



GUARDIAN WEEKEND
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guardian
Authorized newspaper of Joint Base Lewis-McChord, Washington • August 25, 2017

DEPARTMENT OF DEFENSE

President unveils new plan for Afghanistan, South Asia

Strategy will not have timetables

BY JIM GARAMONE
Department of Defense News Service
JOINT BASE MYER-HENDERSON HALL, Va. — President Donald Trump unveiled an expansive new strategy for South Asia Monday aimed at bolstering American security.

the Central Asian nations and extends into Southeast Asia. He stressed the strategy will not have artificial timelines built into it.
Trump said the American people are frustrated by the nation's longest war in Afghanistan, calling it a war without victory. The new strategy, he said, is a path toward victory and will step away from a policy of nation building.

The new strategy, Trump said,

SEE PLAN, 12A



SGT. AMBER SMITH Department of Defense Photo

President Donald Trump unveils the new South Asia strategy during a news conference at Conny Hall on Joint Base Myer-Henderson Hall, Va., Monday.

JOINT BASE GARRISON

Garrison commander holds three town halls

Leader assumed command July 28

BY RUTH KINGSLAND
Northwest Guardian
Colonel Nicole Lucas, Joint Base Lewis-McChord garrison commander, took over command July 28, and less than a month later, she already held town hall meetings on Lewis Main and McChord Field so people could get to know her.



Lucas

"Thanks for coming; I did one of these (town halls) this morning and I cut out the jokes that didn't work," Lucas said at the second town hall meeting at French Theater Aug. 15.

Lucas, an Army ordnance and logistics officer, shared jokes, banter and information about herself and also answered audience questions at three town hall meetings — in connection with JBLM centennial week — set up primarily for installation staff assigned to U.S. Army Installation Management Command.

The town hall events included information and introductions

SEE JBLM, 12A

JBLM CENTENNIAL CELEBRATION

A CENTURY OF SERVICE



Joint Base Lewis-McChord Family and Morale, Welfare and Recreation

Service members present the colors during the JBLM Camp Lewis Centennial Celebration ceremony on Watkins Field Aug. 18.

Community members on hand to celebrate JBLM's 100th birthday

BY RUTH KINGSLAND
Northwest Guardian

There was singing, dancing, speeches and a variety of activities as hundreds of community members, local dignitaries and service members gathered on Lewis Main to celebrate Joint Base Lewis-McChord's 100th birthday of Camp Lewis Aug. 18.

A century ago, Camp Lewis opened, and officers and recruits arrived for training before being deployed to France for service during World War I in 1917.

During the Aug. 18 event, America's I Corps Band played a number of patriotic tunes to start off the ceremony at Watkins Field, followed by opening remarks by Cyrus Habib, Washington state's lieutenant governor.

"The men and women of JBLM give me hope," Habib said. "There's a spirit of helplessness and collaboration that gives me hope. Happy 100 years; I rest and sleep easy knowing that you will be here keeping watch over the next 100 years."

Lieutenant General Gary Volesky, I Corps commanding general, also spoke at the event.

"What a wonderful day this is," Volesky said. "I'm extremely honored to be part of this celebration. How special this is: today is a once in a lifetime event."

SEE CENTURY, 12A



Joint Base Lewis-McChord Family and Morale, Welfare and Recreation

AT LEFT: Washington Lt. Gov. Cyrus Habib addresses the crowd during the JBLM Centennial Celebration ceremony on Watkins Field Aug. 18.

BELOW: Lahaina Richardson, 8, left, poses for a photo wearing a combat helmet on loan from the Lewis Army Museum during the Camp Lewis Centennial Celebration street fair Aug. 18.



RUTH KINGSLAND Northwest Guardian

COL. NICOLE LUCAS

Garrison leader feels at 'home' in Pacific Northwest

BY RUTH KINGSLAND
Northwest Guardian
Joint Base Lewis-McChord's new garrison commander feels much like many who've lived in the Pacific Northwest during their formative years.

Colonel Nicole Lucas said she's glad to come home to the area after a lengthy separation — during which she grew up, finished her education, entered the military, married and began raising a family while serving.

"I have great memories of the Northwest; it was my very favorite assignment," Lucas said. "Seattle is such a nice place."

The assignment she referred

SEE LUCAS, 12A

CENTENNIAL CORNER



U.S. Army Photo

Aerial photograph of Broadmoor housing under construction, Watkins Field and the 91st Division monument are visible on the center-right side of the image.

PERMANENT STRUCTURES

In 1927, Camp Lewis became Fort Lewis and the Army post became permanent. From 1928 through the 1930s, temporary wooden buildings that were hastily constructed for World War I were replaced by more permanent structures.

62ND AIRLIFT WING



SENIOR AIRMAN JACOB JIMENEZ 62nd Airlift Wing Public Affairs

Family and friends of the late Chief Master Sgt. William Cannon pose in front of McChord Field's newly renamed street on Joint Base Lewis-McChord — Chief Master Sgt. William M. Cannon Boulevard Saturday.

McChord street renamed to honor late loadmaster

BY SENIOR AIRMAN JACOB JIMENEZ
62nd Airlift Wing Public Affairs

A rare honor was bestowed on a prior McChord Field Airman and his family during a street renaming ceremony Saturday at Joint Base Lewis-McChord.

The ceremony unveiled McChord Field's newly renamed street Chief Master Sgt. William M. Cannon Boulevard, previously 5th Street Northeast on Heritage Hill.

The late Cannon was a retired McChord Field loadmaster who was a Distinguished Flying Cross recipient and made immense contributions to the loadmaster community and the development of the C-17 Globemaster III.

"Chief Master Sergeant Bill Cannon was a seasoned aviator, gifted leader and the 'father of the C-17 loadmaster,'" said Col. Reba Sonkiss, 62nd Airlift Wing commander. "This street, now to be called Chief Master Sgt. William M. Cannon Boulevard, recognizes the contributions of a man who dedicated his entire life and career in service to our great nation and our Air Force."

Serving more than 30 years in the Air Force, Cannon held more than 16,600 flying hours in the C-54, C-24, C-130 and C-141 aircraft, Sonkiss said. He also served in Vietnam where he



Relatives of Chief Master Sgt. William Cannon reminisce about Cannon at a street renaming ceremony in his honor on McChord Field Saturday.

earned the Distinguished Flying Cross.

