANK. STK#L17535, VIN#HKS309, THIS ONE</p> <p>\$24,396</p>	<p>2017 FORD MUSTANG COUPE</p> <p>SAVE \$2,908</p> <p>REAR VIEW CAMERA</p> <p>MSRP...\$27,305 LWF DISCOUNT...-\$1100 FORD REBATE...-\$200</p> <p>DUAL EXHAUST SYS, HID PROJECTOR HEADLAMPS, REVERSE SENSING SEATS, 6 SPEED AUTO TRANSMISSION, LMTD SLP REAR AXLE, TRACK APPS. STK#L1724, VIN#H5267139, THIS ONE</p> <p>\$24,397</p>
<p>2017 FORD F-150 SUPER CAB</p> <p>SAVE \$8,852</p> <p>SHIFT ON THE FLY</p> <p>MSRP...\$40,350 LWF DISCOUNT...-\$352 FORD REBATE...-\$650 TRADE IN ASSIST...-\$1750</p> <p>2.7L ECOBOOST ENGINE, RUNNING BOARDS, STX APPEARANCE PKG, TRAILER SWAY CONTROL, SLOID PLATES, 20" MACHINED ALUMINUM WHEELS. STK#L17170, VIN#HKS5222, THIS ONE</p> <p>\$31,498</p>	<p>2017 FORD MUSTANG GT</p> <p>SAVE \$3,202</p> <p>LIMITED SLIP</p> <p>MSRP...\$35,780 LWF DISCOUNT...-\$1022 FORD REBATE...-\$2000</p> <p>5.0L TI-VCT V8 TRACK APPS W/LINE LOCKS, PERIMETER ALARM, REAR VIEW CAMERA, INTELLIGENT ACCESS W/ PUSH BUTTON START, 6 SPEED AUTO TRANSMISSION. STK#L17636, VIN#H5368496, THIS ONE</p> <p>\$32,578</p>	<p>2017 FORD F-150 SUPERCREW 4X4</p> <p>SAVE \$10,182</p> <p>BRAKE CONTROL</p> <p>MSRP...\$48,615 LWF DISCOUNT...-\$432 FORD REBATE...-\$550 TRADE IN ASSIST...-\$1750</p> <p>5.0L ENGINE, XLT SERIES, 8 WAY PWR DRIVER SEAT, REAR VIEW CAMERA, XLT CHROME APPEARANCE PKG, SYNC CONNECT, EXT RANGE FUEL TANK. STK#L17200, VIN#HFA11150, THIS ONE</p> <p>\$38,433</p>	<p>2017 FORD F-150 SUPERCREW 4X4</p> <p>SAVE \$9,183</p> <p>AUTO START/STOP</p> <p>MSRP...\$47,665 LWF DISCOUNT...-\$3833 FORD REBATE...-\$580 TRADE IN ASSIST...-\$1750</p> <p>XLT TRIM PACKAGE, REAR VIEW CAMERA, REMOTE START SYSTEM, TRAILER SWAY CONTROL, CHROME APPEARANCE PACKAGE, TRAILER TOW PACKAGE. STK#L17620, VIN#HKS3515, THIS ONE</p> <p>\$38,482</p>
<p>2017 FORD EXPLORER LIMITED</p> <p>SAVE \$5,293</p> <p>VOICE ACTIVATED NAVIGATION</p> <p>MSRP...\$51,990 LWF DISCOUNT...-\$2190 FORD REBATE...-\$750</p> <p>BLIND SPOT INFO SYS, 2ND ROW OUTBOARD INFLATABLE SEAT BELTS, LANE KEEPING SYS, TWIN PANEL MOON ROOF, ADAPTIVE CRUISE CONTROL, CLASS III TRAILER TOW PKG. STK#L17320, VIN#HGB4399, THIS ONE</p> <p>\$46,697</p>	<p>2017 FORD EXPEDITION XLT</p> <p>SAVE \$10,905</p> <p>SYNC 3</p> <p>MSRP...\$58,000 LWF DISCOUNT...-\$2495 FORD REBATE...-\$750</p> <p>HEAVY DUTY TRAILER TOW PKG, REMOTE START, RUNNING BOARDS, CLIMATE CONTROLLED SEATS, 3RD ROW PWR FOLD SEAT, PWR MOON ROOF, NAV SYS. STK#L17185, VIN#H5A7225, THIS ONE</p> <p>\$47,995</p>	<p>2017 FORD F-350 CREW CAB 4X4</p> <p>SAVE \$6,058</p> <p>ON THE FLY 4X4</p> <p>MSRP...\$58,055 LWF DISCOUNT...-\$2558 FORD REBATE...-\$500</p> <p>6.7L POWERSTROKE DIESEL, RAPID HEAT SUPPLEMENTAL HEATER, ENGINE BLOCK HEATER, UPPER SWITCHES, ELECTRONIC SHIFT ON THE FLY. STK#L17392, VIN#HFC8411, THIS ONE</p> <p>\$51,997</p>	<p>2017 FORD F-250 CREW CAB LARIAT</p> <p>SAVE \$5,519</p> <p>CHROME PKG</p> <p>MSRP...\$64,515 LWF DISCOUNT...-\$2450 FORD REBATE...-\$750</p> <p>LEATHER INTERIOR, PWR SLIDING REAR WINDOW, 10 WAY PWR DRIVER/PASSENGER SEATS, SYNC 3 W/8" TOUCH SCREEN, TRAILER BRAKE CONTROLLER, NAV SYSTEM. STK#L1749, VIN#H5267139, THIS ONE</p> <p>\$57,996</p>

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<p>2000 NISSAN ALTIMA \$2,994</p> <p>GXE, AUTO, PW, PL, AC, CD, STK#L17415A...</p>	<p>2006 GMC SIERRA \$8,965</p> <p>SL, AUTO, CREW, 2WD, PW, PL, AC, CD, STK#L14261C...</p>	<p>2009 CHEVROLET TRAVERSE \$11,671</p> <p>L7Z, AWD, LTHR, ALLOYS, STK#L17175...</p>	<p>2013 FORD MUSTANG \$13,994</p> <p>AC, PW, PL, ALLOY WHEELS, STK#L17589A...</p>
<p>1999 BUICK LESABRE \$3,377</p> <p>CUSTOM, AUTO, PW, PL, AC, CD, STK#L17432A...</p>	<p>2013 NISSAN VERSA SL \$9,496</p> <p>ALLOY WHEELS, AC, AUTO, PW, PL, STK#L12082A...</p>	<p>2013 CHEVROLET MALIBU \$11,847</p> <p>LS, AUTO, PW, PL, AC, CD, ALLOYS, STK#L14208B...</p>	<p>2011 FORD RANGER \$14,991</p> <p>SPORT, S/C, SPO, CRUISE, STK#L14487...</p>
<p>2005 FORD FOCUS ZX-5 \$3,767</p> <p>AUTO, PW, PL, AC, CD, ALLOYS, STK#L17380A...</p>	<p>2011 CHEVROLET MALIBU \$9,781</p> <p>LT, AUTO, PREMIUM ALLOYS, AC, CD, STK#L173222...</p>	<p>2014 KIA FORTE \$11,882</p> <p>LX, AUTO, ALLOYS, PW, PL, AC, CD, STK#L14417...</p>	<p>2015 JEEP PATRIOT SPORT \$14,994</p> <p>4X4, PW, PL, ROOF RACK, AC, STK#L16759B...</p>
<p>2004 MERCEDES C240 \$5,998</p> <p>AUTO, LTHR, PW, PL, AC, CD, ALLOYS, STK#L17398A...</p>	<p>2010 FORD FUSION \$9,787</p> <p>SPORT, AWD, AUTO, LTHR, ALLOYS, STK#L173243...</p>	<p>2015 HYUNDAI ACCENT \$11,974</p> <p>GLS, AUTO, PW, PL, AC, CD, STK#L14414...</p>	<p>2016 FORD FUSION \$14,999</p> <p>SE, AUTO, PW, PL, AC, CD, ALLOYS, STK#L17111...</p>
<p>2005 NISSAN XTERAA 4X4 \$6,977</p> <p>PW, PL, A/C, 4X4, AUTO, STK#L17707A...</p>	<p>2005 TOYOTA TACOMA \$9,993</p> <p>SSP, AC, FS, BED LINER, STK#L14429...</p>	<p>2016 DODGE DART \$12,896</p> <p>SE, SEDAN, AUTO, PW, PL, AC, CD, STK#L13291...</p>	<p>2015 NISSAN ALTIMA 2.5 \$15,990</p> <p>PW, PL, AC, TILT, CRUISE, STK#L14258...</p>
<p>2005 BMW 525i \$6,995</p> <p>PW, PL, LTHR, MOON ROOF, STK#L17789A...</p>	<p>2013 KIA SOUL \$9,995</p> <p>AC, PW, PL, ALLOY WHEELS, STK#L17198A...</p>	<p>2014 TOYOTA COROLLA \$12,996</p> <p>LE PLUS, AUTO, PW, PL, AC, CD, STK#L13115...</p>	<p>2011 TOYOTA RAV 4 LIMITED \$15,992</p> <p>PW, PL, LTHR, 4X4, MOON ROOF, STK#L14393A...</p>
<p>2007 KIA SEDONA \$6,997</p> <p>LX, ONLY 82K MILES!, PW, PL, AC, CD, STK#L14393B...</p>	<p>2010 FORD TAURUS \$10,891</p> <p>LTD, LTHR, ALLOYS, PW, PL, AC, CD, STK#L14350A...</p>	<p>2014 FORD FUSION \$13,294</p> <p>SE, FWD, AUTO, ALLOYS, SYNC, CD, STK#L17043C...</p>	<p>2010 GMC ACADIA \$15,955</p> <p>AWD, ALLOY WHEELS, LTHR, PW, PL, STK#L14499...</p>
<p>2007 LINCOLN MKZ \$7,478</p> <p>AWD, LTHR, PW, PL, AC, CD, ALLOYS, STK#L13121A...</p>	<p>2008 INFINITI G-35 \$10,995</p> <p>AUTO, LTHR, ROOF, PW, PL, AC, CD, ALLOYS, STK#L17252B...</p>	<p>2016 FORD FOCUS \$13,547</p> <p>SE, SEDAN, AUTO, PW, PL, AC, CD, STK#L14489...</p>	<p>2014 SCION TC \$15,998</p> <p>MONOGRAM, AUTO, ALLOYS, LTHR, STK#L14370...</p>
<p>2006 FORD MUSTANG \$7,977</p> <p>AC, PW, PL, LTHR, STK#L17375B...</p>	<p>2012 HONDA FIT \$10,996</p> <p>SPORT, AUTO, PW, PL, AC, CD, STK#L13150...</p>	<p>2008 BUICK ENCLAVE \$13,753</p> <p>CXL, AWD, LTHR, ROOF, DVD, ALLOYS, STK#L13224...</p>	<p>2007 CHEVROLET TAHOE \$16,795</p> <p>LT, LTHR, ROOF, 4X4, ALLOYS, TOW, STK#L14313...</p>
<p>2009 HYUNDAI TUCSON \$8,698</p> <p>GLS, AUTO, PW, PL, AC, CD, STK#L17325...</p>	<p>2007 LEXUS ES 350 \$11,543</p> <p>AUTO, LTHR, ROOF, PW, PL, AC, CD, ALLOYS, STK#L17165...</p>	<p>2010 ACURA RDX \$13,796</p> <p>AWD, LTHR, NAV, ROOF, ALLOYS, STK#L13237...</p>	<p>2015 FORD TAURUS \$16,998</p> <p>LTD, LTHR, ALLOYS, ROOF, AC, CD, STK#L14302...</p>

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189TH COMBINED ARMS TRAINING BRIGADE

'Cold Steel' forges a new leader

New commander set to focus on unit's readiness

BY SGT. 1ST CLASS RESHEMA SHERLOCK
189th Combined Arms Training Brigade
Public Affairs

Soldiers, family members and civilians of the Cold Steel Brigade, gathered on Watkins Field on Joint Base Lewis-McChord July 13 to witness one of the Army's many traditional ceremonies — the transfer of command from one commander to another.

Colonel James Isenhower III transferred command of the 189th Combined Arms Training Brigade, to Col. Roland Dicks, as the brigade colors changed hands from the outgoing commander to Maj. Gen. Erik Peterson, Division-West commanding general.

Isenhower, who served as the brigade commander for the last two years, expressed his gratitude and appreciation to the Soldiers and staff of the brigade.

"Today is not 'Teacher Appreciation Day,' but I'd like to treat it as if it were," Isenhower said. "As I leave command, I want to recognize so many of you who taught me how to lead and to soldier. I'm still learning, of course, with much room for improvement ... everyone here has taught me, in some fashion, to grow and evolve. And for that, I am as humbled as I am grateful."

Peterson, who presided over



SGT. 1ST CLASS RESHEMA SHERLOCK 189th Combined Arms Training Brigade Public Affairs
Col. Roland Dicks, right, 189th Combined Arms Training Brigade commander, returns the brigade's colors to Command Sgt. Maj. Alexander Barnett, during a change of command ceremony on JBLM July 13.

the ceremony, congratulated Isenhower on his successful leadership, as well as officially welcoming Dicks to the division.

"To say this brigade has been doing some heavy lifting over the past two years of Isenhower's command would be a significant understatement," Peterson said. "Day in and day out, for two intensive years, the Soldiers of

the 189th CAT Bde. have been out there, partnering with units — coaching, mentoring, supporting and substantially enhancing overall combat readiness."

As Peterson welcomed Dicks, he mentioned what the hallmark of any strong organization is, as well as its ability to manage transitions.

"Colonel Dicks, you join us

with a strong foundation of diverse, current and relevant experiences and an absolutely exceptional professional reputation. I have complete confidence that this team will continue to build on and improve the capabilities of the Cold Steel team," Peterson said.

Dicks, who's most recent assignment was the Train Advise

"Today is not 'Teacher Appreciation Day,' but I'd like to treat it as if it were. As I leave command, I want to recognize so many of you who taught me how to lead and to soldier. I'm still learning, of course, with much room for improvement."

Col. James Isenhower III
Outgoing commander, 189th Combined Arms Training Brigade

Assist Command-West deputy commander, expressed his gratitude and honor to be able to join the ranks of the Cold Steel brigade.

"It is a distinct honor and privilege to join the ranks of the 189th CAT Bde., and First Army," Dicks said. "I do not take this responsibility lightly. It is humbling to stand before you and take command of this great unit and its mission."

As with any new commander, there are goals and expectations, in order to ensure the unit remains successful. With Dicks, this is no different, as he outlines his expectations of the Cold Steel Brigade.

"The Army's priority is clear — it's readiness," Dicks said. "This unit has a critical role in providing combat-ready forces to combatant commanders — forces prepared to fight tonight. I am honored to contribute to the readiness of our total Army."

AIR FORCE RESERVE COMMAND

JBLM welcomes Georgia civic leaders

Civics bring a 3-star, familiar face to JBLM

BY MAJ. BROOKE DAVIS
446th Airlift Wing Public Affairs
Civic leaders from the Robins Air Force Base, Ga., area ventured to the Pacific Northwest to learn about the Joint Base Lewis-McChord mission.

Arriving July 11 aboard a KC-135 Stratotanker from the 434th Air Refueling Wing from Grissom Air Reserve Base, Ind., the civic leaders marveled at the cool summer temperatures here versus the hot humid Georgia climate.