"When you think back to the incredible history of airlift here at McChord it really puts into perspective the accomplishments and contributions of incredible Airmen like Chief Cannon," Sonkiss said. "We can only hope to make him proud in the future as we set out on our own paths."

After retiring as the chief loadmaster at McChord, Cannon was the chief loadmaster of the C-17 flight test program. He also founded the Airlift Tanker Association and the Professional Loadmaster Association.

"Chief Cannon was a great leader, an inspiration to look up to and his dedication to service and others was beyond re-

proach," said Dan Watson, friend of Cannon. "He was an amazing man and the renaming of the street is befitting of his service to all loadmasters past, present and future."

Chief Master Sgt. William M. Cannon Boulevard joins those of the distinguished streets and buildings on McChord Field named after Airmen who've made great contributions to the Air Force.

"Chief Cannon left behind an undeniable legacy of service and excellence that paved the way for our current mobility Air Force," Sonkiss said.

"This renaming honors the trail that he blazed for the C-17 community, the 62nd Airlift Wing, and the United States Air Force."

U.S. ARMY COMBAT READINESS CENTER

Safety affects readiness of the force

BY PAMELA KULOKAS
Northwest Guardian

Joint Base Lewis-McChord received a visit from the Army's top safety official Tuesday and Wednesday. The base was the second installation of three toured by Brig. Gen. David Francis, commanding general, U.S. Army Combat Readiness Center and Director of Army Safety, Fort Rucker, Ala.

The visit nearly coincided with the installation's anticipated 100th consecutive day without a fatality — marked by a day of no scheduled activity Friday for I Corps units at JBLM.

Francis, who took the reins in June at Fort Rucker, said his visit was about talking to safety professionals and commanders in the field to see how the Combat Readiness Center can best support their operations and enhance readiness through loss-prevention and safety.

"In doing these engagements, it gives me a good first-hand ability to talk to these individuals and get a good sense of where they see their safety programs, where they have challenges (and) where they have successes — and that allows me then to share that both with Army leadership and best practices across the Army," Francis said. "Here at JBLM, there are a lot of great practices."

CHALLENGES AHEAD

As a power-projection platform, JBLM has unique safety-related challenges to consider, Francis said, to include deployment operations out of ports and airfields, unit training, day-to-day operations and the interaction of Soldiers and their fam-

ilies with their local communities.

"All have inherent risks associated with them," Francis said. "But what I found was that the JBLM safety team — that very much includes and integrates the United States Air Force here — has a great synergy when it comes to assessing hazards and putting control measures in place to mitigate those hazards."

This time of year, especially in the Pacific Northwest, weather, water and traffic can spell safety problems. With the majority of fatalities in the Army due to off-duty four-wheeled vehicle accidents, the hazards presented in the state of Washington further compound that, Francis said.

"Now, I believe that the safety team and the leaders here at JBLM have addressed those things extremely well, but we can always do better, and that's part of what my trip here is about — how can we help them do that," Francis said. "Part of how we can help them do that is offer training products, safety expertise and best practices from other locations to help JBLM and the community here deal with those risks."

WHAT'S NEW?

On the horizon for Army installations worldwide is a new Army Safety and Occupational Health Information Management System — currently in development. JBLM leaders and safety professionals can expect to wield enhanced reporting capability within the next 12 to 18 months that will reduce requirements on commanders by making it easier to report accidents. Francis said the new



Francis

system will make it easier for installations to see themselves, identify hazards and implement controls to mitigate those hazards.

Also top of mind for Francis was the initiative across the Army to synchronize safety and occupational health.

"We have 230,000 civilians working in our Army (who) work in all manner of places that have hazards associated with them," he said. "So it's very important that we as the Army not only address Soldier safety but safety for our civilians in the places we ask them to serve as well."

READINESS AND THE FORCE

Ultimately, safety and occupational health done right enhances the readiness of the force, Francis said. The Army requires JBLM units to have the maximum amount of force ready to deploy, fight and win at any given time.

"Every time we have a loss of personnel due to an injury or fatality, or a loss of equipment, that degrades our ability to train; it degrades our ability to lead Soldiers, and it reduces the resources that we have to be able to train and be ready to go," Francis said. "The United States Army sends our Soldiers and civilians into some of the most dangerous places on Earth, and we need to make sure that they are ready to do that safely."

For more information about Army Safety and the U.S. Army Combat Readiness Center, visit safety.army.mil.

NEWS IN BRIEF

As tensions remain high in Korea, Ulchi Freedom Guardian kicks off

The Republic of Korea and United States Combined Forces Command began the annual Ulchi Freedom Guardian exercise Monday and will be continued Thursday.

UFG is computer simulated defensive exercise designed to enhance readiness, protect the region and maintain stability on the Korean peninsula. There are approximately 17,500 U.S. service members participating, with approximately 3,000 coming from off-peninsula.

U.S. forces will join ROK military forces from major ROK units representing all services, as well as ROK government participants. In addition to the ROK and U.S. forces, UN Command forces from Australia, Canada, Columbia, Denmark, New Zealand, the Netherlands and the United Kingdom are participating.

In addition, Neutral Nations Supervisory Commission observers are monitoring the exercise to ensure it is in compliance with the Armistice Agreement for the Restoration of the South Korean State (1953).

— DEPARTMENT OF DEFENSE NEWS SERVICE

Two projects to impact McChord at Perimeter Road, Barnes Gate

Beginning Monday and continuing through Sept. 22, Joint Base Lewis-McChord's Directorate of Public Works will be conducting a repaving project on Perimeter Road on McChord Field.

The project will prohibit traffic getting either to or from the Spanaway area through Barnes Gate, however, traffic getting to and from Interstate 5 will continue to be able to use Barnes Gate (traveling west) through Sept. 4.

Beginning Sept. 5, the City of Lakewood will make extensive improvements to the sewer network in the American Lakes Garden neighborhood resulting in the closure of 150th Street from Woodbrook Drive to Perimeter Road.

The timeframe these two projects overlap will occur Sept. 5 through Sept. 22 and will require Perimeter Road being closed from Woodbrook Drive to Military Road. Barnes Gate and the McChord Field Commercial Vehicle Inspection Point will be inaccessible to any vehicular traffic.

JBLM's DES will incorporate the following gate schedules on McChord Field during the road improvements.

● **McChord Field Main Gate**
Gate remains open 24-hrs a day, 7 days a week.

● **Barnes Gate**
Monday to Sept. 4: 5 a.m. to 7 p.m. daily.
Sept. 5 to 22: Closed.

● **North Gate**
Monday to Sept. 1: 5 a.m. to 7 p.m. daily.

● **Woodbrook Housing Gate**
Sept. 5 to 22: 5 a.m. to 7 p.m. weekdays.
Weekend hours will remain unchanged through construction.

● **East Gate**
Sept. 5 to 22: 5 a.m. to 7 p.m. daily.
Sept. 23: Closed.

● **Commercial Vehicle Inspection Point**
Sept. 3 to 24: Any commercial vehicle, or oversized vehicle, requiring access to McChord Field will need to enter the Lewis Main portion of JBLM and cross over to McChord Field via Unity Bridge.

For more information concerning the Lakewood sewer improvement project, contact Lakewood Public Works Department at 253-589-2489 or sewerproject@cityoflakewood.us.

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

Joint Base Lewis-McChord to have late-night firing next week

Joint Base Lewis-McChord will conduct late-night firing Tuesday, starting at 6:30 a.m., and Thursday, starting at midnight. Training will occur throughout daytime and nighttime hours.

The 1st Battalion, 37th Field Artillery Regiment, 1st Brigade, 2nd Infantry Division, will take part in 155 mm Howitzer training on Joint Base Lewis-McChord.

Increased levels of activity will be noticed throughout the training.

This is required training, which allows military members to practice and improve skills necessary during combat. As often as possible, JBLM conducts larger scale artillery firing and demolition training at the Yakima Training Center in an effort to minimize inconvenience for the surrounding communities. However, some training must take place on base.

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

Camp Lewis centennial events continue with bus tour Sept. 2

People are invited to take part in a special bus tour around Joint Base Lewis-McChord to celebrate the Camp Lewis centennial Sept. 2 at 10 a.m., noon, 2 and 4 p.m. to celebrate 100 years of history at Joint Base Lewis-McChord.

This tour will depart from the Lewis Army Museum on Lewis North, and museum staff will be your guide on a 60- to 90-minute tour around JBLM, highlighting historical buildings around the base. The tour will return to the Lewis Army Museum.

If you're interested in taking part in the bus tour, or want more information, send an email to usarmy.jblm-im-com.list.museum@mail.mil.

— LEWIS ARMY MUSEUM

JBLM exchanges expand layaway program for school shopping

The Lewis Main and McChord Field exchanges on Joint Base Lewis-McChord are helping military students head to the top of the class during the 2017-18 school year by extending the layaway program to include computers and tablets needed to succeed in the classroom.

Through Thursday, just in time for back-to-school season, exchange shoppers can use layaway to hold computers, notebooks, tablets and iPads — items that are not typically eligible for the program.

"Starting off the school year with the right laptop or tablet can be critical to academic success," said Mike Einer, JBLM exchange general manager. "The exchange's layaway program is a great choice to not only manage expenses for clothes, shoes and backpacks but computers as well."

A \$3 service fee and a deposit of 15 percent are required to hold items on layaway. Items must be picked up by Thursday. Shoppers can visit customer service at the Lewis Main and McChord Field exchanges for complete details.

— ARMY AND AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

Page Three

QUOTE OF THE WEEK

"I have been traveling, so I've been following in bits and pieces what's been happening in Charlottesville and very saddened by the events there and the loss of life of the young lady who was hit by a vehicle. I can absolutely and unambiguously tell you there is no place — no place — for racism and bigotry in the U.S. military or in the United States as a whole."

Marine Corps Gen. Joe Dunford
Chairman of the Joint Chiefs of Staff

ALSO INSIDE



DEAN SIEMON Northwest Guardian

RACE: Philippe Bouttefroy, right, was the overall winner of the JBLM Pacific Pathways Triathlon at Shoreline Park Saturday. **See story, 1B**

NWGUARDIAN.COM

● **Preparing for eclipse:** Monday marked the first total eclipse touching the U.S. since 1979, and one 446th Airlift Wing Airman worked to ensure that the greatest celestial event of the decade is viewed safely. On a bright summer day on July 14, close to lunch, a group of people gathered outside the McChord Field Library holding makeshift astronomical instruments. They didn't seem to have much in common, but gathered to listen to Master Sgt. Regina Rector, 446th Airlift Wing, demonstrate how to safely view Monday's solar eclipse.

● **USS Indianapolis found:** Civilian researchers led by entrepreneur and philanthropist Paul Allen, from Seattle, announced Sunday they have found the wreck of the World War II



cruiser USS Indianapolis, which was lost July 30, 1945. This is a significant discovery, officials said, considering the depth of the water in the area in which the ship was lost: more than 18,000 feet. About 800 of the ship's 1,196 Sailors and Marines survived the sinking, but after four to five days in the water — suffering exposure, dehydration, drowning and shark attacks — only 316 survived.

WARRIOR TRANSITION BATTALION

Learning to cope in a shark tank

Operation Shark Dive designed to help recovery

BY SPC. ERICA EARL
5th Mobile Public Affairs Detachment

The four Soldiers who stood over the shark tank Aug. 10 knew what creatures lurked below. But as large flashes of gray streaked across the dark water, they willingly dove in to see if what many find terrifying could actually be therapeutic.

The directors of Point Defiance Zoo and Aquarium's Operation Shark Dive have been working with ill, injured or wounded Soldiers from Joint Base Lewis-McChord in a program that helps Soldiers heal physically and emotionally by diving with sharks. Operation Shark Dive is one of several programs for Soldiers in the Warrior Transition Battalion, a battalion designed for Soldiers to recover and help transition back to regular Army units or civilian status.

The dive is part of the battalion's adaptive sports program, a diverse program that offers on and off-base activities for wounded Soldiers to stay active and engaged in the community. The adaptive sports program also satisfies the physical training requirements for Soldiers in the battalion.