Headed by Lt. Gen. Maryanne Miller, the chief of Air Force Reserve and commander, Air Force Reserve Command, and Chief Master Sgt. Ericka Kelly, AFRC command chief master sergeant, the civic leader tour was a combined effort between AFRC, Warner Robins Air Logistics Complex, and the 78th Air Base Wing.

The group toured JBLM and became immersed in C-17 Globemaster and Army static displays including a Stryker vehicle, High Mobility Artillery



TECH. SGT. BRYAN HULL 446th Airlift Wing Public Affairs

Rocket System and a Buffalo Mine-Protected Clearance Vehicle.

Rainier Wing Citizen Airmen from the 446th Airlift Wing provided a tour of the C-17. The civic leaders were able to learn about the aeromedical evacuation mission as well as the role of the flying crew chiefs, loadmasters and pilots.

During a dinner hosted by the Pierce Military and Business Alliance, Miller spoke of how honored she was to meet with young service members during her visit.

"It was an honor for me to speak to young men and women who make the choice to wear the uniform," she said. "They're making the choice to serve our country and they are the future of our country."

Miller also thanked both the Georgia and Washington civic leaders for supporting the military community.

"Every community is the best at supporting the military," she said. "And we could not do what we do without your support."

With ties to the local commu-

nity, Miller was a member of the 62nd Airlift Wing on JBLM serving as a C-141 Starliner instructor pilot with the 8th Airlift Squadron in 1987. She then transitioned to the 446th AW's 313th Airlift Squadron to serve as the flying safety chief and C-141 instructor pilot in 1988.

During the tour, attendees from the South Sound Military and Communities Partnership made a presentation on how they work to address issues that affect military and civilian communities around JBLM and to

foster outcomes that are mutually beneficial for the South Sound region.

"We feel this partnership is an exportable program that could be established in other communities," said Dave Bugher, Lakewood assistant city manager. "Support and collaboration are critical to keeping both the community and military healthy."

The SSMCP's most recent milestone includes signing a memorandum of agreement to establish the roles and responsibilities of the parties in undertaking the tasks and obligations necessary to complete the JBLM North Clear Zone Action and Implementation Plan.

The purpose of the North Clear Zone project was to develop a strategy and plan of action to resolve existing land use encroachments in the North Clear Zone of McChord Field.

Military representatives from Georgia also included Col. Jed McCray, Warner Robins Air Logistics Complex vice commander, and Chief Master Sgt. Emilio Hernandez, command chief, 78th ABW.

A Rainier Wing aircrew flew the civic leaders and AFRC leadership to their next portion of the tour at Hill AFB, Utah, July 12.

201ST EXPEDITIONARY MILITARY INTELLIGENCE BRIGADE

502nd MI Bn. prepares new teammates for combat

Unit sees large turnover after deployment

BY 1ST LT. MICHAEL SORENSEN
502nd Expeditionary Military Intelligence Battalion

Soldiers of the 502nd Expeditionary Military Intelligence Battalion, 201st Expeditionary Military Intelligence Brigade from Joint Base Lewis-McChord deployed to Training Area 10 in mid-June to begin building a new team ready for deployment.

Due to the recent battalion and company changes of command, the unit has experienced nearly a complete turnover in leadership following the most recent Task Force Sentinel deployment to Afghanistan. New leadership and re-organization of the unit has resulted in a plethora of changes over the last two months.

With these changes, the reintegrated battalion requires a new baseline of readiness for



SGT. 1ST CLASS MICHAEL LUKOWSKI 502nd Expeditionary Military Intelligence Battalion
A highlander maintenance team conducts a vehicle recovery mission on Training Area 10 on Joint Base Lewis-McChord June 14.

deployment. And what better way to test that baseline than by taking the whole battalion out to the field for a week?

Nearly all of the over-arching capabilities of the 502nd MI Bn. were put to the test during this first field exercise: expeditious collection efforts from various disciplines of Intelligence, unit-level maintenance and feeding, and the decision-making process of a battalion staff. In the sum of these efforts, perhaps, lies the nature of being expeditionary —

a title that is given only to units meant to deploy rapidly while remaining self-sustaining.

As such, the maintenance assets of the battalion were some of the first to be put to the test during this initial exercise. With the goal of meeting very specific objective criteria outlined by the Army, the battalion's maintenance platoon conducted preventative maintenance checks and services in the field, as well as annual services for a number of the unit's gener-

ators. Likewise, the battalion's field feeding team provided more than 200 meals a day to two geographically separate companies in the training area — a task that the team had not been tested on since November of last year.

The main effort of the training was largely to prepare Alpha Company's multifunction platoon for certification near the end of the summer. Preparation for such a task draws from a variety of Intelligence skills — from conducting interrogations and honing in on enemy signals to subsequent report writing and assessment production.

"Spending the week in the field was very beneficial for the multifunction platoon," said 1st Lt. Valerie Kutsch, 502nd MI Bn. multifunction platoon leader. "Conducting training in an austere environment provided a more realistic component that is difficult to reproduce in garrison. The exercise involved tactical site exploitation, key leader engagements and biometrics, (but) the best part of the week was seeing the platoon and com-

pany bond over puddles in their hooches and soggy feet."

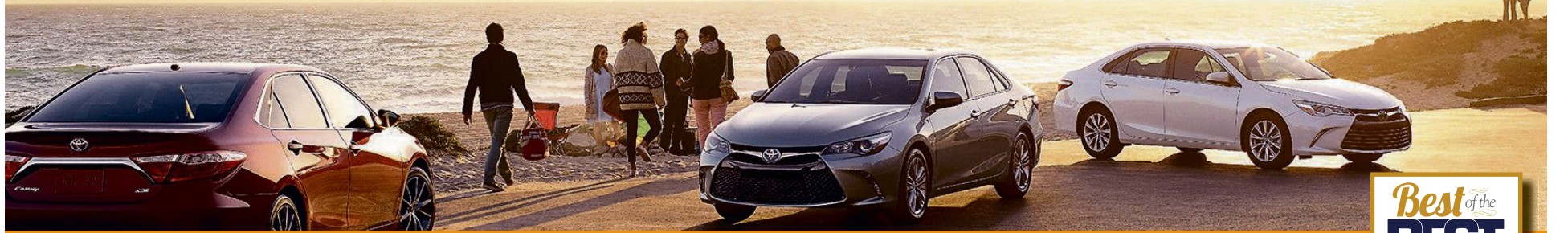
In addition to specific Intelligence expertise, basic soldier skills were also put to the test. Specifically, Soldiers across the battalion conducted simple field craft every night — sleeping under the stars with a poncho, at most, over their heads.

Land navigation was also conducted with a course made entirely from scratch by one of the battalion's most capable sergeants. Limited visibility training, convoy operations and the basics of tactical combat casualty care were also trained.

Consequently, the stepping stones for combat were set during this past week for Soldiers of the 502nd MI Bn. While there is much training yet to be conducted — more nights in the rain with little sleep and much work to be done — the initial growing pains of building a new team have started to work themselves out — new group of intelligence professionals has begun to assimilate with each other and provide for the growing requirements of the force.



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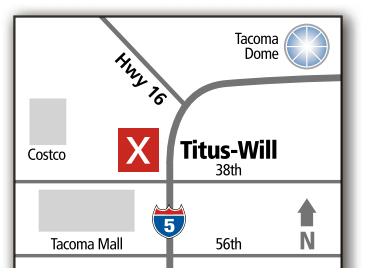
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6TH MILITARY POLICE GROUP

6th MP Group scares up new digs

BY RUTH KINGSLAND
Northwest Guardian

With some good-natured jesting about moving due to a ghost at the previous facility, the 6th Military Police Group officially moved to its new location July 12 with a ribbon-cutting ceremony and tour of the new site at Building 31310 — on the corner of 3rd Division Drive and Pendleton Avenue on Lewis Main.

The 6th Military Police Group includes three battalion headquarters: at Fort Hood, Texas; Schofield Barracks, Hawaii; and at Joint Base Lewis-McChord.

JBLM's 6th MP headquarters was previously located at Building 4290 on 9th Division Drive. The building was built in the 1920s and was originally a medical detachment building.

Rumors surrounding Building 4290 reached across the country, according to the JBLM ribbon-cutting ceremony speaker, Col. Brian Bisacre, deputy commander of the U.S. Army Criminal Investigation Command in Quantico, Va.

"Of course everyone knows the rumors (Bldg. 4290) was a morgue at one time — and it's haunted," he said.

Bisacre also talked of the chal-



Courtesy Photo

Col. Sarah Albrycht, front left, and Col. Brian Bisacre, right, unveil the sign outside the new 6th Military Police Group facility on Lewis Main July 12.

lenges involved in operating out of the previous structure, which he said wasn't built for a mission command building or headquarters.

"When the 6th (MP) Group got

here and moved over there in the mid 1990s, that building served them extremely well," he said.

He said the rumored "ghost" of that previous facility didn't accompany the military police to

the new facility.

"But we brought all the agents and we brought the mission command into what was specifically purposed for that function," Bisacre said about the building.

Bisacre said the new facility is much more conducive to the work of the CID.

"It is really awesome," he said. "You (have) a basically brand new mission command center to execute one of the more difficult mission commands for our Army, and that is to do those felony investigations in a huge geographical area."

Colonel Sarah Albrycht, incoming commander, 6th Military Police Group, was also excited about the new facility.

"This is a key milestone for the 6th Military Police Group, and we couldn't have done it without the support of garrison and community services," she said.

The 6th Military Police Group (CID) conducts criminal investigations of serious, sensitive or special interest matters to support commanders, prevent crime and preserve the Army's resources in peacetime, combat and contingency operations throughout the area of operation, according to information provided by the 6th MP Group.

The 6th MP Group is responsible for the western United States, Hawaii, Alaska and the Pacific Rim — including Korea, Japan and Okinawa.

JAG CORPS

Bench warrants: Possible one year in jail or one afternoon

BY SARA LOCKE
JBLM JAG Corps Intern

Television glorifies the justice system. What TV won't tell you is that this process is not typical or that dramatic.

When an infraction is committed on Joint Base Lewis-McChord, it becomes the jurisdiction of the federal government. While JBLM has restricted access, there are some points where drivers might not realize they are technically on federal property and so there is concurrent jurisdiction between the federal and state governments.

When an infraction occurs within JBLM jurisdiction, the military police issue a citation in a process very similar to that of

civilian officers. After the citation is issued, it gets sent to the Central Violations Bureau which actually processes and records the citation.

The bureau then schedules all hearings at the local district court. A notice to appear is then sent to the address listed on the violation. This process takes four to eight weeks and is the same for civilians as well as service members.

These citations have two levels; misdemeanors and infractions. On the bottom of the citation there are two boxes.

When Box A on the left-hand side is checked, a court appearance is mandatory. Box B on the

right-hand side gives two options; either appear at court, or pay a fine.

A mandatory appearance is required for any misdemeanors, such as DUIs or assault, as well as trespassing and reckless driving. There is no option to pay this fine by a certain date as an appearance is required.

If the defendant fails to appear, a second date will automatically be set and a second notice to appear sent out. If the second date is missed, a bench warrant will be issued.

A bench warrant is an arrest warrant issued by the judge. This bench warrant then allows U.S. Marshals Service to appear at the defendant's door and

bring them into custody. The warrant will be posted to the defendant's driving record, which means it will show during any traffic stop by law enforcement.

In the state of Washington, any police officer who sees an outstanding bench warrant also has the right to arrest the defendant.

If you are stopped for a traffic violation on federal government property like JBLM, even if inadvertently on that property, the best thing to do is keep an eye on the mail.

If after two months no notice has arrived, it's your responsibility to see when a court date appearance has been set.

To do this, you must contact the Central Violations Bureau by either calling 800-827-2982 or visit its website cvb.uscourts.gov. Fines can be paid, status checked and appearance dates found on the site's home page by clicking on the links provided.

If a date of appearance has been given and for any reason that date doesn't work for you, or you have already missed the appearance date, immediately contact the federal courts by calling 253-228-3810.

Remember, the mailed notice is really only a notice of date to appear; the initial citation is the first notice that appearance may be mandatory.



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JBLM VOLUNTEER OF THE MONTH

Thrift shop volunteer honored

BY RUTH KINGSLAND
Northwest Guardian

A few weeks before she's set to move to Peterson Air Force Base in Colorado Springs, Colo., with her husband, Lt. Col. Dean Mitchell, commander of the 23rd Brigade Engineer Battalion, 1st Brigade, 2nd Infantry Division, Fort Lewis Thrift Shop former governing board member and volunteer, Sarah Mitchell was selected as Joint Base Lewis-McChord'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, JBLM Installation Volunteer Corps program manager, Armed Forces Community Service.

Mitchell was nominated for Volunteer of the Month by Christine Openshaw, volunteer coordinator at the Fort Lewis Thrift Shop.

"I've seen all the work Sarah does; she volunteers everywhere," Openshaw said of the woman she's known for about one year. "She's very humble, but she helps out all over. From what I've seen, she's supportive of everyone, even when she's not volunteering. She's always open — always there — you can call her anytime, and she's very down to Earth and ready to listen and help out however she can."

This isn't Mitchell's first recognition for her volunteerism. She's also the 2016 Joint Base Lewis-McChord Volunteer of the Year, having received that honor at the JBLM Volunteer Recognition Luncheon and Awards Ceremony at the Club at McChord Field in May.



Sarah Mitchell, a volunteer with the Fort Lewis Thrift Shop and JBLM July Volunteer of the Month, assists a customer, Shasha Aylor, a military spouse, tries on a necklace at the thrift shop July 6.

That award came about due to her many volunteer hours on the installation, from serving previously as board president for the thrift shop. That entailed overseeing operations, employees and volunteers, managing grant requests, pricing inventory, meetings and serving as parliamentarian on the thrift shop's governing board. She volunteered an additional 108 hours as a volunteer at the thrift shop.

Mitchell also previously served as the Fisher House meal

coordinator, volunteered with the Lewis Community Spouses' Club and served as the 23rd Engr. Bn.'s Family Readiness Group senior adviser.

She has been volunteering in her community since she was a teen at Thomas More Preparatory, a co-educational Catholic college preparatory high school in Hays, Kans. While a student there, Mitchell volunteered on a domestic violence crisis line.

"I enjoy volunteering," she

said. "I was raised in a household where my mom volunteered and it just seemed the natural thing to do."

Mitchell met her husband in 1996, when she was attending a ball with a friend at the United States Military Academy, West Point, N.Y., where Dean Mitchell was a student. The couple married five years later and celebrated their 16th anniversary this year.

The couple moved to JBLM from Fort Leavenworth, Kan., in

2015. They have four children: Jacob, 11; Samantha, 9; Gavin, 7; and Connor, 4. Being a mom of four hasn't been a hindrance to finding time to volunteer, Mitchell said.

"I'm used to dealing with child care," she said. "It's a juggling act, but I think it's important to be part of your military community."

Mitchell has been quite involved in her military community, having logged more than 1,800 volunteer hours at JBLM since 2015, according to Parker.

"My husband told me early on that it is important to be part of the community, and volunteering is a great way to do that," Mitchell said. "It makes the challenges more bearable because you are with your peers."

Volunteering has helped Mitchell stay busy when her husband has been deployed through the years. She feels so strongly about volunteering, it's the advice she'd give to other young military spouses, she said.