The dive is primarily designed for learning breathing techniques, said Brian Caskin, a physical therapy assistant for the battalion at Madigan Army Medical Center on JBLM.

Caskin added that the process of controlling one's breath in the tank mimics yoga and meditation breathing exercises, "with a more interesting view."

"It is good practice for staying calm and for breathing control," Caskin said. "They are addressing a fear while being forced to control their breathing."

Staff Sergeant Jose Parra, Sgt. Steve Wurth and Spc. Jessica Knoerr, members of the WTB



SPC. ERICA EARL 5th Mobile Public Affairs Detachment



ABOVE: A shark swims under Sgt. 1st Class Erica Graham at Point Defiance Zoo and Aquarium during Operation Shark Dive Aug. 10.

LEFT: Spc. Jessica Knoerr from the Warrior Transition Battalion on Joint Base Lewis-McChord holds onto a diving instructor's hand as she enters the shark tank at Point Defiance Zoo and Aquarium.

and participants in Operation Shark Dive, are no strangers to overcoming fear. They've each overcome their own obstacles, including a traumatic vehicular accident for one of the Soldiers.

None of them had even been snorkeling before the dive. The program gave them the opportunity to don a dry suit and respirator and submerge themselves in a tank, just arm's length away

from five different species of sharks.

Parra said swimming so close to sharks was surreal.

"It's definitely a check off the bucket list," Parra said. "I didn't think I'd be checking off something like this."

The partnership with Point Defiance Zoo and Aquarium began in February. Since its launch, the WTB has offered

monthly dives. There are plans to conduct two dives per month starting in September, Caskin said.

David Todd, a member of the shark dive team at Point Defiance, said the program aims to teach participants that sharks are vital to ocean life and are not the fearsome creatures of gory cinema.

"The experience is meant to

be mesmerizing rather than high adrenaline," Todd said. "We've all seen 'Jaws,' and most people would say sharks are intimidating, but some of the sharks are even timid around the four-inch long damselfish in the tank."

Despite the tame nature of the sharks at Point Defiance, participants must stay in a cage during the dive. The dive includes a small course on the types of sharks in the tank and the importance of ocean conservation.

The breeds of sharks in the tank are blacktip reef sharks, Japanese Wobbegong sharks, sandbar sharks, nurse sharks which are the heaviest in the tank at 350 to 400 pounds, and sand tiger sharks which are the most timid of the sharks in the tank, Todd said.

The dive included a course on the ecological role of sharks and other sea life. At the end of the dive participants were encouraged to sign a pledge to protect the ocean and help keep it clean.

Sergeant First Class Erica Graham, a platoon sergeant for the WTB who also participated in the dive, said the opportunities are available for Soldiers to have adventures and experiences like this, but participating takes initiative on the Soldier's part.

"It's up to them to take advantage of the opportunities," Graham said, "This one was about conservation and a sport that Soldiers with injuries can participate in, and there's a lot more out there for those who want to do it."

Operation Shark Dive is free to all Soldiers in the WTB, and Soldiers only need to sign up through their platoon sergeants or through the adaptive sports program desk to participate.

Point Defiance also runs a program for the general public called the Eye-to-Eye

Shark Dive that began in 2013. It is similar to Operation Shark Dive but it is not free and the course and time in the tank are condensed.

For more information about the Operation Shark Dive or the Eye-to-Eye Shark Dive, visit pdza.org

I CORPS

New course on JBLM geared for Korea

BY SPC. ERICA EARL
5th Mobile Public Affairs Detachment

For the first time, Soldiers at Joint Base Lewis-McChord held a military vehicle operators' course specifically designed for driving in Korea for I Corps Soldiers Aug. 14 to 18.

JBLM has a course that licenses drivers for the operation of non-tactical vehicles from transportation motor pools in Korea, but this is the first class at JBLM to license drivers to operate tactical vehicles in Korea.

The military vehicle operators' course is designed to prepare Soldiers to drive during future missions in Korea by certifying and licensing them in Humvees and light medium tactical vehicles, both stateside and in Korea, without needing a separate licensing course upon arrival in the host nation.

It was organized with command support from United States Forces-Korea and led by Mauricio Martinez, a master driver

from the 8th Army Safety Office in Camp Carroll, South Korea.

Fifteen JBLM Soldiers recently completed the pilot course. Martinez said the course is essential to readiness for overseas exercises.

"Driving in a foreign country poses risks, and we have to make sure we are meeting the standards," Martinez said.

The 40-hour course includes classroom and hands-on instruction. Topics covered include understanding the driving regulations in America and Korea and installing snow chains in preparation for Korea's harsh winters. The hands-on portion includes operating vehicles through a course that simulates events such as sudden braking and parking in tight spaces.

The course includes information on unique driving customs and courtesies in Korea Americans may not be familiar with.

"In the Army, there is high potential to travel all over the world to cultures we



SPC. ERICA EARL 5th Mobile Public Affairs Detachment

Participants in a vehicle operators' class on Joint Base Lewis-McChord learn about the parts under the hood of a Humvee Aug. 16.

are not familiar with," Martinez said. "We are responsible to adjust, which includes driving patterns."

Specialist Tyler Mosley, a course participant assigned to Signal Intelligence and Sustainment Company, Headquarters and Headquarters Battalion, I

Corps, said it is important to be familiar with a host nation's driving standards before arriving there.

"This course is valuable because it goes over the regulations in Korea and the differences there," Mosley said. "Some people might not think driving over-

seas is that different, but in Korea it's cramped, and they have different laws and different methods of driving."

Sergeant Oscar Matsumoto, a master driver assigned to Signal Intelligence and Sustainment Company on Joint Base Lewis-McChord, was also an instructor for the newly added course. He said training the Soldiers beforehand saves valuable mission time once Soldiers are in Korea.

"For the first time, we can qualify all of I Corps (drivers) on site, so they arrive in Korea ready to drive," Matsumoto said.

Matsumoto said the course this year was made possible by partnering with the 8th Army Safety Office in South Korea to get the necessary training to teach the course.

"We had a requirement to fulfill, but we didn't have the help needed to put up the project until now," he said.

Matsumoto said there are plans to organize more classes in the future.

Viewpoint



Commander, I Corps and Army Senior Commander, JBLM
Lt. Gen. Gary Volesky

Commander, 62nd Airlift Wing and Air Force Senior Commander, JBLM
Col. Rebecca Sonkiss

Joint Base Garrison Commander, JBLM
Col. Nicole Lucas

Public Affairs Officer
Joseph Piek

Command Information Officer
Kelsy Husted

Editor
Bud McKay

Journalists
Dean Siemon
Ruth Kingsland

Assistant Editor
Pamela Kulokas

Photojournalist, Page Designer
Scott Hansen

To contact the **Northwest Guardian**, call 253-477-0182. The newspaper office is in Building 1010, Joint Base Lewis-McChord, WA 98433-9500; email NWGEditor@nwguardian.com. Provide feedback online at <https://ice.disa.mil>.

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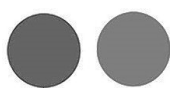
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STRAIGHT TALK

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



Washington is full of beautiful sights and sounds. What's your favorite outdoor activity?

"Hiking and swimming."

— ELIZABETH A. COLE

"Rainier! There are so many different hikes, so much variety in scenery."

— MYRIAH BAKER

"Salmon fishing when I was stationed here in the 1970s."

— BILL CATRON

"The wind while riding my motorcycle on a beautiful Washington country road!"

— MICHAEL BUSH

"Colorful outdoors, colorful people, fresh air and coffee everywhere."

— KIM KERWOOD

"Scuba diving is truly breathtaking out here!"

— CRYSTAL AND NICK DAVIS

"Tubing in Leavenworth down the Wenatchee and Icicle rivers!"

— WENDI LEITZELL

"Kayak the Puget Sound."

— JAMES JOSEPH WILSON

Next week's question

What do you cook for dinner when you want to impress someone or show you care?

VIEW FROM THE TOP

U.S., coalition airmen a lethal force against ISIS

BY LT. GEN. JEFF HARRIGIAN
Air Forces Central Command Commander

AL UDEID AIR BASE, Qatar — In early 2014, people across the globe were horrified by images of a menacing force sweeping across the Middle East, overwhelming superior armies and brutalizing those unfortunate enough to fall beneath its black shadow of terror. Nearly a month after the Islamic State of Iraq and Syria announced the establishment of their so called caliphate, America struck back, delivering the first airstrike against ISIS on Aug. 8, 2014.

In the three years since, coalition airmen and aircraft from 20 nations have delivered more than 94,000 weapons against ISIS targets. Through around-the-clock planning and operations, this lethal air armada, led by American Airmen, has decimated ISIS' fighting capacity with precise strikes.

These strikes have destroyed thousands of fighting positions, command and control facilities, vehicle borne improvised explosive devices and VBIED factories, and helped erase tens of thousands of fighters from ISIS rosters, many of those foreign fighters no longer pose the threat of returning to their home countries to carry out attacks.

Who are the U.S. Airmen responsible for producing the lethal force delivered daily in support of our courageous partner forces on the ground? They're the 20 year-old mechanics turning wrenches on 60 year-old B-52 Stratofortress bombers in 120-degree heat to enable the delivery of precision munitions against targets in Syria, Iraq and Afghanistan to strike fear in our enemies and protect U.S. and partner ground forces.

It's the young captain serving as a targeting cell chief whose Airmen closely monitor enemy patterns of life with 24-7 persistent surveillance aircraft, developing and vetting targets so as to precisely remove our enemies from the battlefield, yet not harm the people we're trying to help.

They are the aircrew I remind daily to exercise disciplined patience in an increasingly complex war zone where a split-second decision at 400 knots (more than 460 mph), like shooting down a Syrian aircraft or dropping a precision guided weapon in an urban setting, can have strategic implications.

What makes the coalition's air force special are the men and wo-



STAFF SGT. JASON HULL U.S. Army Photo

An Iraqi army Humvee drives through a recently-liberated neighborhood in west Mosul, while Iraqi security forces, supported by Combined Joint Task Force-Operation Inherent Resolve, continue to annihilate ISIS in its stronghold deep within the city in June.

men in its ranks who hail from communities across America and around the world, collaborating against a common threat and empowered to decisively make tough decisions. Over the past year, I have entrusted coalition airmen, from the most junior pilot to the most senior enlisted, to deliver lethal and precise airpower.

Growing up in the suburbs of Chicago more than 40 years ago, never did I imagine one day having the privilege of commanding nearly 20,000 American and coalition airmen serving across the region, from far flung outposts in Afghanistan and Syria to well-established installations like Al Udeid Air Base.

I was fortunate to be raised in squadrons that brought up their junior members by quickly letting out the leash. We made mistakes and learned fast. I would argue that's a characteristic somewhat unique to the Air Force; operations at the speed of sound require us to learn fast and empower our people so they're confident when the stakes are high.

Outside the commander's office at Headquarters, U.S. Central Command, an image adorns the wall of a young Airman who tragically died loading bombs for an F-15E Strike Eagle mission against ISIS. I think of her family's sacrifice and I'm reminded of a hot July day 21 years ago, when 12 of my wingmen and seven other Airmen died in the Kho-

bar Towers bombing in Saudi Arabia.

These memories forever remind me the stakes are high and the sacrifice real when we step up to the plate in this game.

Some may question if our efforts are making a difference after three years fighting. I have no doubts. I've watched my Airmen pummel ISIS into a remnant of its former self, unable to focus because of a daily forecast of punishing airpower that has played a decisive role at reclaiming 27,000 square miles — nearly 80 percent of the territory ISIS once controlled in Iraq and 60 percent in Syria.

For the thousands of innocent civilians still suffering at the hands of ISIS, they can be confident knowing they have a formidable force in their corner in America's Air Force and the coalition airmen I command.

This month marks three years since we delivered our first blow against ISIS. We've learned a lot and have them on the ropes.

We owe our best performance, not only to our joint and coalition partners courageously carrying the fight on the ground, but to those who have perished at the hands of a heartless enemy in attacks around the globe, from London to Paris to Egypt.

This is why American and coalition airpower will continue to annihilate ISIS and prevent them from fighting another day.