"I enjoy meeting new people," she said. "I love the social life of the military, that's how I find a way to give back."

With the Mitchell family moving in coming weeks, folks at the Fort Lewis Thrift Shop hope other volunteers will step up to fill Sarah's active volunteer shoes.

"We don't know what we're going to do without Sarah," said Yamaira Delgado, assistant manager at the Fort Lewis Thrift Shop. "She works really hard and knows how to make everything fun; we always have fun here."

"Probably what we'll do without her is cry a lot."

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By Ken Blondin
RE/USA NW

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TALISMAN SABER

Highlighting U.S., Australia alliance

Exercise draws more than 33,000 together

BY RUSSELL GOEMAERE
United States Army Pacific

FORT SHAFTER, Hawaii — Service members from Joint Base Lewis-McChord are part of the more than 33,000 U.S. and Australian forces participating in the biennial military training exercise Talisman Saber 2017 in Australia, June 23 to Tuesday.

Talisman Saber, jointly sponsored by the U.S. Pacific Command and Australian Defence Force Headquarters Joint Operations Command, will incorporate U.S. Army, Navy, Marine Corps and Air Force and the Australian Defence Force, as well as other government agencies from each country.

The realistic and challenging exercise provides an invaluable opportunity to conduct operations in a combined, joint and interagency environment that will increase both countries' ability to plan and execute contingency responses, from combat missions to humanitarian assistance efforts.

Featuring 21 ships, including the U.S. Navy aircraft carrier USS Ronald Reagan (CVN 76), the Bonhomme Richard Expeditionary Strike Group, and more than 200 joint aircraft, this seventh iteration of the exercise will focus on training a Combined Task Force of U.S. and Australian forces in a mid-intensity, high-end warfighting scenario.

The exercise also incorporates interagency participation, along with a command post exercise involving a transition between a 3 and 4-star headquarters. U.S. Pacific Command units and Australian



TECH. SGT. GREGORY BROOK 1st Combat Camera Squadron

U.S. Air Force C-17 Globemaster IIIs from Joint Base Lewis-McChord and Joint Base Charleston, S.C., fly a low-level formation over the gold coast of Australia while providing airlift support for Exercise Talisman Saber 2017 Sunday.



A U.S. Soldier braces for impact at drop zone Kapyong near Williamson Air Field Shoalwater Bay Training Area in Australia during Exercise Talisman Saber July 13.

forces are conducting live and virtual training exercises in multidomains on sea, land, air,

cyber throughout multiple training areas in and around Australia.

The exercise is being conducted from multiple locations in the U.S., including JBLM, Joint Base Pearl Harbor-Hickam, Naval Base San Diego, Naval Station Norfolk Suffolk Joint DOD Complex, Camp Atterbury, Indiana and on the island of Guam.

Multiple locations in Australia are also hosting the exercise, including Darwin, Rockhampton, Amberley, Canberra, Enoggera, Fog Bay, the maritime areas of the Coral Sea, and Australian ranges including the Bradshaw, Shoalwater and Townsville Field Training Areas.

Along with the opportunity to hone military skills, the significant involvement from international, Australian and United States government agencies make this a truly collaborative whole-of-government effort. Active participa-

tion by international organizations includes the World Food Programme, the United Nations Office for the Coordination of Humanitarian Assistance and the International Committee of the Red Cross.

Australian government entities participating in the exercise include the Department of Defence International Policy, Department of Foreign Affairs and Trade, the Australian Federal Police, and the Australian Civil-Military Centre.

U.S. participating agencies include the U.S. Departments of State and the U.S. Agency for International Development.

The U.S. and Australia service members train and work together in a variety of exercises and missions throughout the year, including working together on humanitarian and civic assistance missions in the Indo-Asia-Pacific region.

ARMY RESEARCH

Demo explores robotic refueling system

BY NIKKI FICKEN

U.S. Army News Service

REDSTONE ARSENAL, Ala. — A robotic, unmanned refueling system could limit rotary-wing aircraft time on the ground and remove Soldiers from isolated fueling stations.

A Limited Initial Capabilities Demonstration was performed by the U.S. Army Aviation and Missile Research, Development and Engineering Center to test that theory.

The demonstration unveiled a new science and technology effort designed by the center's aviation development directorate and operational energy lab called Autonomous and Robotic Remote Refueling Point. The event presented stakeholders with a potential material set of solutions, proof of concept, and demonstrated the technical feasibility of an autonomous robot refueling operation.

The project's goal is to enable Army aviation manned rotary-wing aircraft to address current and emerging range and endurance requirements, as well as refueling challenges created by the noncontiguous battlefield. By using self-aligning robotics, articulated arms and sensors, the system would support a quick hook-up, ultimately re-



KATHLEEN EDWARDS U.S. Army Photo

ducing the aircraft's time on the ground.

The robotic, unmanned system would also increase safety by removing Soldiers from the fueling station — a location that could put them at risk of enemy targeting.

"One of the most useful activities of the (science and technology) enterprise is to conduct concept demonstrations like the

AR3P," said Layne Merritt AMRDEC's chief engineer for aviation development. "For relatively little investment, we can demonstrate the technical viability of a new concept like unmanned or unattended forward area refueling point operations and at the same time identify possible challenges and considerations that would need to be addressed in a full (sci-

ence and technology) or acquisition program."

The AR3P concept uses an isolated forward area refueling point approach which seeks to provide an autonomous, unmanned refueling capability using existing technologies. These technologies include aviation ground support equipment, sensors, energy efficient sustainment equipment, aircraft

components with minor modifications and aircraft refueling interfaces and equipment.

A majority of the robotic package comes from commercial off-the-shelf materials, but the fuel port system is an AMRDEC-designed solution. Use of additive manufacturing assisted in the rapid prototyping of this science and technology project.

Merritt said examples of technical challenges include size, weight, power, robotic control, detectability and durability.

"It makes sense for us to fill this need," said Will Nikonchuk, AR3P project lead. "We address target acquisition and engagement all of the time as the aviation and missile research and development community. That is what AR3P does."

Nikonchuk reported at the demonstration that the project is currently addressing technical risk areas in Phase 2 and hopes to establish a framework for future funding. Phase 3 includes aircraft modification and flight testing of a Mosquito Test aircraft, while the final, Phase 4 will feature a flight test of an Apache AH-64 at the Aviation Applied Technology Directorate at Fort Eustis, Va.

DEFENSE COMMISSARY AGENCY

DeCA hands out 700 scholarships for military children

BY MIKE PERRON

Defense Commissary Agency Public Affairs

FORT LEE, Va. — For 700 sons and daughters of service members throughout the Department of Defense, who are military commissary customers, attending college just got a little less expensive. Each of the 700, including 10 from Joint Base Lewis-McChord, was competitively selected to receive a \$2,000 grant from the Scholarships for Military Children program.

The program, created in 2001, recognizes the contributions of military families to the readiness of the fighting force and celebrates the

commissary's role in enhancing military quality of life. It's administered by Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families.

"Overall scholarship applications were up about 8 percent over last year," said Jim Weiskopf, Fisher House Foundation vice president. "We were also pleased to see an increase in overseas applications, with a resulting increase in the number of recipients living in overseas areas."

The 10 from selected from the Lewis Main and McChord Field commissaries are: Eduardo Flores, Amber Hamil, Sarah

Hitchcock, Nicole Hite, Bryce Husted, Kyle Maddry, Jose Nunez, Elizabeth Russell, Haley Schrock and Anne Wensley.

"The stores did a great job communicating the availability of the scholarship," said Marye Dobson, Defense Commissary Agency liaison for the program. In all, there were 4,876 qualified applicants this time around."

No government funds are used to support the program. DeCA's industry partners — vendors, manufacturers, brokers and suppliers — as well as the general public donate money to fund the program, and every dollar donated goes directly to funding the

scholarships. Contributions go to Fisher House Foundation Inc., which treats each as a "restricted donation." The foundation in turn contracts with Scholarship Managers, a professional scholarship management firm, to evaluate the applications and select the best qualified as awardees.

Planning for next year's program will begin soon, and the announcement of open dates to apply is usually made in the fall.

Applications will be available in commissaries worldwide and online at militaryscholar.org. One of the benefits of visiting the website is the recent addition of a comprehensive scholarship search engine.

"Many applicants use the free scholarship search engine offered by Fisher House Foundation, enabling them to see what other scholarship programs they might qualify for," Weiskopf said.

To be eligible to apply, a student must be unmarried, younger than 21 — or 23, if already enrolled as a full-time student at a college or university — and a child of a service member on active duty, reservist, guardsman, retiree or survivor of a service member who died while on active duty or survivor of a retiree. Applicants must be enrolled in the DEERS database and have a current military ID card.

Health Beat

MADIGAN SHOUT OUT

Georgian Cpl. Mamuka Javakhishvili reunited with Team Madigan when he met Frank Bannister at a paragliding event for Wounded Warriors in the country of Georgia. Bannister is a Madigan staff member who is on a one-year assignment as a senior medical adviser to the Georgian Ministry of Defense. Javakhishvili was severely injured by a grenade in Afghanistan in 2010, resulting in extensive injuries to his face and body and requiring multiple surgeries and eye prosthesis. He joined the Warrior Transition Battalion here from February 2012 to



October 2013 to receive rehabilitative care from both Madigan as well as Veterans Affairs. Now Javakhishvili said he is doing well and is very active, and he wants all of Team Madigan to know how appreciative he is for all Madigan did for him.

MADIGAN ARMY MEDICAL CENTER

GENERAL SERVICES

Emergency: 911
Nurse Advice Line: 1-800-874-2273, option 1
Madigan directory: 253-968-1110
Tricare Regional Appointment Center (TRAC): 800-404-4506
Tricare On-Line: tricareonline.com

United Health Care: uhc-militarywest.com, 877-988-9378
Pharmacy Refill: 253-968-2999
Tricare Express-Script pharmacy service: 877-363-1433 or www.express-scripts.com
Referral Coordination Center

Hotline: 253-968-2903
Patient Admissions: 253-968-3827/3829
Patient Advocacy: 253-968-1145
Beneficiary Counseling Assistance Coordinator: 253-968-3348/3491

BEHAVIORAL HEALTH SERVICES

Soldier Readiness Service: 253-968-5140
Child and Family Behavioral Health: 253-968-4843
Military One Source: 800-342-9647
National Suicide Prevention

Life Line: 800-273-8255 (Option 1)
Exceptional Family Member Program: 253-968-0254/1370
Armed Forces Blood Bank Center: 253-968-1850
Fisher House: 253-64-9283
Public Affairs Office: 253-968-1901
Veterinary Treatment Facility: 253-982-3951
Madigan Directory Assistant: 253-68-1110
Madigan Army Medical Center website: mamc.amedd.army.mil
Email: usarmy.jblm.medcom-mamc.mbx.pao@mail.mil
Fisher House: 253-964-9283

MADIGAN ARMY MEDICAL CENTER

Madigan's ties to Surgeon General

BY SUZANNE OVEL
Madigan Public Affairs

From providing expert advice on medical software to increasing service member readiness to personnel management, several physicians at Madigan Army Medical Center are serving as consultants to the Surgeon General as the leading specialists in their field.

"The Surgeon General consultants are top experts in their fields, trusted to provide specialized counsel to Army Medicine leadership and to give insightful mentorship to their peers," said Col. Michael Place, Madigan commander. "The fact that we have five such experts here at Madigan speaks to the incredible depth of talent and leadership amongst our staff."

Madigan consultants cover the fields of adolescent medicine, medical informatics, neurology, pathology and surety medicine for Army Medicine. Consultants are field grade officers who go through a lengthy process to apply for the four- to six-year position.

"I like the mission of the consultant, which is to coordinate the actions for the specialty," said Lt. Col. George Leonard, Madigan chief of pathology and the pathology consultant to the Surgeon General. "You're the one person who's responsible for essentially the direction that the specialty goes."

He advises the Human Resource Command pathology career manager on which pathologists may be the best fit for positions open to them — quite a hefty task for a career field with nearly 120 pathologists at different points in their careers, from resident to fellow to specialist. Leonard sees it as contributing to recruitment and retention for a career field that specializes in diagnostic medicine, ranging from microbiology and transfusions to biopsies and autopsies.



Lt. Col. George Leonard is one of five Madigan consultants to the Surgeon General who assist with personnel management and give advice on their specialty fields.

"You have a big role in getting the right people into the specialty and an even bigger role, perhaps, in keeping them in the specialty," Leonard said, who finds that his passion for teaching fits in with sharing career advice with younger officers.

With a career field of only seven officers, Col. Eric Shry spends much less time in his role as a consultant focusing on human resources and much more on offering expert advice on medical informatics. Shry, the chief medical information officer at Madigan and the medical informatics consultant to the Surgeon General, is more likely

to be called upon to offer expert advice to the U.S. Army Medical Command or to represent them at high-level meetings.

As a cardiologist who specializes in clinical informatics, he functions as a liaison and a translator who can speak both the languages of clinicians and information technologists, telling the Information Management Division what clinicians need to be able to function. He's the officer spearheading Madigan's transition to the Department of Defense's first unified electronic health record — MHS GENESIS.

Being a consultant to the Surgeon General gives him extra

weight when giving feedback on the software's development.

"As the consultant, I can speak for the Army frequently, and so the consultant role may put you on a very short list for who can represent the Army at Army/Navy/Air Force decision-making bodies," Shry said.

Sometimes the consultant role means connecting the dots for how unique specialty fields still support service member readiness. While an outsider's glance at the field of adolescent medicine may leave it feeling a bit removed from readiness, to Col. Jeffery Greene the connection is simple — a high percentage of

service members are young adults, so there's a large potential for transference of skills and knowledge.

Greene, the adolescent medicine consultant to the Surgeon General and Madigan's medical director of pediatric and adolescent patient-centered medical home, recently explained to MEDCOM how adolescent medicine's focus on mental health, reproductive health, sports medicine and reducing risk-taking behaviors applies just as much to dependent teenagers as to young service members.

In fact, Greene's been adding to the skills of providers by training interns in adolescent medicine.

"(We've been) giving them the snapshot look of what adolescent medicine is so they can have a basic understanding when they go out to their first assignment," Greene said.

One intern personally thanked Greene for the training after transferring to a Soldier-centered medical home.

"He said thanks, that it was his rotation with us that prepared him to take care of Soldiers."

While Greene also assists Human Resource Command in managing the careers of adolescent medical doctors, with only 13 doctors in the specialty he can offer one-on-one advice on career progression and about the military in general. He also helps them with clinical questions from time to time, from complex eating disorders to mental health questions.

"What I think was my biggest accomplishment if you will ... was getting feedback from young officers who call me their mentor," Greene said, who said he just asks simple questions, shares his story and speaks from the heart. "The response I've gotten and the fact that they're reaching out all of the time tells me I've made an impact."

WARRIOR WEB

Prototype exoskeleton suit would improve performance

BY JOYCE CONANT
U.S. Army Research Laboratory Public Affairs

ABERDEEN PROVING GROUND, Md. — Thanks to a new "suit" being developed by the Department of Defense-funded Warrior Web program, future Soldiers will be able to march longer, carry heavier gear and improve mental sharpness.

The suit has pulleys and gears designed to prevent and reduce musculoskeletal injuries caused by the dynamic events typically experienced in the warfighter's environment.

Scientists and engineers from the U.S. Army Research Laboratory have been testing variations of the suit for more than three years at the Soldier Performance and Equipment Advanced Research, or SPEAR, facility at Aberdeen Proving Ground, Md.

"We've been primarily focusing on the physical benefits of these types of suits, but we're also interested in the cognitive benefits," said laboratory researcher Dr. Angela Boynton. "We're hoping that by reducing the physical burden, that they also have the ability to put more energy into other types of tasks that involve cognitive or perceptual workload."

The project, funded by the Defense Advanced Research Projects Agency, has many

partner organizations across the DOD and academia.

The U.S. Army Natick Soldier Research, Development and Engineering Center, the Maneuver Center of Excellence, the Army Capabilities Integration Center and the Military Operational Medicine Research Program met at ARL's SPEAR in June for a soft exosuit demonstration and to discuss the path forward for the Army's Warrior Web Program.

The program, which is funded by DARPA, is coming to an end; however, researchers hope to find future collaborators to expand on the progress gained in the current program iteration.

"In the longer term, the systems have benefits to be integrated into larger Soldier systems and can be integrated with other capabilities to provide a marked advantage for our Soldiers and our warfighters in the future," said Maj. Christopher Orłowski, DARPA's Warrior Web program manager. "I think it will take at least another five to 10 years to be ready for the infantry Soldier."

A team of researchers from Harvard's Wyss Institute, in Boston, led by Dr. Conor Walsh, associate professor of engineering and applied sciences at the Harvard biodesign lab, attended the meeting that was held in conjunction with ongoing testing at ARL. Walsh and his team



Dr. Courtney Webster makes adjustments to the Warrior Web physical augmentation suit from Harvard's Wyss Institute in Boston.

have been working on and testing their prototypes on Soldiers since 2014.

Walsh said the latest version of the exosuit tested at ARL is the result of his team's system integration efforts over the past year. He said the system is much more user friendly as compared to early prototypes and includes improved functional apparel attachments to the body, control systems that adapt to each individual, and actuation systems that are quiet and compact.

Edwin "Eddie" Davis, director of the Maneuver Battle Lab, Capabilities Development Integration Directorate Maneuver

Center of Excellence, said he was impressed by what he observed and that Soldiers should have a say in what kinds of equipment they will use in combat.

"Warrior Web is a perfect example where engineers and Soldiers work together 'early and often' to develop a capability that might be useful for the future," Davis said. "It also helps speed up the technology transition and program acquisition. Soldier feedback will help frame the Warrior Web Program outcomes and future Army investment."

Henry Girolamo, NSRDEC program manager for the War-

rior Web project, has been with the project since its inception. He said the SPEAR facility has been highly beneficial.

"We have an indoor lab capability where we can instrument up the Soldiers and keep them in an environment where you can just get pure data on things like treadmills, motion capture and be able to analyze everything in the lab," he said. "You can take them out on a three-mile course where it's more aligned with the environments in which they would be working. We've got the best of both worlds."

Researchers tested the same group of Soldiers in April and again in June, both with and without the suit, and gathered massive amounts of data.

"If you reduce the physical burden on somebody, there may be some benefits additionally to the amount of attention they can pay to their situational awareness," Boynton said.

Officials are still discussing the path forward.

"I see it as a solution-focused suite of technologies that support a wide array of Soldier issues that we are having to deal with right now," Girolamo said. "We need to iterate the technology a little bit further along to make sure we can actually do that and I know we can. We just need the funding and time to do that."

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

Bastille Day

U.S. service members march in the Bastille Day parade in Paris July 14 as smoke trails billow overhead from a flyover conducted by French Alpha jets. U.S. troops led the parade in a historic first, to commemorate the centennial of America's entry into World War I and its long-standing partnership with France.

CHIEF PETTY OFFICER MICHAEL MCNABB
U.S. Navy photo

LET'S HEAR IT

What do you want to know in 2017? 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 2017

The following are the scheduled dates for Army's Day of No Scheduled Activity and Air Force's Family Days on Joint Base Lewis-McChord.

Aug. 4 - Army DONSA
Aug. 7 - Army DONSA
Sept. 1 - Army DONSA
Sept. 5 - Air Force Family Day
Oct. 9 - Army DONSA
Nov. 13 - Army DONSA

ENJOY SAM ADAMS LUAU AND PATIO

Bring your friends for a festive patio luau with music, great food and games Friday from 5 to 8 p.m. Samuel Adams Brewhouse offers a private patio to enjoy the long summer evenings. Order your meal and beverage and relax outside Tuesday-Saturday, now-Aug. 31. Sam Adams is located at 2400 Bitar Ave. and Division at Lewis Main. For more details, call 253-964-2012.

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 jblmfacsccheckappointments.com.

JOIN JBLM'S SUMMER READING PROGRAM

Be a part of JBLM's Summer Reading Program at Book Patch Library and McChord Field Library. All ages can read, attend special free events and earn prizes. Register online at jblmmwr.com/libraries or at the libraries now and come to special events:

- For youth at McChord Field Library: Flying Gizmos from the Museum of Flight Tuesday.
 - For teens at McChord Field Library: Escape the Room, Steam edition Tuesday.
 - For youth and teens at Book Patch Library: Sub-Zero Ice Cream Thursday.
- For more information, call the McChord Field Library at 253-982-3454 or Book Patch Library at 253-967-5533.

HEADS OR TAILS AT BREWHOUSE

Get in on Heads or Tails Tuesdays at Samuel Adams Brewhouse at JBLM. Every Tuesday from 4 to 10 p.m., we flip a coin for your first drink. If you call it correctly, you receive \$1 off your first drink. Sam Adams is located at 2400 Bitar Ave. and Division at Lewis Main. For more information, call 253-964-2012.

JBLM FAMILY HOUSING 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 107 Pendleton on Lewis Main.

FREE MOVIES AT THE LIBRARY THIS SUMMER

In need of some family-friendly entertainment this summer? McChord Field Library will be hosting a movie every Thursday afternoon now through Aug. 24 at 4 p.m. Free fresh popcorn will be provided. Movies will change every week, so be sure to stop by McChord Field Library and see what movie will be featured. The library is located at 851 Lincoln Blvd., ground floor on McChord Field. For more information, call 253-982-3454.

WARRIOR ZONE'S OPEN MIC AND KARAOKE

Celebrate the return of Open Mic Night at the Warrior Zone the first and second Thursday of the month at 6 p.m. Entertain your friends on stage and come back for more. Karaoke Night debuts the first and third Saturdays of the month at 6 p.m. Have fun belting out your favorite tunes with your buddies with host DJ Rae. WZ is open to ages 18 and older only. For more information, call 253-477-5756. The Warrior Zone is on the corner of 17th and D streets at Lewis North.

JOIN IN WINE AND CANVAS EVENT

Join in the fun at the Wine and Canvas Night at the Nelson Recreation Center July 28 from 6 to 8:30 p.m. Art supplies, light appetizers and your first glass of wine are included in the cost. Beginners will get instruction, plus samples of completed paintings. Seating is limited and you must be age 21 or older to attend; please arrive 15 minutes early. The cost is \$30 per person. Prepayment is required; call 253-982-6726/6718.

WIN PRIZES FOR TRIVIA AT THE BREWHOUSE

Test your trivia knowledge at Samuel Adams Brewhouse's free Trivia Night July 28 from 7 to 9 p.m. for fun and prizes. Enjoy happy hour specials from 6 to 8 p.m. Sam Adams is located at 2400 Bitar Ave. and Division at Lewis Main. For more information, call 253-964-2012.

LOW COUNTRY BOIL'S ON AT THE CLUB

Y'all come out to the JBLM Low Country Boil July 28 at the Club at McChord Field from 5 to 7:30 p.m. where you'll enjoy succulent shrimp, savory sausage, fresh corn on the cob and new potatoes served with bread — and be sure to leave room for dessert. Also order drink specials to go with this down-home meal. The cost is \$42 per couple or \$22 per person; reservations are required by calling 253-982-5581. The Club is located at 700 Barnes Blvd. on McChord Field.

BUILDING MANAGERS FIRE SAFETY CLASS

All building managers on Joint Base Lewis-McChord are required to take a Building Managers Fire Safety Class. Classes take place on are the first and third Wednesday of the month at 9 a.m. Bldg. 2014, Fire Station 107 Pendleton, on Lewis Main. The next class is Aug. 2. For more information, call 253-966-7164.

CELEBRATE IPA DAY AT SAMUEL ADAMS

Raise a glass and celebrate National IPA Day at Samuel Adams Brewhouse Aug. 3 from 4 to 10 p.m. Purchase Sam Adams Rebel IPA and keep the Rebel IPA glass. Also save \$2 on any

appetizer with the purchase of any Sam Adams beer. Get in on Sam Adams gear giveaways from 5 to 8 p.m. Please drink responsibly. Sam Adams is located at 2400 Bitar Ave. and Division at Lewis Main. For more information, call 253-964-2012.

JOIN MCCHORD FIELD LIBRARY BOOK CLUB

Enjoy discussing books? Join 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 Aug. 9 to discuss "Wild: From Lost to Found on the Pacific Crest Trail" by Cheryl Strayed. Registration is required; 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.

BRING BEST FRIEND TO YAPPY HOUR

Celebrate the dog days of summer on Samuel Adams Brewhouse JBLM's patio at Yappy Hour Aug. 10 and Sept. 7 from 6 to 8 p.m. Yes, this really is for the dogs. Bring your dog on a leash for treats, dog-oriented games and prizes. Purchase food and beverages to enjoy along with your best friend. Sam Adams is at 2400 Bitar Ave. and Division at Lewis Main. For more details, call 253-964-2012.

REGISTER YOUTH FOR SKIESUNLIMITED

SKIESUnlimited offers classes in art, theater, boxing, karate and gymnastics during the summer. Pick and choose what days you want to enroll your children. Visit tinyurl.com/

ycbd4pzc for costs and dates. Children must be registered with Child and Youth Services. For more information, call 253-966-CYSS, option 4.

HOLIDAY PARK NEEDS VOLUNTEERS

Volunteers are needed to help at the Holiday Park Campground on McChord Field to assist with grounds beautification. The applicants must be at least age 18. Ideally, the volunteers will have experience in leaf blowing, mowing, weed whacking and general beautification skills. The main focus, according to Lori Parker, Installation Volunteer Corps program manager, is going to be mowing. Due to the nice weather mixed with rain, the campground is experiencing exponential grass growth that is growing faster than maintenance crews can work. Interested volunteers can submit an application for this volunteer position at myarmyonesource.com. For more information, contact Amanda Parker, Adventures Unlimited manager at amanda.l.parker16.naf@mail.mil or 253-982-3725.

REGISTER YOUTH FOR SUMMER PROGRAMS

Register your Child and Youth Services-enrolled children for summer programming at Cascade School Age Center for grades first through fifth, Lewis North School Age Center for grades kindergarten through fifth and McChord Field School Age Center for grades kindergarten through fifth. Enroll at Parent Central Services. Fees are based on total family income. For more information, call 253-966-2977 or visit fb.com/jblmcy.

CONSTRUCTION MANAGER WITH PLANATE

Planate Management Group — Salary: DOQ. Planate Management Group LLC, a service-disabled veteran-owned small business, provides installation/base management and facilities engineering worldwide. The primary capability areas of Planate are on architectural engineering design and planning, Program and construction management and technical and consulting services. Construction manager will be responsible for running of technical aspects of construction contract modifications and oversee the progress along the way in a timely and cost-effective manner. For more information about the job, email recruiter@planate.net.

L&I SAFETY AND HEALTH SPECIALIST 3

WA State Dept of Labor & Industries — Salary: \$4,399 to \$5,770 monthly. The Division of Occupational Safety and Health Technical and Laboratory Services, statewide explosives team is looking for an experienced explosives inspector who has the ability to inspect workplaces where explosives are used and stored to ensure employers and explosive technicians are complying with safety and health standards and providing a safe and healthy workplace. In this job, you will have the opportunity to travel to workplaces throughout Northwest Washington. For more information about the job, visit tinyurl.com/k7cnltf.

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).

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.

Stand With Those Who Serve and Joint Base Lewis-McChord Saturday from 10 a.m. to 2 p.m. at Memorial Stadium. This is a public safety appreciation event and public safety career fair open to all public safety personnel, service members and their families. Agencies are encouraged to bring demos and displays. Kids' events, food, refreshments, entertainment, demos and displays will be on site. Sponsors and businesses should register at: goo.gl/LB7CFh. Agencies, transition assistance and nonprofits should visit: goo.gl/2blNYV. For base access, visit: goo.gl/yrynYie.

Hawk Job Fair take place Mondays (except DONSA's and federal holidays) at Hawk Transition Center Auditorium at 11 a.m. Come out and speak to recruiters with employment opportunities. Walk-ins are welcome.

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

RecruitMilitary Job Fair Wednesday from 11 a.m. to 3 p.m. at American Lake Conference Center. This event targets transitioning service members, spouses, family members and

veterans. Meet face to face with companies looking to hire for a multitude of different markets including: law enforcement, healthcare, finance, education, federal/contract positions, transportation, logistics and more. This event is free for those attending. To preregister, visit: RecruitMilitary.com/JBLM.

Brown Bag Mini Job Fair Wednesdays from 11 a.m. to 1 p.m. in the Hawk Transition Center Lobby. Walk-ins are welcome. Employer registration is now required by emailing shenathan.d.burton2.civ@mail.mil and mitchel.s.watson.civ@mail.mil.

Worksource Pierce Weekly Meetings Thursdays from 1 to 4 p.m., the WorkSource Pierce Career Center hosts a meeting for job seekers unemployed for 27 weeks or longer, seeking assistance to re-enter the workforce. Location is 1305 Tacoma Ave. South, Tacoma. For more information, call 253-593-7300 or email backtowork@workforce-central.org.

Camo2Commerce has orientations Thursdays at 3:30 p.m. at the Stone Education Center on Lewis Main for 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 can help you land a job in a position commensurate with knowledge, skills, abilities and experience. For more information, visit: camo2commerce.com/heroes or email rob@pacmtn.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 Seventh St., Renton, Wash. Next meeting is Aug. 2. For more information, call 206-205-3500.

Customs Border Patrol Information Session Aug. 2-3 from 8 a.m. to 3 p.m. at the Hawk Transition Center. U.S. Customs and Border Protection is hiring frontline law enforcement CBP officers nationwide. We have numerous locations and we have an expedited hiring that can get you on-board in a position in a very short time. As an officer, you will move up the career ladder with no competition up to the GS-12 level. For more information, visit cbp.gov/careers.

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 set for Aug. 14. Email kmyers@esd.wa.gov or call 253-552-2547.

Boots to Business This is a three-day workshop covering topics related to how to start a business. Gain tools and knowledge needed to identify a business opportunity, draft a plan and launch an enterprise. Day three will consist of a field trip. To register, call 253-967-5599 or 253-967-3258.

Spotlight Events and Employer Hiring Check for employer spotlight events on social media at facebook.com/jblmunlimited for more information. Sign up at sfl-tap.army.mil or with your SFL-TAP Center at 253-967-3258/5599.