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



SPC. ADELINE WITHERSPOON 20th Public Affairs Detachment

Military families gather on the Watkins Field on Joint Base Lewis-McChord to watch the 2017 solar eclipse, August 21. The last time most Americans experienced a total solar eclipse was in 1991. If you missed it this year, there's another solar eclipse coming — in April 8, 2024.

THIS WEEK IN HISTORY

Aug. 25, 1962: Little Eva earns a number one hit with "Loco-Motion."

Aug. 26, 1957: Russia tests an intercontinental ballistic missile.

Aug. 27, 1883: Krakatau volcanic island explodes, killing 36,000.

Aug. 28, 1996: Charles and Diana divorce.

Aug. 29, 1914: Women join British war effort.

Aug. 30, 1967: Thurgood Marshall confirmed as Supreme Court justice.

Aug. 31, 1955: William Cobb demonstrates first solar-powered car.

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<p>2017 FORD F-150 SUPERCREW 4X4 SAVE \$10,182 BRAKE CONTROL MSRP...\$48,615 LWF DISCOUNT...-\$4,533 FORD REBATE...-\$350 TRADE IN ASSIST...-\$150 \$38,433</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#HFK11150, THIS ONE</p>	<p>2017 FORD F-150 SUPERCREW 4X4 SAVE \$9,183 AUTO START/STOP MSRP...\$47,895 LWF DISCOUNT...-\$4,399 FORD REBATE...-\$350 TRADE IN ASSIST...-\$150 \$38,482</p> <p>XLT TRIM PACKAGE, REAR VIEW CAMERA, REMOTE START SYS, TRAILER SWAY CONTROL, CHROME APPEARANCE PACKAGE, TRAILER TOW PACKAGE, STK#L17520, VIN#HFKD3515, THIS ONE</p>	<p>2017 FORD F-150 4X4 LARIAT SAVE \$6,866 TAILGATE STEP MSRP...\$56,365 LWF DISCOUNT...-\$4,399 FORD REBATE...-\$350 TRADE IN ASSIST...-\$150 \$49,499</p> <p>BLIS W/TRAILER TOW MONITORING, REMOTE START SYS, TWIN PANEL MOONROOF, LARIAT CHROME APPEARANCE PKG, VOICE ACTIVATED NAV, STK#L17712, VIN#HFKD9351, THIS ONE</p>	<p>2017 FORD F-350 CREW CAB 4X4 SAVE \$6,058 ON THE FLY 4X4 MSRP...\$56,055 LWF DISCOUNT...-\$4,500 FORD REBATE...-\$300 \$51,997</p> <p>6.7L POWERSTROKE DIESEL, RAPID HEAT SUPPLEMENTAL HEATER, ENGINE BLOCK HEATER, UPFITTER SWITCHES, ELECTRONIC SHIFT ON THE FLY, STK#L17382, VIN#HKE08411, THIS ONE</p>
<p>2017 FORD F-250 CREW CAB LARIAT SAVE \$6,519 CHROME PKG MSRP...\$64,515 LWF DISCOUNT...-\$4,500 FORD REBATE...-\$350 \$57,996</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#L17489, VIN#HFK16239, THIS ONE</p>	<p>2017 FORD F-150 LIMITED SAVE \$7,536 LEAD BEAM LED HEADLAMPS MSRP...\$66,935 LWF DISCOUNT...-\$5,038 FORD REBATE...-\$350 TRADE IN ASSIST...-\$150 \$59,099</p> <p>VOICE ACTIVATED NAV, LANE KEEPING SYS, ADAPTIVE CRUISE CONTROL, REMOTE TAILGATE RELEASE, SOY PREMIUM STEREO, PWR RUNNING BOARDS, STK#L17588, VIN#HFC03750, THIS ONE</p>	<p>2017 FORD F-250 CREW CAB SAVE \$6,606 HEATED/COOLED FRONT SEATS MSRP...\$68,405 LWF DISCOUNT...-\$5,100 FORD REBATE...-\$350 \$61,799</p> <p>6.7L POWERSTROKE DIESEL, FX4 OFF ROAD PKG, NAV SYS, TWIN PANEL PWR MOONROOF, REMOTE START SYS, REAR VIEW CAMERA, BLIND SPOT INFO CENTER, STK#L17629, VIN#HKE14903, THIS ONE</p>	<p>2017 FORD F-350 CREW 4X4 SAVE \$6,006 6.7L POWERSTROKE DIESEL ENGINE MSRP...\$68,305 LWF DISCOUNT...-\$4,500 FORD REBATE...-\$300 \$62,299</p> <p>LANE KEEPING ALERT, ULTIMATE TRAILER TOW CAMERA, FX4 OFF ROAD PKG, LEATHER SEATING, REVERSE SENSING SYS, NAV SYS, STK#L17169, VIN#HFE04008, THIS ONE</p>
<p>2017 FORD ESCAPE S FWD SAVE \$4,706 SYNC MSRP...\$24,545 LWF DISCOUNT...-\$1,100 FORD REBATE...-\$100 \$19,939</p> <p>REMOTE KEYLESS ENTRY, REAR VIEW CAMERA, 4-WHEEL DISC BRAKES/ABS, 4.2" CENTER STACK SCREEN, TILT STEERING WHEEL, CRUISE & AUDIO CONTROLS, STK#L17595, VIN#HFE03769, THIS ONE</p>	<p>2017 FORD C-MAX HYBRID SAVE \$4,347 REMOTE START MSRP...\$31,085 LWF DISCOUNT...-\$1,547 FORD REBATE...-\$300 \$26,738</p> <p>PANORAMIC FIXED GLASS ROOF, TITANIUM DRIVER ASSIST PKG, ACTIVE PARK ASSIST, BLIS W/CROSS TRAFFIC ALERT, HANDS FREE PWR LIFTGATE, SONY AUDIO W/8 SPEAKERS, STK#L17506, VIN#HFK100472, THIS ONE</p>	<p>2017 FORD EDGE SE AWD SAVE \$4,051 PRIVACY GLASS MSRP...\$31,950 LWF DISCOUNT...-\$1,100 FORD REBATE...-\$100 \$27,899</p> <p>2.0L ECOBOOST ENGINE, INTELLIGENT ACCESS W/PUSH BUTTON START, REAR VIEW CAMERA, 4.2" LCD CENTER STACK SCREEN, STK#L17401, VIN#HBB03269, THIS ONE</p>	<p>2017 FORD EXPLORER LIMITED SAVE \$5,293 VOICE ACTIVATED NAVIGATION MSRP...\$51,990 LWF DISCOUNT...-\$4,500 FORD REBATE...-\$300 \$46,697</p> <p>BLIND SPOT INFO SYS, 2ND ROW OUTBOARD INFLATABLE SEAT BELTS, LANE KEEPING SYS, TWIN PANEL MOON ROOF, ADAPTIVE CRUISE CONTROL, CLASS 8 TRAILER TOW PKG, STK#L17326, VIN#HFE04630, THIS ONE</p>