REGISTER FOR SUMMER PROGRAMMING

Register your Child and Youth Services-enrolled middle-school children for summer programming at Hillside Teen Center for grades six to eight. Weekly themed programs are offered now-Aug. 21. New outdoor recreation opportunities take your youth's summer fun to the next level and are open to all middle school/teen youth. Program fees are based on total family income. Enroll at Parent Central Services. For more information, call 253-966-2977.

MCCHORD OUTDOOR POOL NOW OPEN

The outdoor pool at McChord Field located next to the McChord Fitness Center at 736 Fifth St. is now open daily from noon to 7 p.m. until Labor Day, Sept. 4. For more information, call 253-982-2807.

LEARN TO SCUBA DIVE FOR LESS

Escape gravity with scuba courses. Take beginning, intermediate or advanced scuba classes for less than half the cost of what the region has to offer. Five-star PADI-certified instructors start you off in the pool. Only when you master basic skills will you head out to the Puget Sound for open-water dives to complete your certification. For more information, call the Scuba Dive Center at 253-967-3405.

FREE RIDE TO DUPONT WITH GO TRANSIT

Enjoy a free ride out to the City of DuPont with GO Transit Route 1 weekdays from 7 a.m. to 5:40 p.m. with 20 minute frequencies. The route goes from the City of DuPont to Madigan Army Medical Center. Visit popular DuPont restaurants, run errands, make a connection to Seattle or Tacoma, or access JBLM without driving a car. Common Access Card required to board at the DuPont stop. For more information, call 253-966-3939 or visit GOLewisMcChord.com.

SKIESUNLIMITED INSTRUCTORS NEEDED

SKIESUnlimited is looking for team members. Share your talent or hobby with youth. Areas include gymnastics, karate, dance, art, music, boxing, theater and more. Interested? Call 253-966-3539.

FIRE EXTINGUISHER ANNUAL SERVICING

All facility fire extinguishers on base 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.

YOUTH SWIMMING LESSONS AVAILABLE

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

FROM PAGE 1A

62ND AW

and executing the mission.

"Thank you General Tuck for trusting me with delivering combat airlift across the globe, and taking care of our most valuable resource, our Airmen," Sonkiss said. "My promise to you (62nd

AW) is to empower you to lead; empower our frontline supervisors and noncommissioned officers; empower our flight commanders; empower our squadron commanders to lead strongly from the front."

Sonkiss comes to the Pacific Northwest from the 455th Air Expeditionary Wing, Bagram Air Base, Afghanistan, where she served as the vice commander

overseeing close air support, air mobility, combat search and rescue, intelligence, surveillance and reconnaissance, air control and communications and electronic attack operations in support of U.S., coalition and partner forces in Afghanistan.

Tuck said Sonkiss is definitely the right Airman to lead the men and women of the 62nd AW.

"Today you are going to see

the passing of a guidon, pretty light in weight, but it carries and shoulders the responsibilities, authorities and burden of being a commander," Tuck said. "Colonel Sonkiss is going to be charged with that responsibility, and, as a commander, I am very proud of what you do here at McChord, and I can't wait to see what these next couple years are going to bring. Sonkiss is really

prepared to come take this job."

Sonkiss said she could not be prouder of the amazing group of Airmen who call McChord Field home.

"I have no doubt that you will continue to deliver the precision and excellence that hallmarks Team McChord," Sonkiss said. "Thank you for your commitment to our nation, and let's get to work."

FROM PAGE 1A

LT. DAN

bers, veterans and families rocked out to songs from Disney to Tears for Fears, the Beatles and Bruno Mars.

Twelve-year-old Caitlyn Lauterberg sang along from the crowd as the band performed the Journey song, "Don't Stop Believing," but, the Zac Brown Band song, "Country Fried" was Caitlyn's favorite song of the evening.

"I love 'Country Fried,'" she said, as she and her siblings, Kyle, 11, Rhys, 9, and 10-month-old Derrick sat with their parents, Leah and Spc. Ryan Lauterberg, 51st Expeditionary Signal Battalion.

Leah Lauterberg said she was glad her family came to the event.

"I love that the kids can run around and be crazy — it's definitely a family event," she said. "And we love Gary Sinise."

This wasn't Sinise's first USO concert at Joint Base Lewis-McChord. In fact, the actor and bass guitar player has performed nearly 100 USO concerts at various installations across the country and wherever service members are deployed.

Sinise's love of the military prompted him in the 1980s to become an advocate for America's service members and veterans. He joined with the Disabled American Veterans organization in the 1990s, raising awareness and support for wounded service members.

In 2003, after being part of several USO handshake tours, that included a trip to Iraq, he formed the Lt. Dan Band and performed on many more USO tours. Sinise formed the Gary Sinise Foundation in 2011 as a way to expand on his individual humanitarian efforts.

During the JBLM concert, Sinise shared a little of his family's proud military heritage. He told of his Uncle Jack, a navigator on a B-17 bomber during



SCOTT HANSEN Northwest Guardian

Gary Sinise salutes JBLM children for their help during a performance of "Life is a Highway" by the Lt. Dan Band at Memorial Stadium Saturday.

World War II and his Uncle Jerry, who was on a ship in the Pacific when the Japanese surrendered. His dad also served in the Navy during the Korean War, and his wife's two brothers fought in Vietnam.

Sinise took time during the event for the children, bringing many on stage for the high energy Rascal Flatts song, "Life is a Highway," known to the kids from Disney's "Cars" movies.

"There's a little something for everybody here in our show," Sinise said, as he introduced

another song in the two-hour lineup of music.

Sinise enjoys the wide variety in the songs his band performs.

"I couldn't pick a favorite part; I love it all," he said.

He also enjoys playing bass guitar, an instrument he has honed since his middle school band days growing up in Illinois.

"I started playing in school band in the sixth-grade and all through high school, but I didn't really pick my guitar up again until the 1990s," he said.

Playing his bass and forming

the band was a way to help with the mission, Sinise said. Caring for and entertaining veterans and service members is his goal.

"I knew I had to do more when the troops started deploying," he said of deployments following 9-11.

Sinise and his band also performed at the Naval Station Whidbey Island Friday, then, after the JBLM show, he was scheduled to perform at a private corporate fundraiser in Colorado Springs the next day.

Retired Col. Mary Proffit,

who lives near Morton, Wash., attended the concert with her friend, Sylvia Draper, an employee at the American Lake Veterans Hospital. It was Draper's first time to hear the band, but Proffit has experienced first hand Sinise's caring spirit.

"I met Gary when I was deployed in Iraq; it was in 2006 during Operation Iraqi Children, and I met him through the USO," she said. "I told them what I needed and he got me all the school supplies; he's got to be the most generous man."

FROM PAGE 1A

MORGAN

success while at the helm at JBLM is that he's leaving service members here with strengthened alignment and integration of joint-basing and a shared understanding and common vision for moving forward in the future.

"But, make no mistake, we still have a way to go and improve," he said.

Morgan's second proudest accomplishment, he said, is progress with the installation's civilian work force.

"I cannot express in words what (the civilians) do on a daily basis on behalf of JBLM," Morgan said. "They are tireless and constantly react to changing circumstances to do the best they can."

His third proudest accomplishment, he said, is the recent opening of the American Job Center inside the Hawk Transition Center on Lewis North. The goal of the on-base American

If you go

What: JBLM Garrison change of command ceremony

When: July 28 at 9 a.m.

Where: Watkins Field, on Lewis Main

Who: Col. Nicole Lucas will take over command from Col. Daniel Morgan

Job Center is to bridge the gap between service members and employers seeking their skills.

JBLM is the first military installation to have a job center inside its gates — formally opened July 7. It took two years of planning between Morgan, the Washington State Military Transition Council, Washington State Department of Veterans Affairs and other groups to create the center.

Morgan also accepts credit for improved relationships with community partners while he's

been at the installation.

"It's complex when you have 16 or 17 cities surrounding (the installation) to manage that on a daily basis," he said.

And, the "coolest" accomplishment, he said, for which he takes partial credit, was July 5 when a C-17 Globemaster III aircraft was named the Spirit of Joint Base Lewis-McChord during a ceremony to commemorate the installation's joint-basing efforts.

"This was a true indicator of joint-basing and is the essence of what lies at the heart of JBLM," Morgan said.

He accepts credit deserved for his accomplishments and also credits his time here with his personal growth. As garrison commander, he's learned to listen better and understand more, he said.

The management components Morgan said he has learned — processes, budget, operations, planning and acquisition. The last and perhaps most important thing he has learned: "how critical my family is," Morgan said.

Morgan and his wife, Patty,

have two children: Isabel, 17, and Gabriel, 14. The family has moved eight times during his kids' childhood, and he was deployed to Afghanistan and Iraq for several of those years.

"This is the longest stretch we've been together," he said of his two years at JBLM.

The time together has strengthened the family's values and faith and been a positive experience, Morgan said. The family likely will eventually retire around the JBLM area, he said, but retirement isn't planned in the near future.

"I want to serve as long as the Army and my wife continue to support me," he said.

Morgan grew up an Army child, the son of Patti and Ted Morgan, of Washington, D.C. His father is a Vietnam veteran and served in the states, as well as in Germany and Belgium.

Morgan graduated from Walt Whitman High School in Bethesda, Md. He earned a bachelor's degree in international affairs and a master's degree in national security strategic studies from Georgetown University

in Washington, D.C. He also has a master's degree in strategic studies from the United States Army War College.

So, what hasn't changed for Morgan while at JBLM? The philosophy he stated in town hall meetings when he first arrived in 2015 and reinforced throughout his time at JBLM — trust, transparency, collaboration and readiness.

While here, Morgan implemented the concept of "front stab," where no one can let him leave a meeting with unanswered questions, he said. The concept allows everyone to speak the truth and be candid and respectful, he said.

"I've had Soldiers come up to me at the end of a meeting and say, 'Sir, I've got to front stab you,'" he said, with a laugh.

As for his next assignment, Morgan said he will have speaking engagements with prominent nongovernmental, governmental and foreign entities.

"It's what I've studied for and I'm prepared," he said.

FROM PAGE 1A

SOLDIER

The Soldier's Medal was introduced in 1926 and is sparingly awarded to any person of the armed forces of the United States or of a friendly foreign nation who, while serving in any capacity with the Army of the United States, is distinguished by heroism in a noncombat event.

"This is an absolute honor for me," said Maj. Gen. Thomas James Jr., 7th Infantry Division commanding general, as he officiated the ceremony. "This is a really, really big deal. Not many people receive this award."

James talked of Rhymes' actions and the importance of service members being ready to impulsively take care of each other, on or off the battlefield.



RUTH KINGSLAND Northwest Guardian

Maj. Gen. Thomas James Jr., left, 7th ID commanding general, awards Chief Warrant Officer 3 Jesse Rhymes the Soldier's Medal on July 13.

"With total disregard for personal safety, (Rhymes) said, 'I'm in,'" James said.

Although no Soldier aims to receive an award such as this, it

was humbling and an honor to be singled out, Rhymes said.

"I just did what any Soldier would do," he said. "I just knew if I didn't go in, (the victim)

wasn't going to make it out."

The front of the vehicle was fast filling with smoke, Rhymes said. The victim's legs were trapped, and there was no way to extricate him from the driver's side of the vehicle. So, Rhymes crawled through the passenger side window of the upside-down car.

"When the flames started coming through the windshield, I was hoping it wasn't going to blow," the soft-spoken Soldier said.

Rhymes managed to get the victim and himself out of the car and to safety. He administered first aid until emergency responders arrived. By then, the entire car was engulfed in flames, which firefighters were able to extinguish, Rhymes said.

The victim was transported to a nearby hospital, and Rhymes drove himself home. During the ordeal, Rhymes managed to call his wife and let her know he'd

be late for dinner.

When he arrived home, he was covered in his own blood, from glass he'd crawled through in the vehicle. Although his wife, Sally, said she was shocked to see her husband in that condition, she wasn't surprised he'd perform such an heroic act.

"That's just the kind of person he is," she said. "I thought he was a little crazy crawling into a burning vehicle, but he's a wonderful person, a wonderful husband and a wonderful father. I'm proud, very proud of him."

Rhymes is now a special agent in charge of the CID Presidio of Monterey office in Monterey, Calif.

Rhymes and his wife have two children, Katelyn, 9, and Jacob, 6, who also attended the ceremony. Katelyn said she was really proud of her dad and glad he was OK after saving a man's life.

"He's my hero," she said.

Sports

JBLM CHILD AND YOUTH SERVICES

High school team hosts basketball clinic

Summer coach, players work with JBLM children at CYS gymnasium

BY DEAN SIEMON
Northwest Guardian

Sixteen players from the Summer High School's boys' basketball team as well as coaches hosted a special youth basketball clinic for more than 100 Joint Base Lewis-McChord children July 14 at the JBLM Child and Youth Services gymnasium on Lewis Main.

Although the military kids were excited to learn fundamental skills, Summer head coach Jake Jackson said it was

his athletes who were excited to act as the coaches instead of players.

"The biggest thing is that (the athletes) had the desire," Jackson said. "They've been looking forward to this since March."

Five years ago, Jackson started a tradition of bringing Peninsula High School boys basketball to teach a free youth clinic at Joint Base Lewis-McChord. He's continued that as he moved to another head coaching position at Summer High School, and the

tradition has been carried on by his players. They asked him about doing another camp on the installation.

Jackson's inspiration came from fellow basketball coach Doug Andrews, a former Army Ranger stationed at JBLM. Both were assistant coaches at Summer before Jackson brought Andrews as an assistant when he became a head coach at Peninsula.

With Peninsula, the free youth clinic at JBLM was a chance to give back to the JBLM community — a gesture returning the favor for how Andrews has



Aubrey Mace, 12, left, plays dribble tag with Cassie Brinlee, 9, during a Summer High School basketball clinic July 14.

SEE CLINIC, 2B

RUN FORREST RUN 5K



Leslie, left, and Grant Feeny, middle left, dress for the occasion as Forrest Gump and Jenny during the Run Forrest Run Saturday.

SCOTT HANSEN Northwest Guardian

HUNDREDS DECIDE 'TO GO FOR A LITTLE RUN'

Fun run coincides with Lt. Dan Band concert

BY DEAN SIEMON
Northwest Guardian

Regardless of having legs, nearly 800 people ran, walked or wheeled their way through the fun run at the first Run Forrest Run 5K at Joint Base Lewis-McChord Saturday.

The event was themed on the iconic 1994 film "Forrest Gump," which starred Tom Hanks and Gary Sinise, who came with his Lt. Dan Band for a special concert at JBLM's Memorial Stadium on Lewis Main.

Hours before the band took the stage, participants gathered just outside Family and Morale, Welfare and Recreation's Festival Tent a few blocks away. They all received muddy smiley face T-shirts — appreciated by those who love the film.

Plenty arrived dressed as their favorite characters, including Sinise's character Lt.



Pam Mattson carries her son James, 9, over the finish line at the Run Forrest Run on Lewis Main Saturday. Mattson dressed as Forrest Gump while her son came dressed as Lt. Dan.

SEE RUN, 2B

ON THE SCHEDULE

WESTERN WASHINGTON TRAVELING SKEET LEAGUE

Outdoor: The Western Washington Traveling Skeet League invites shooters of all experience levels to new shooting events alternating between the McChord Field Sportsman's Club and the Joint Base Lewis-McChord Skeet and Trap Range on Lewis Main starting Saturday at 10 a.m. on Lewis Main. Event costs \$16, which includes targets and lunch. Ages 17 and younger must be accompanied by parent or guardian. For more information, call 253-967-7056. For entry forms, email usarmy.jblm.imcom.list.dfmwr-skeet-and-trap-range@mail.mil.