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<p>2011 FORD F-150 XLT, CREW, BOARDS, PS, 4X4, AC, CD, STK#L14252A... \$23,795</p>	<p>2010 FORD F-150 XLT, CREW, BOARDS, PS, 4X4, AC, CD, STK#L17224... \$23,896</p>	<p>2015 FORD EDGE SEL PW, PL, TEL CRUISE, REAR SPOILER, ALLOY WHEELS, PWR LOCKS, STK#L17078... \$23,899</p>	<p>2014 FORD F-150 XLT, CREW, BOARDS, PS, 4X4, AC, CD, STK#L17325S... \$24,596</p>
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<p>2013 DODGE RAM BIG HORN, QUAD, ALLOYS, BOARDS, TOW, STK#L14500... \$27,758</p>	<p>2014 FORD F-150 XLT, CREW, ALLOYS, 4X4, PW, PL, AC, CD, STK#L14411... \$28,795</p>	<p>2011 CHEVY SILVERADO 1500, CREW, LTHR, ROOF, CREW, 4X4, TOW, STK#L17327... \$28,796</p>	<p>2011 FORD F-150 LARIAT, LTHR, ROOF, CREW, 4X4, TOW, STK#L17322... \$28,986</p>
<p>2014 NISSAN TITAN PRO-4X, CREW, ALLOYS, 4X4, PW, PL, AC, CD, STK#L1422B... \$28,992</p>	<p>2014 FORD F-150 LARIAT, CREW, 4X4, NAV, ROOF, STK#L14366... \$28,995</p>	<p>2015 FORD F-150 XLT, CREW, PW, PL, AC, CD, STK#L173262... \$28,996</p>	<p>2014 DODGE RAM BIG HORN, QUAD CAB, 4X4, PW, PL, AC, CD, STK#L17321A... \$28,998</p>
<p>2014 CHEVY SILVERADO LT, CREW, LTHR, PS, PW, PL, AC, CD, TOW, STK#L17328... \$29,754</p>	<p>2008 DODGE RAM 3500, 2WD, CREW, DIESEL, LTHR, LTHR, STK#L14498... \$29,845</p>	<p>2014 FORD F-150 XLT, CREW, 4X4, ECOBOOST, TOW, AC, CD, STK#L14401... \$29,995</p>	<p>2013 GMC SIERRA SLE, 2500, 4X4, CREW, TOW, ALLOYS, STK#L14449... \$29,998</p>
<p>2013 FORD F-150 LTD, CREW, LTHR, ROOF, ECOBOOST, NAV, 4X4, STK#L17340... \$30,694</p>	<p>2013 FORD F-150 FX-4, CREW, LTHR, 4X4, ALLOYS, TOW, STK#L1437B... \$31,495</p>	<p>2012 FORD F-350 LARIAT, CREW, ROOF, MAX ALLOYS, 4X4, FX-4, STK#L17458A... \$31,595</p>	<p>2013 FORD F-150 XLT, CREW, PS, TOW, PW, PL, AC, CD, STK#L173187... \$31,996</p>
<p>2014 FORD F-150 STX, CREW, ALLOYS, 4X4, TOW, BOARDS, STK#L17185A... \$32,695</p>	<p>2015 FORD F-150 XLT, CREW, 4X4, TOW, PW, PL, AC, CD, STK#L14499... \$32,991</p>	<p>2014 FORD F-150 LARIAT, CREW, LTHR, 4X4, NAV, ROOF, STK#L14485... \$33,995</p>	<p>2016 FORD F-150 XLT, CREW, AUTO, 4X4, 5.0L V4, TOW, STK#L14471... \$34,495</p>
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EMERGENCY FOOD NETWORK

Base donates nearly \$68K of food

BY PAMELA KULOKAS
Northwest Guardian

In compliance with the Army's Food Donation Policy, more than 40,000 pounds of food residuals worth nearly \$68,000 was donated this summer by units from Joint Base Lewis-McChord to the Emergency Food Network — a charitable nonprofit food bank that gives to 68 food pantries, hot meal sites and shelters located primarily in Tacoma and Pierce County.

In accordance with the Army regulations, EFN applied for and was certified eligible this year by the Department of Defense to provide logistical support for collecting JBLM's donated food. Command Sergeant Major Richard Mulryan, JBLM garrison command sergeant major, described the effort as an honest, viable benefit the installation provides the community.

"There's a benefit to the community, (and) then there's a benefit to the military," he said. "The money we would have paid to send all that food out in waste trucks, we can now re-target to other training opportunities, to other resources that we may need; it's a reallocation of assets."

After the two-week Bayonet Focus 2017 exercise at Yakima Training Center in June led by the 7th Infantry Division, more than 33,000 pounds of food was donated. According to Paul Stabbert, EFN's director of operations, the donations made quite an impact in the Yakima Valley area.

"It was amazing to see the variety of food given," he said. Stabbert estimated about 5,000 people were fed from the



Soldiers participating in Exercise Mobility Guardian load donations onto a truck for the Emergency Food Network near Hangar 7 at McChord Field Aug. 2.

excess food worth about \$57,000. The Army also saved the more than \$100 per ton charge it pays for solid waste disposal at Yakima — \$1,700 saved.

According to the Army's Food Donation Procedures memo from 2014, wherever feasible, the Army is committed to food donation programs which route excess food to recovery and distribution. At JBLM, there is a standard operating procedure for estimating how much food to order and

prepare. Even though no extra food is purchased, sometimes food is left unused that would otherwise be disposed of.