JBLM FREEDOM RUN WILL INCLUDE THREE RACES

Races: The 2017 Joint Base Lewis-McChord Freedom Run is Saturday at Family and Morale, Welfare and Recreation's Fest Tent on Lewis Main. The event's 10-mile run begins at 5 p.m. Active-duty runners can qualify for JBLM's Ten-Miler Team. This is followed by the 1K at 5:15 p.m. and the 5K at 5:30 p.m. Day-of registration for those with a military ID is \$35 for the 10-miler, \$25 for the 5K and \$20 for the 1K. Runners without a military ID pay \$45 for the 10-miler, \$30 for the 5K and \$25 for the 1K. For more information, visit jblmmwr.com/races or call 253-967-4768.

MEETINGS SCHEDULED FOR FLAG FOOTBALL SEASON

Intramural: The Joint Base Lewis-McChord Intramural Sports Office will host representative meetings for the 2017 JBLM Commander's Cup Flag Football season starting Aug. 14. The first meeting is at the Nelson Recreation Center Wednesday at 6 p.m., followed by Thursday at noon at McChord Field Fitness Center. Open to active-duty service members attached to JBLM. For more information, visit jblmmwr.com/intramural or call 253-967-4768.

CG GOLF SCRAMBLE SET FOR WHISPERING FIRS

Recreation: The first Joint Base Lewis-McChord Commanding General Golf Scramble is Thursday at Whispering Firs Golf Course on McChord Field with a 1 p.m. shotgun start. The four-person scramble is open to all Department of Defense ID cardholders and costs \$35 per player. The price includes greens fee, golf-cart rental and the chance to win prizes. Register as a team or as a single player by Tuesday by calling 253-982-2124. The next scramble will be Aug. 17 at Eagles Pride Golf Course on Lewis Main.

364TH EXPEDITIONARY SUSTAINMENT COMMAND

Soldiers learn about 'functional fitness' at Warrior Fit Camp

BY CAPT. ANDREW DAANE
364th Expeditionary Sustainment Command

Some interesting metrics came out of the Warrior Fit Camp at Dublin, Calif., June 17 to 30. The 364th Expeditionary Sustainment Command, in Marysville, Wash., conducted the camp for 22 of its Army Reserve Soldiers.

In two short weeks, the Soldiers who attended the camp improved their maximum repetitions on push-ups and sit-ups by

an average of 34 percent and 37 percent respectively. While almost all who participated showed improvement on their running times, eight Soldiers were able to drop more than two minutes off of their 2-mile run.

So what exactly are these Soldiers doing at the camp to achieve such drastic improvement in just two weeks?

According to Sgt. 1st Class Thomas Hughes, who served as the program designer, coordinator, said morning workouts,

which started at 5:30 a.m. focused on cardiovascular endurance, while afternoon workouts consisted of functional fitness, like circuit training.

"(Functional fitness) is about the intensity," Hughes said. "(The Soldiers) really enjoyed it. They wanted to incorporate more of it into their regular workouts. They found that they had reduced pain in their joints because of the low impact



SPC. AARON PIEGA 364th Expeditionary Sustainment Command

364th ESC Soldiers complete a Warrior Fit Camp at the Parks Reserve Forces Training Area, in Dublin, Calif. June 17-30.

SEE CAMP, 2B

FROM PAGE 1B

CLINIC

supported Jackson.

Five years later, now coaching the Spartans, Jackson sees it as a two-way street where his kids benefit as well.

“(The military youth) can talk to our kids about adapting to a new environment,” Jackson said. “Our high school guys are humbled by kids who have to move year after year.”

The camp itself has been marked on the calendar by those who have done it in the past. Dennis Roberson, a retired Army chief warrant officer 4, brought his son Everett, 8, who shoots every day at the basketball hoop behind their house.

Although he looks up to current stars like LeBron James and



DEAN SIEMON Northwest Guardian

Sumner basketball coach Jake Jackson, right, encourages Nathan DiPetrillo, 7, during a youth basketball clinic on Lewis Main July 14.

Stephan Curry, Roberson knew a camp with a local high school team was going to be beneficial

to his son's development.

“We thought this would be a good opportunity to learn the

fundamentals from high school kids,” Roberson said. “This will just help him get ready for when he's older.”

While some of the kids who participated had a passion for basketball, some kids actually aren't the biggest fans of the sport. In fact, Katie Brabson said her son David, 8, hated basketball.

She signed him up for last summer's camp with Sumner, and he loved it — so much so that he wanted to participate again this year.

“He loves the way they help him and the interaction with the kids,” Brabson said. “It shows the coach has an uplifting spirit.”

The camp covered fundamental skills like passing, dribbling, protecting the ball and shooting. Many of the drills were mixed in with small competitions, like knocking the ball

out of everyone else's possession while still dribbling.

Afterward, the team posed for a photograph with the military youth and gave them each a T-shirt with the team's “DWWD” motto — “Do What We Do” — and a team basketball. The players and coaches received a coin from CYS' Chuck Williams, sports specialist.

It gave Jackson's team a rewarding chance to go outside the box to do something that meant a lot to the base — and possibly plant some seeds for the future generation of high school athletes.

“Ten years from now when they're 17 years old, they'll be helping their community with something like this,” Jackson said.

Dean Siemon: 253-477-0235, @deansiemon



SCOTT HANSEN Northwest Guardian

FROM PAGE 1B

RUN

Dan, who lost his legs in the film's account of the Vietnam War.

While Pam Mattson dressed up as Gump, she dressed her son James, 9, as Lt. Dan. He already had the wheelchair and was accustomed to fun runs as part of Ainsley's Angels — a group promoting mobility and inclusion for the disabled.

True to the film, Mattson carried her son down the final stretch across the finish line.

“He can't walk across — he ain't got no legs,” Mattson told her friends in her Gump accent after the run.

Several runners wore artificial beards to look like Gump during the scene where he runs cross county. A beard that would normally take several months or a year to grow out didn't take long for someone like retired Army Sgt. Grant Feeny to achieve.

“Two-day Prime (delivery) on Amazon,” Feeny said. “It doesn't itch either.”

While Feeny dressed as Gump, his wife Leslie dressed as Gump's love interest as Jenny. It was her idea when they discovered the event a month ago through Family and MWR's social media pages.

Both have a history participating in JBLM themed runs like

the Zombie Apocalypse 5K and the Shamrock 'n Run. Despite large turnouts, they prefer the runs on the installation.

“I like the smaller groups with waves of runners,” Feeny said. “It can get pretty crazy in the public runs.”

The event was decided upon by Family and MWR officials about a month before the Lt. Dan Band concert. Despite the short window of time, the event was well attended. It also had the support of those who enjoyed the film.

Event coordinator Jennifer Helm placed quotes throughout the 5K course from Hanks' monologue during his long running adventure.

At the turnaround portion of the course, participants were greeted with a water station, a banner picturing an ocean and a Gump quote about running to the ocean and then turning around to keep on running. Helm said she had to do some research while planning the event.

“I probably hadn't watched the movie since I was a kid,” she said.

Helm said that a good number of participants who approached her said they had never attended a JBLM run before, but with the Lt. Dan Band concert later that night, runners felt the 5K run would be a fun way to start the festivities.

“I hope they choose to stick with it and sign up for more JBLM runs,” Helm said.



ABOVE: Participants near the finish line during the Run Forrest Run on Lewis Main Saturday.

AT LEFT: Race coordinator Jennifer Helm, left, high fives participants as they near the finish line outside Cowan Stadium on Lewis Main Saturday.

BELOW: A participant makes a phone call as she nears the finish line during the Run Forrest Run on Lewis Main Saturday.



FROM PAGE 1B

CAMP

workouts.”

Soldiers also participated in yoga. Those who participated said they found an increased blood flow to the extremities and flexibility. This helped with injury mitigation throughout the two weeks.

The camp also focused on matters outside of the gym that play a crucial role in the overall success.

Soldiers took nutrition classes and learned how many calories their body needs on any given

day, factoring in activity level.

“Understand what your daily (caloric) intake should be ... but don't deprive yourself,” Hughes said. “If you want a brownie, have a brownie. Just account for it in your daily plan.”

Through portion control and small changes in habits, Soldiers transformed how they view food.

Soldiers also learned mental techniques to stay positive and motivated.

“Once Soldiers understand they cannot control external events, but they can control their thoughts, they can affect their emotions and

responses to these events,” Hughes said.

In the end, Soldiers left with a high intensity workout plan and a customized nutrition plan. Additionally, they took home the strong mental state required to be successful.

This trifecta helps the Soldiers stay on track during the final six months of the program.

“The overall success of this (camp) is dependent on first-line leaders,” Hughes said. “When Soldiers leave the residence phase, they need continuous support from their leaders. If they don't get it, they will not be successful and the program will not be successful.”



SGT. DANIEL LYBECK 364th Expeditionary Sustainment Command

364th ESC Soldiers work on developing sustainable long-term health and wellness plans during Warrior Fit Camp June 17 to 30.



Honoring all those who have served

Saturday, July 22
MWR Fest Tent, Lewis Main
 10-Miler at 5PM • 1K at 5:15PM • 5K at 5:30PM

Race & sign-up details at
JBLMmwr.com/races
or call the Intramural Sports Office at 253-967-4768.

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



2017 SUMMER READING PROGRAM

Register online at
 JBLMmwr.com/libraries
 June 12 - July 28
 JBLMmwr.com/libraries


McChord Library
 857 Lincoln Blvd.
 JBLM McChord Field
 253-967-3454

Book Patch Library
 (On the Esplanade Library)
 2105 N 10th St. (Postdirection)
 JBLM Lewis Main
 253-967-5533




OPEN TO ALL ID CARDHOLDERS!


THURSDAY, JULY 27, 1300



THURSDAY, AUG. 17, 1300



4-person scramble • \$35 per person (includes green fee, cart rental and chance to win prizes)
 Register as a team or single by the Tuesday prior to each date




SAM ADAMS LUAU

Friday, July 21, 5-8 p.m.
 Fun luau with music, great food & more on the patio at Sam Adams Brewhouse.
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Facebook: /jblmsamueladamsbrewhouse

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Your Family of four can golf 9 holes for \$30. Includes carts, rental clubs, range balls and a hot dog/soda. The joy of golf lasts a lifetime — introduce your kids today! Valid for children 15 and younger.

Off of I-5 Exit 116
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Saturday & Sunday after 2 pm




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Friday, July 28
 6 - 8:30 P.M. • \$30

Please arrive 15 minutes prior to start time.
 Call 253.982.6726 or 253.982.6718 to register and prepay.
 This Event is for 21 & older

Nelson Recreation Center
 3168 2nd Division Dr. | JBLM Lewis Main | JBLMmwr.com



Nine, Wine & Dine

FRIDAY, JULY 21 AT WHISPERING FIRS GOLF AT 5 PM, FOLLOWED BY DINNER

WINE SAMPLING, 9 HOLES OF GOLF & DINNER
 RSVP 253.982.2124

\$90 PER COUPLE INCLUDES GREEN FEES, CART, WINE & DINNER




Western Washington Traveling Skeet League 2017 Schedule

Months	McChord Field	Lewis Main
July	15 th	22 nd
August	19 th	26 th
September	9 th	23 rd
October	14 th	21 st
November	11 th	18 th

For entry details, call **253-967-7056**

All levels welcome — no membership required.
 Great quality & value: \$16 per week (targets & lunch included)!
 Participate in at least 8 of 10 shoots to be eligible for the grand prize (a free six-month shooting pass).



Interested in becoming a certified lifeguard?
 Take a certification class **July 28-30** at Kimbro Pool.

Call **253-967-5026** for details.
 2161 Liggett Ave., Lewis Main




COMMANDER'S CUP FLAG FOOTBALL



JOINT BASE LEWIS-MCCHORD

REPRESENTATIVE MEETINGS:
 July 26 at 6 p.m. Nelson Recreation Center
 July 27 at Noon McChord Fitness Center

SEASON BEGINS AUGUST 14

COMMANDER'S CUP CHAMPIONSHIP:
 October 2-5

Open to active duty Service members attached to JBLM only
 For more information, visit JBLMmwr.com/intramural or contact the Intramural Sports Office at 253-967-4768.

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Holes 14 & 15 Renovation Blue Course

Work on Holes 14 and 15 has been completed with tremendous attention to detail to provide golfers of all skill levels a challenging and fun experience.

14

- Par 3, 185 yards (from a Par 4, 427 yards)
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15

- Par 4, 390 yards (from a Par 3, 202 yards)
- Elevated view from tee to green with no blind spots
- Added bunkering and a larger putting surface





SAMUEL ADAMS BREWHOUSE
 • LEWIS-MCCHORD •

Celebrate **International IPA Day** at Samuel Adams Brewhouse JBLM!
Thursday, Aug. 3, 4-10 p.m.

Buy any of the Samuel Adams Rebel family of IPAs and keep the glass, plus save \$2 on any appetizer with the purchase of any Sam Adams beer.
 We're giving away Sam Adams gear 5-8 p.m.

Please drink responsibly. 21+

2400 S Division & Bitar
 JBLM Main
 253-964-2012

Low Country BOIL

Friday, July 28
 5-7:30 p.m.
 Club at McChord Field

\$42/couple | \$22/person

Y'all come down to the Club for succulent shrimp, tasty sausage, fresh corn on the cob & new potatoes, with bread & dessert.

Reservations by phone at 253-982-5581.

700 Barnes Blvd.
 JBLM McChord Field
 JBLMmwr.com



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Angus
Flank Steaks **\$6.99**
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Pork
 All Natural No Hormones
Baby Back Ribs **\$4.99**
 Save \$3.00 Lb

Boston Pork Shoulder
 All Natural No Hormones
Roast **\$2.49**
 Save \$3.00 Lb

Pork Tenderloins **\$3.99**
 Garlic & Black Pepper

Delicious
 Medium Rare **Roast Beef** **\$4.99**
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CINNAMON STICKS \$3.99
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GRANULATED GARLIC \$5.99
CALIFORNIA GARLIC SALT \$4.99
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GUINNESS GROUND BLACK PEPPER \$6.99
HICKORY SMOKE LA SALT CRYSTAL \$6.99
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2 For Only \$1

Vine Ripe, Beetsteak Tomatoes
\$1.99 Lb

Super Sweet, Walla Walla Sweet Onions
\$1.00 Lb

Tacoma Boys 'Famous' Big Sweet Juicy Peaches
\$2.99 Lb

Big Beautiful Dinner Plate Daffodils
\$3.00 Five Gallon Pot Only

New Crop Basil Plants
\$3.00 4 Inch Pot Only

Gallon Size Perennials
\$6.99 Pot Only

Jumbo Mixed Planters
\$3.00 Only

Amazing Hydrangeas
\$15.00 Only

One Gallon Size Cerbera Daisies
\$8.99 Only

Belching Beaver Brewery Deftones Planktonic Bvde IPA
\$2.49 16 oz can

Santero Fawcited Morcato's
\$1.10

New Shipment of Ceramic Pots Just Arrived! 1000's to Choose From!
New Lower Prices! ALL HALF PRICE This Week, Enjoy!

Wild Alaskan Coho Salmon
Filets **\$14.99**



Based after the original song by the one and only Pindone, Plankton Bvde IPA is a blend of Amarillo, Citra, Singson and Mosaic, being exclusively brewed for the perfectly pitched and hoppy goodness & truly original, Different. Belching Beaver collaboration mentioned in Dingo News and skillfully crafted by Thomas Peters.

These are some of our best selling wines. With a wide range of flavors available there's sure to be one you will love! Try making samples with the Passion Fruit Moscato, you'll love it!

Wild Alaskan True Cod **\$7.99** Lb
Wild Fresh Red Rock Snapper **\$7.99** Lb
 Save \$3.00 Lb

Wild Alaskan True Cod **\$7.99** Lb
Wild Fresh Red Rock Snapper **\$7.99** Lb
 Save \$3.00 Lb

Wild Alaskan Coho Salmon
Filets **\$14.99**

Wild Oregon Shrimp **\$5.99** Lb
 Save \$2.00 Lb

Wild Alaskan Coho Salmon
Filets **\$14.99**

Wild Alaskan True Cod **\$7.99** Lb
Wild Fresh Red Rock Snapper **\$7.99** Lb
 Save \$3.00 Lb

Wild Alaskan True Cod **\$7.99** Lb
Wild Fresh Red Rock Snapper **\$7.99** Lb
 Save \$3.00 Lb

Wild Alaskan Coho Salmon
Filets **\$14.99**

Wild Alaskan True Cod **\$7.99** Lb
Wild Fresh Red Rock Snapper **\$7.99** Lb
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THURSDAY, JULY 27, 1300 – WHISPERING FIRS
THURSDAY, AUG. 17, 1300 – EAGLES PRIDE

4-person scramble • \$35 per person
 (includes green fee, cart rental and chance to win prizes)
 Registration deadline: Tuesday prior to each date.
 Sign up as a team or a single



JBLMmwr.com

EAGLES PRIDE, 253-967-6522 • WHISPERING FIRS, 253-982-2124



SAM ADAMS LUAU

Friday, July 21, 5-8 p.m.

**Fun luau with music, great food & more
on the patio at Sam Adams Brewhouse.**

\$15.95 a plate



258-964-2012



 /jblmsamueladamsbrewhouse

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Financial

Financial

MONEY TO LOAN
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Animals & Pets

Dogs

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Dad is 4lbs, Mom is 10lbs.
\$600 360-785-3213 Will meet

SHIH-TZU/POODLE
1 F, 3 M, no shedding, family raised,
\$500 360-970-8595

Nonprofit - Social Services

South Puget Intertribal Planning Agency (SPIPA) is recruiting for the following at the Intertribal Professional Center in Shelton, WA. One (1) full-time **Program Coordinator - Native Women's Wellness Program** will be responsible for overall management, coordination, and quality assurance for an intertribal project primarily funded by a (CDC) Breast and Cervical Cancer Early Detection grant. One (1) half-time **Program Technician - Native Women's Wellness Program** will be responsible for ensuring women receive diagnostics follow-up and treatment, for entering screening and tracking forms in a data base, and for ensuring proper billing methods and fee schedules are adhered to. One (1) half-time **Program Coordinator-Comprehensive Cancer Control Program (CCCP)** will be responsible for organizing project activities, seeking partnerships with key stakeholders, and providing support to the community-based CCP Advisory Committee. Interested applicants should go to spipa.org for information concerning minimum qualifications, compensation, and application procedures. First review scheduled for 7/24/17.

Pets

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Dr. Robin Gardner 253-312-6283



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JBLM
NORTHWEST

guardian weekend

SECTION C

ALSO INSIDE:

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



COVER STORY

IN HONOR OF SERVICE

Annual JBLM Freedom Run
to celebrate both current,
former service members. 3C

FOR THE WEEK OF JULY 21-27

21

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 8 p.m. Shrimp basket for \$8.25.

SAMUEL ADAMS BREWHOUSE 4 p.m. to midnight. Luau on the patio from 5 to 8 p.m. \$15.95 per plate with DJ music, fun and more.

McCHORD PUB 4 to 9 p.m. Drop in to relax after work. Enjoy programs on four overhead TVs and challenge your friends to a game of darts or poker. Order appetizers from the pub menu to go along with your favorite drinks.

22

SOUNDERS LANES Noon to 9 p.m. Cosmic Blacklight Bowling from 7 to 9 p.m. Two hours plus shoe rental for \$12 per person.

SOUNDERS LANES AND BOWL ARENA LANES Kids Bowl Free this summer. Register to get your bowling passes at KidsBowl-Free.com/JBLM.

23

WHISPERING FIRS HABAÑERO MEXICAN GRILL 7 to 10:30 a.m. and 11 a.m. to 2 p.m. Order a hearty breakfast burrito or traditional breakfast.

WARRIOR ZONE Save 15 percent on your pizza order with the purchase of a beverage or buy one pizza and get the second half-off.

24

WARRIOR ZONE 10 a.m. to 11 p.m. Order a chocolate, strawberry or vanilla ice cream cup for \$1.50 and homemade 24-oz sweet iced tea with free refill for \$2.40.

McCHORD GRILL 11 a.m. to 1 p.m. Dine at the grill with a huge salad bar, pasta made to order, grilled burgers and sandwiches with fries.

25

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 6 p.m. Meatball sandwich for \$8.25.

WARRIOR ZONE 10 a.m. to 11 p.m. Order the thin-crust margherita pizza with basil, mozzarella and fresh tomatoes with a balsamic glaze for \$7.95.

SAMUEL ADAMS BREWHOUSE 4 to 10 p.m. Guess correctly on a coin toss and you get \$1 off your first drink.

BATTLE BEAN AT STONE EDUCATION CENTER 7:30 a.m. to 5 p.m. Take-away breakfast and lunch with a variety of pastries.

26

THE CLUB AT McCHORD FIELD 11 a.m. to 1 p.m. Member appreciation luncheon. Free for cardholders, \$5 for guests. Sign up for your new Club membership while you're there.

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 6 p.m. Chicken club sandwich for \$8.25.

STRIKE ZONE AT BOWL ARENA LANES 4:30 to 7 p.m. All-you-can-eat pizza and bowling. Reserve your lane by calling 253-967-4661.

27

WARRIOR ZONE 10 a.m. to 11 p.m. Take the stage at Open Mic and Karaoke Night at 6 p.m. and purchase patio meal specials.

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 6 p.m. Jaegerschnitzel for \$8.25.

BATTLE BEAN AT McCHORD FIELD 7 to 11 a.m. Order breakfast with your made-to-order coffee. Breakfast burritos, muffins, pastries and more.

WHISPERING FIRS HABAÑERO MEXICAN GRILL 11 a.m. to 2 p.m. Order vegetarian dishes at Habañero for burritos or salads; just ask for veggie substitutes.

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

The Book of Henry (PG-13)

Friday at 7 p.m.

Cars 3 (G)

Saturday at 1 p.m.

The Mummy (PG-13)

Saturday at 7 p.m.

Cars 3 (G)

Sunday at 1 p.m.

The Beguiled (R)

Sunday at 7 p.m.

MOVIE TIMES

For movie times, contact your local theater:

Tacoma Area

Blue Mouse Theatre: 253-752-9500

Grand Cinema: 253-593-4474

Lakewood Towne Center Cinemas:
Not available by phone, online fandango.com

Regal Lakewood Stadium 15: 844-462-7342 411#

Century Point Ruston and XD: Not available by phone, online cinemark.com

Puyallup

Longston Place: 253-770-9901

South Hill Mall Six: 253-445-8801

Bonney Lake

Regal Tall Firs 10: 253-891-5445

Gig Harbor

Galaxy Uptown Theatre: 253-857-7469

Port Orchard

Regal South Sound 10: 360-871-2294

Eatonville

Roxy Theatre: 360-832-7699

South King County

Century Federal Way 16: 253-946-0942

Federal Way Gateway 8: Not available by phone, online fandango.com
Auburn Stadium 17: 253-735-6721

Yelm

Yelm Cinemas: 360-400-3456

Olympia/Lacey

Martin Village Stadium 16: 360-455-5003

Century Olympia: 360-943-0769



Focus Features

Actors Nicole Kidman, left, and Colin Farrell star in the new Focus Features release "The Beguiled."



SCOTT HANSEN Northwest Guardian / 2016

5K competitors pass hundreds of U.S. flags as they near the finish line during the 2016 JBLM Freedom Run at Cowan Stadium. JBLM will host the second annual event Saturday.

5K competitors receive participation medals as they cross the finish line during the 2016 JBLM Freedom Run at Cowan Stadium on Lewis Main.



2017 JBLM FREEDOM RUN

A RUN TO REMEMBER

BY DEAN SIEMON
Northwest Guardian

Joint Base Lewis-McChord will host its second annual Freedom Run event Saturday outside of Family and Morale, Welfare and Recre-

ation's Fest Tent on Lewis Main.

Although it could be considered low-key compared to other events on the JBLM Race Calendar, the Freedom Run will be the last opportunity for active duty-service members to qualify

for JBLM's Ten-Miler teams for the 2017 Army Ten-Miler Oct. 8 in Washington, D.C.

Both men and women's teams have only a few returning run-

SEE RUN, 6C

JULY 23

HORSEBACK RIDING
IN CLE ELUM RANCH

Come and explore the beautiful Cascade Mountains by horseback with Cle Elum's Flying Horseshoe Ranch. This dude ranch has been around since 1955 and they will walk you through the steps it takes to groom, prepare and safely ride your horse.

Escape the hustle of the summer and get away and make a new furry friend. Minimum age: 10. Ages 17 and younger must be accompanied by an adult. Meet at the Northwest Adventure Center at 9:00 a.m.

Preregistration required. \$70.

JULY 29

APE CAVE ADVENTURE
IN MT. ST. HELENS

Travel to Mount St. Helens to explore the largest continuous lava tube in the Western Hemisphere. We will travel deep into the underside of a 2,000-year-old lava flow to scramble and climb over and under volcanic formations. In this subterranean environment, the average year-round temperature remains a constant 45 degrees, so dress warm. Minimum age: 12. Ages 17 and younger must be accompanied by an adult. Difficulty: Moderate. Distance: 3 miles. Elevation Gain: 250 feet. Departure time and location: Northwest Adventure Center at 8 a.m.

No McChord pickup is available. Preregistration required. \$55.

SEE ORCA WHALES
IN SAN JUAN ISLANDS

The world's best opportunity to see wild Orca whales is right here in the San Juan Islands. This amazing boat trip provides plenty of opportunities to see a variety of wildlife. Ages 2 and younger: \$40; Ages 3 to 12: \$80; Adult 13 and older: \$155. Departure time and location: North-

west Adventure Center at 5:30 a.m. or McChord Field, Adventures Unlimited at 5:45 a.m. Preregistration required before July 26 at 5 p.m. \$155.

YOGA AND ROCK
CLIMBING COMBO TRIP

Yoga and rock climbing complement each other in an extraordinary way, and as such, this is the perfect opportunity to take the yogic disciplines of breath, balance, focus and

flexibility into the vertical world. Preregistration required. Meet at the Northwest Adventure Center at 7 a.m. No McChord pick up available. Minimum age 16. Ages 17 and younger must be accompanied by an adult. \$85.

JULY 30

INFLATABLE KAYAK/SUP
IN WENATCHEE

Enjoy this beautiful trip down the Wenatchee River as guides

will help you navigate your own inflatable kayak or standup paddleboard. The river has a number of exciting Class-III rapids. Gear, river instruction, safety equipment and transportation are included in registration.

Difficulty: Beginner to intermediate. Distance: 12 miles. Time: Three hours. Minimum age: 16. Meet at the Northwest Adventure Center at 8 a.m. Preregistration required. \$65.

upcoming events »



312 Spring St. Puyallup
For information and reservations:
253.848.1770
www.meekermansion.org
ezra@meekermansion.org

Sunday July 23rd

Meeker Mansion
Family History Day

7/23 - 12pm - 3pm. Create family trees and crafts, try on pioneer clothes, enjoy ice cream. Adults \$4, Seniors \$3, Students and Children are FREE (Includes a Tour of Meeker Mansion!)

8/12 - 9am - 4pm Great American Yard and Antique Sale. Shop 'til you drop! (Rent a 10' x 10' space, \$30)

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JULY 27

THURSDAY

7:30PM

Second City Camber Series
- "Traditions"

**CONCERTS
AT THE
GARDENS**

Lakewold Gardens, Lakewood, Washington
Laura Loge, soprano; Svend Ronning, violin;
Josiah Williams, piano
2017 marks the 500th anniversary of the Lutheran
Reformation, and the 100th anniversary of Finnish
independence. Both occasions created new
aesthetics and traditions in music. Join us as we
explore this rich heritage!
Ticket Info: \$25 Regular Admission, \$23 Seniors
or Military, Under 18 free

AUGUST 11, 12, 13

**LAKESWOOD
ASIAN FILM
FEST**

Pierce College, Fort Steilacoom
campus, 4th Fl. Cascade Bldg
Aug 11, 7:00 p.m., "The Bridge on the River
Kwai", Winner of 7 Academy Awards, Terrific.
Aug 12, 2:00 p.m. "Rabbit Proof Fence",
Powerful true story of 1930 Australian female
aboriginal relocation policy.
Aug 12, 7:00 p.m. "Airlift", High voltage
true story on world's largest wartime human
evacuation.
Aug 13, 2:00 p.m. "Like Father, Like Son",
What if your young son is not yours, but a
hospital mistake, Winner Cannes Film Fest.
Aug 13, 7:00 p.m. "Neerja", Female flight
attendant risks her life to confront terrorists
hijackers, gripping true story, must watch!
Ticket Info: Free admission, parking.
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Military Welcome! Info: 253-861-1366.

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EVENTS

ONGOING

Sunrise Village's 2017 Cruz Ins 5 to 9 p.m. Saturdays through August. Meridian Sunrise Village, 10507 156th St. E., Puyallup. Accepting donations for the Food Bank. Interested in bringing your car? Call 253-904-8923 or email: info@mysunrisevillage.com. Free. 253-904-8923, mysunrisevillage.com/cruz-ins.

Drive-In Movies at LeMay 4:30 p.m. Saturday. LeMay — America's Car Museum, 2702 E. D St., Tacoma. Movie at dusk; showing "Ghostbusters" (1984). Watch in your car or from a blanket or chair; either option will give you a great view of the 40-foot outdoor screen. Future movies include "Moana" Aug. 11, "Rogue On" Aug. 26. Free. 253-779-8490, americascarmuseum.org.

COMMUNITY

Weird Elephant at The Grand Cinema: "Dark Side of Oz" 11 p.m. Saturday. The Grand Cinema, 606 S. Fawcett Ave., Tacoma. Screenings of cult classics and fresh flicks \$10 adult and \$8 student/military/senior. 253-593-4474, grandcinema.com.

Meeker Mansion Family

History Day Noon to 3 p.m. Saturday. Meeker Mansion, 312 Spring St., Puyallup. Create family trees, make crafts, try on pioneer clothes, plus enjoy an ice cream social. Kids and students free, adults \$4 and seniors \$3. 253-848-1770, meekermansion.org.

2017 Performers on the Plaza Summer Concert Series 5 p.m. Saturday. Point Ruston, 5005 Ruston Way, Tacoma. Kim Archer Band. Bring chairs, blankets and refreshments for an evening of music. Series continues July 29 with Power Laces, Aug. 5 with Ted Brown Showcase, Aug. 19 with Sotaria Gibson, Aug. 26 with Lady A Band and Sept. 2 with Ethan Tucker Band. tinyurl.com/ya37bt8r.

FARMERS MARKETS

South Tacoma Farmers Market 11 a.m. to 3 p.m. Sunday. STAR Center, 3873 S. 66th St, Tacoma. 253-272-7077, tacomafarmersmarket.com.

North Pearl Farmers Market 1 to 4 p.m. Sundays through Aug. 27. Antique Sandwich Company, 5102 N. Pearl St., Tacoma. Free. 253-209-5112, explorenorthpearl.com.

WORKSHOP

Absolute Beginning Genealogy 1 to 3 p.m. Saturday.

Heritage Quest Research Library, 1007 Main St., Sumner. Learn how to start, and what to look for, what the basic forms are and how to fill them out. Bring your memories because you will actually start filling out your pedigree chart. Free. 253-863-1806, hqrl.com.

Sailing Classes at Foss Waterway Seaport 10 a.m. to noon and 1 to 3 p.m. Saturday. Foss Waterway Seaport, 705 Dock St., Tacoma. The Youth Marine Foundation will offer sailing lessons in partnership with the Foss Waterway Seaport. Instruction will be given in the learner friendly Walker Bay sailing boats which are easy to maneuver. \$20. fosswaterwayseaport.org.

MUSIC

CLASSICAL

Dana Robinson 12:10 to 1 p.m. Friday. Christ Episcopal Church Tacoma, 310 N. K St., Tacoma. Organist plays music by J. S. Bach, Johann Ludwig Krebs and Wolfgang Amadeus Mozart on the renowned Brombaugh organ. Donations accepted. 253-383-1569, ccptacoma.org.

CONCERT SERIES

Music Off Main Concert

Series 6:30 p.m. Friday. Heritage Park, 914 Kincaid Ave., Sumner. The BGP, soulful dance party. Series continues July 28 with Colt and the Peacemakers, honky-tonk country. Free. 253-299-5781, sumnerwa.gov/living/arts/music-off-main.

2017 Performers on the Plaza Summer Concert Series 5 p.m. Saturday. Point Ruston, 5005 Ruston Way, Tacoma. Kim Archer Band. Bring chairs, blankets and refreshments for an evening of music. Series continues July 29 with Power Laces, Aug. 5 with Ted Brown Showcase, Aug. 19 with Sotaria Gibson, Aug. 26 with Lady A Band and Sept. 2 with Ethan Tucker Band. tinyurl.com/ya37bt8r.

POP

Bruno Mars 7:30 p.m. Monday. Tacoma Dome, 2727 E. D St., Tacoma. \$45-\$125. Ticketmaster.

Neil Diamond 8 p.m. Wednesday. KeyArena, 305 Harrison St., Seattle. \$36-\$146.50 plus service fee. Ticketmaster.

NIGHTLIFE

FRIDAY

Acme Tavern 1310 Tacoma Ave. S., Tacoma. Karaoke with DJ No Pants, 9 p.m. 253-503-6712.

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

Emerald Queen I-5 Nightclub 2024 E. 29th St., Tacoma, Nite Crew. 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. Donnaldson's 3814 N. 26th St., Tacoma, Dan Duval's Good Vibes Trio, 7:30 p.m. 253-761-8015.

Great American Casino 10117 South Tacoma Way, Lakewood, Notorious 253. 253-396-0500.

Jazzbones 2803 Sixth Ave., Tacoma, Jon Wayne and The Pain, 8 p.m. \$10-\$15. 253-396-9169.

Muckleshoot Casino 2402 Auburn Way S., Auburn, Mpuls, 9:30 p.m. 253-333-1848.

Real Art Tacoma 5412 South Tacoma Way, Tacoma, Ghost Heart, Hallows, New Brighton, Regress, 7:30 p.m., \$7-\$10 realarttacoma.com.

Stonegate Restaurant Bar and Grill 5421 South Tacoma Way, Fuze Boxx, 9 p.m. 253-473-2255.

The Swiss 1904 S. Jefferson, Tacoma, Kryboys, 9 p.m. 253-572-2821.

Urban Timber Coffee 6621 166th Ave. E., Sumner. Open Night. All ages, family friendly. 6 to 10 p.m. 253-826-3936.

The Valley Pub 1206 Puyallup Ave., Tacoma, Thunders of Wrath with Aka Faceless, 100 Watt Mind, 8 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 Nightclub 2024 E. 29th St., Tacoma, Nite Crew. 253-594-7777.

G. Donnaldson's 3814 N. 26th St., Tacoma, Dan Duval's Good Vibes Trio, 7:30 p.m. 253-761-8015.

Great American Casino 10117 South Tacoma Way, Lakewood, Notorious 253. 253-396-0500.

Jazzbones 2803 Sixth Ave., Tacoma, Brent Amaker and The Rodeo, 8 p.m. \$10 advance; \$15 doors. 253-396-9169.

Muckleshoot Casino 2402 Auburn Way S., Auburn, Mpuls, 9:30 p.m. 253-333-1848.

The Spar 2121 N. 30th St., Tacoma, Denny Blaine, 8 p.m. 253-627-8215.

Stonegate Restaurant Bar and Grill 5421 South Tacoma Way, Bleeding Tree, epilepsy benefit concert, 9 p.m.. \$5 cover. 253-473-2255.



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Paul Marioni, *The Warriors: The Shapers of Our Destiny* (detail), 1984. Glass.

253-272-4258
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FROM PAGE 3C

RUN

ners, with most of last year's runners gone by permanent change of station orders or currently deployed.

"The door is wide open to qualify for the Ten-Miler team," said Teresa Hatch, JBLM intramural sports coordinator.

Last year's women's JBLM team finished third among all active-duty women teams with a team time of four hours, 31 minutes and 56 seconds. The first place team came from Fort Bragg, N.C., (4:13:49), followed by U.S. Army Installation Management Command-Europe (4:16:49).

Hatch is hoping to see talented male runners after JBLM finished ninth among active-duty men's teams last year. Their team time of 3:53:51 was far behind the top three from Fort Bragg (3:31:46), IMCOM Europe (3:33:37) and Fort Bliss, Texas (3:35:04).

"We have to have low time to be competitive in Washington, D.C.," Hatch



SCOTT HANSEN Northwest Guardian / 2016

The Freedom Run will be the last chance for active duty service members to qualify for JBLM Ten-Miler teams.

said. "I need guys to run in the low 50s to even get close to reaching the podium."

Even though the event is called "Army Ten-Miler," any active-duty service

member stationed with a unit on JBLM is eligible to qualify for the team. Hatch will select the runners for both men's and women's teams and schedule practices leading

If you go

What: JBLM Freedom Run 2017

When: Saturday. Race bib pick up at 3 p.m. JBLM Ten-Miler starts at 5 p.m.; 1K at 5:15 p.m.; 5K at 5:30 p.m.

Where: Family and MWR's Fest Tent, S. 12th Street, Lewis Main

up to the event in the nation's capital. Fitness and presentation are qualities she will be looking for in the best JBLM runners, she said.

"The people I select will

be the cream of the crop — the epitome of what a service member should be," Hatch said.

Aside from the Army Ten-Miler qualifier, the event includes 1K and 5K fun runs designed to allow runners to show support for service members past and present. Similar to last year, the entire course will be red, white and blue, with the runners being encouraged to wear all three colors.

There will be a large banner for runners to write on, noting who they are honoring in their 1K, 5K or 10-mile run.

"It's mainly just a remembrance thing," Hatch said. "Thinking of the people who have served

and those who are still serving, this is a chance to go out and run for them."

Deadlines for early and late registration have passed, but interested runners can still sign up the day of the event. Runners with a valid military ID card will pay \$35 for the JBLM Ten-Miler, \$25 for the 5K and \$20 for the 1K. Those without any military affiliation will pay \$45, \$30 and \$25 respectively.

For more information, visit jblmmwr.com/races or call the JBLM Intramural Sports office at 253-967-4768.

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Dunkirk (R)
Fri: 2:15, 4:35, 7:00, 9:20
Sat-Sun: 11:45 AM, 2:15, 4:35, 7:00, 9:20
Mon-Thu: 2:15, 4:35, 7:00, 9:20

Maudie (PG-13)
Fri-Mon: 1:20, 4:00, 6:40, 9:10
Tue: 1:20, 4:00, 9:10
Wed-Thu: 1:20, 4:00, 6:40, 9:10

The Big Sick (R)
Fri: 1:00, 3:40, 6:20, 9:00
Sat-Sun: 11:30 AM, 1:00, 3:40, 6:20, 9:00
Mon-Thu: 1:00, 3:40, 6:20, 9:00

The Beguiled (R)
Fri-Wed: 4:15, 6:30; Thu: 4:15

The Hero (R)
Fri-Mon: 2:05, 8:45
Tue: 8:45; Wed-Thu: 2:05, 8:45

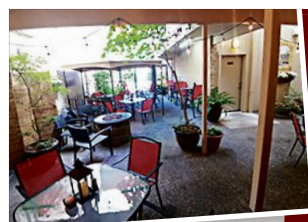
The Dark Side of Oz (NR)
WEIRD ELEPHANT SERIES
Sat: 11:00

Manifesto (NR)
TUESDAY FILM SERIES
Tue: 2:05, 6:40
DISCUSSION FOLLOWING THE 6:40 PM SCREENING ON TUE, JULY 25

Disturbing the Peace (NR)
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FREAKNIGHT 2017 Annual concert Oct. 27 at WaMu Theater, Seattle. Tickets go on sale Friday.

MANNHEIM STEAMROLLER CHRISTMAS Nov. 25 at the Paramount Theatre, Seattle. Tickets go on sale Friday.

TREVOR NOAH comes Dec. 2 to the Paramount Theatre, Seattle. Tickets go on sale Friday.

ALREADY ON SALE

JOHN MAYER 7 p.m. Friday, Gorge Amphitheatre, George. \$28-\$117.

CHEECH AND CHONG 8:30 p.m. Saturday, Emerald Queen Casino, Tacoma. \$35-\$90.

BRUNO MARS 7:30 p.m. Monday, Tacoma Dome. \$41-\$121.

ED SHEERAN 7:30 p.m. July

29, Tacoma Dome. \$36.50-\$86.50.

GREEN DAY 7 p.m. Aug. 1, White River Amphitheatre, Auburn. \$22-\$81.50.

KENDRICK LAMAR 7:30 p.m. Aug. 1, Tacoma Dome. \$39.50-\$99.50.

LADY GAGA 7:30 p.m. Aug. 5, Tacoma Dome, Tacoma. \$45-\$250.

KENNY ROGERS: THE GAMBLER'S LAST DEAL 7 p.m. Aug. 5, Tulalip Amphitheatre, 10400 Quil Ceda Blvd. \$40-\$185.

METALLICA 6 p.m. Aug. 9, CenturyLink Field, Seattle. \$55-\$155.

STEVE MILLER BAND 7:30 p.m. Aug. 5, White River Amphitheatre, Auburn. \$20.25-\$101.

GEORGE THOROGOOD AND THE DESTROYERS, 7 p.m. Aug. 13, Emerald Queen Casino, Tac-

oma. \$35-\$80.

TOM PETTY AND THE HEARTBREAKERS 7:30 p.m. Aug. 19, Safeco Field, Seattle. \$49-\$149.

NICKELBACK 7:30 p.m. Sept. 1., Washington State Fair, Puyallup. \$80-\$100.

GUNS N' ROSES 7:30 p.m. Sept. 3, Gorge Amphitheatre, George. \$90-\$275.

"THE SOUND OF MUSIC" Sept. 6-11, Paramount Theatre, Seattle. stgprepresents.org.

FOREIGNER AND CHEAP TRICK 7 p.m. Sept. 9, White River Amphitheatre, Auburn. \$29.95-\$99.95.

BILL ENGVALL Sept. 9, Tulalip Casino Ticketmaster.

MELISSA ETHERIDGE 7:30 p.m. Sept. 11, Washington State Fair, Puyallup. \$28-\$48.

MASTERS OF ILLUSION 7:30 p.m. Sept. 13, Washington State Fair, Puyallup. \$25-\$35 for reserved infield seating, grandstand seating is free.

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

I LOVE THE '90S 7:30 p.m. Sept. 15, Washington State Fair, Puyallup. \$40-\$75.

AARON NEVILLE 8 p.m. Sept. 15-16, Skagit Valley Casino \$55-\$65.

HANK WILLIAMS JR. 7:30 p.m. Sept. 16, Washington State Fair, Puyallup. \$45-\$70.

ABOVE AND BEYOND 4 p.m. Sept. 16, Gorge Amphitheatre, George.

JIM GAFFIGAN 8 p.m. Sept. 16, KeyArena, Seattle. \$31.75-\$65.75.

THOMAS RHETT 7:30 p.m. Sept. 20, Washington State Fair, Puyallup. \$70-\$90.

MODEST MOUSE 7:30 p.m. Sept. 21, Washington State Fair, Puyallup. \$58-\$85.

EARTH, WIND AND FIRE 7:30 p.m. Sept. 22, Washington State Fair, Puyallup. \$45-\$80.

MARLON WAYANS 7:30 p.m. Sept. 23, Washington State Fair, Puyallup. \$30-\$45.

COLDPLAY 7 p.m. Sept. 23, CenturyLink Field, Seattle. \$25.50-\$185.50.

JASON ALDEAN 7:30 p.m. Sept. 24, Washington State Fair, Puyallup. \$100-\$150.

GORILLAZ 8 p.m. Sept. 30, KeyArena, Seattle. \$49 and up.

PAUL RODGERS 8:30 p.m. Sept. 30, Emerald Queen Casino, Tacoma. \$50-\$110.

THE PIANO GUYS 7:30 p.m. Oct. 3, McCaw Hall, Seattle. \$47-\$167.

FLORIDA GEORGIA LINE 7 p.m. Oct. 6, White River Amphitheatre, Auburn. \$34-\$239.

IMAGINE DRAGONS 7:30 p.m. Oct. 6 at KeyArena, Seattle. \$25.50-\$95.50.

MOON TAXI 9 p.m. Oct. 6, Neptune Theatre, Seattle. \$23.50.

LINKIN PARK AND SNOOP DOGG 7:30 p.m. Oct. 14, KeyArena, Seattle. \$26.50-\$66.50.

DEPECHE MODE 7:30 p.m. Oct. 21, KeyArena, Seattle. \$45.50-\$124.50.

ANDRE RIEU 8 p.m. Oct. 28, Tacoma Dome, Tacoma. \$39-\$99.

FALL OUT BOY 7 p.m. Nov. 12, KeyArena, Seattle. \$26.50-\$66.50.
JAY Z - 4:44 TOUR Dec. 13, Key Arena, Seattle. Ticketmaster.

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Sat, Aug 12, 2 pm • Australia • True story of aboriginal removal program

Airlift

Sat, Aug 12, 7 pm • India • Thriller based on true story of Kuwait evacuation

Like Father, Like Son

Sun, Aug 13, 2 pm • Japan • Winner Cannes, New York Film Festivals

Neerja

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More info: 253-861-1366 or praschke@comcast.net

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Sun, Aug 13 • 2 pm

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