JBLM currently collects and composts about 1,000 tons of food per year, according to James Lee, solid waste program manager and qualified recycling program manager with JBLM's Directorate of Public Works. His office estimates that at least 25 percent, or 250 tons, of the yearly amount is suitable for donation.

Food purchased by the Army

cannot be sold. Donating food to EFN is cost-effective solid waste diversion, Lee said.

"If we don't get (excess food) to EFN, it goes to the compost pile or the dumpster," he said. "We're maxed out; we're only permitted to off-handle so many tons per year, and we're right at that. If I get another significant amount of food, we're going to have to divert it to the landfill."

The value of residual food is redeemed by not having to dispose of it and placing it in

the hands of the needy, Lee said.

JBLM's food donation program is saving the Army money, preserving the value of taxpayer dollars and reducing the amount of food waste on JBLM and YTC, but it's also addressing food insecurity — a widespread problem in the South Puget Sound area, according to EFN.

In 2016, 1.3 million visits were made to food programs in Pierce County. EFN estimates that one out of every seven people in Washington struggles with hunger. Nearly 15 million pounds of food was donated by EFN in 2016 to the food programs it serves.

"We know for sure that of the tens of thousands of people that show up at the pantries the kitchens out there, a fair amount of those are young military service members," Lee said. "I was a E-4 in the Army, and I have shown up at the food bank — I've been that guy standing in line a long time ago."

According to Lee, the visual of young military families standing in line while JBLM composts and landfills thousands of tons of perfect edible food was intolerable to JBLM officials, and the partnership with EFN took shape.

Most recently, more than 7,000 pounds of field residual food generated during Exercise Mobility Guardian July 31 to Aug. 12, valued at more than \$12,000, was transported to the EFN.

"If the food would have been disposed of as municipal solid waste, it would have filled at least six to eight garbage dumpsters," Lee said.

ARMED SERVICES BLOOD BANK CENTER-PACIFIC NORTHWEST

Blood donors always needed on JBLM

BY RUTH KINGSLAND
Northwest Guardian

Specialist Robbie McElroy, 593rd Expeditionary Sustainment Command, lay on a cot in a military tent in front of the Lewis Main Exchange Aug. 17. The 22-year-old wore civilian attire, including his cowboy boots, since he had taken the day off and just signed final papers earlier in the day on a house he is purchasing in the Lakewood area.

McElroy's arm was outstretched, as Spc. Brenda Marin, 56th Multifunctional Medical Battalion, 62nd Medical Brigade, leaned over him and rearranged a small bag filling with blood through a tube on McElroy's arm.

McElroy was one of about a dozen people who donated blood at the Armed Services Blood Bank Center-Pacific Northwest's blood drive Aug. 17.

This wasn't McElroy's first time to donate blood; he said he's done it a handful of times previously. Having type O-negative blood, McElroy is a universal donor — one of only a small segment of the population

whose blood can be used for most any other person in need.

"I'd highly recommend donating no matter what type blood you have," McElroy said. "Down range they are needing this stuff."

The procedure is virtually painless, he said.

"The test prick on your finger hurt a little bit, but the rest didn't hurt at all," McElroy said, as he flexed and tightened his hand on a small rubber ball to keep the blood flowing.

Blood collected at donor centers and mobile tents is used first to meet weekly quotas for contingency operations in Iraq, Afghanistan, Africa and other locations where service members are deployed and need blood, according to Victor Shermer, donor recruiter for JBLM's Armed Services Blood Bank Center-Pacific Northwest.

Beyond the required quota, remaining units of blood collected at JBLM are used to meet the needs at Madigan Army Medical Center, Naval Hospital Bremerton and any other military treatment facility or Veterans Affairs hospital.

There are 20 donor centers at



Spc. Brenda Marin, middle, draws blood from donor Spc. Robbie McElroy left, during a blood drive Aug. 17.

military installations across the United States, as well as one in Germany and one in Japan. The JBLM site is one of three collection centers on the West Coast. The other two are in Southern California at Naval Hospital San Diego and at Camp Pendleton.

Although one might think the supply is constant and in stock, that's rarely the case.

"There's always a need; it

never stops," Shermer said. "Frozen blood is kept in case of a mass situation, but we always need to have fresh blood because it keeps the oxidation."

Anyone age 17 or older with access to JBLM — and who meets donor requirements, a list of which is available at the center — can donate blood at the Madigan Annex, Building 9904 on East Johnson St., on Lewis Main weekdays

from 8 a.m. to 3 p.m.

When collection centers are unable to meet the quota, blood must be purchased from civilian agencies and can cost between \$200 and \$400 per unit, according to Shermer.

It can take 70 to 140 units of blood to stabilize a service member from a severe combat injury. The center is only authorized to collect one unit — about a pint — of blood from each donor. Blood collected is tested first, to make sure it is safe to give to those in need.

The donor also is notified if there is a concern, according to David Spencer, noncommissioned officer in charge for the Mobile Blood Team with Bravo Company, Madigan Army Medical Center. After the blood is deemed safe, it is transported within seven days to the overseas deployment sites.

"On military bases, a lot of people do travel, so we need to make sure the blood won't actually hurt the person who needs blood," Spencer said. "Before that blood goes to the arm or leg of a wounded person, we have to make sure it is safe."

JBLM VOLUNTEER OF THE MONTH

Retired Army Soldier helps 6 different organizations

BY RUTH KINGSLAND
Northwest Guardian

Retiring from the military doesn't always mean one sees less of their fellow service members. At least that's so for retired Army Lt. Col. Omar Thondique, an active volunteer with six different organizations and community groups on and around Joint Base Lewis-McChord.

Thondique is JBLM's August 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 thorough JBLM's Installation Volunteer Corps and Armed Forces Community Service.

Although there are a lot of volunteers on base, some — such as Thondique — are extra exceptional, said Steve Wegley, manager of Armed Forces Family Team Building and Armed Forces Family Action Plan.



Courtesy photo

"Omar is a really good volunteer," Wegley said. "If we need him for anything, he's here."

Thondique's wife is Col. Tawanna Thondique, commander of the 673rd Dental Company, 62nd Medical Brigade. The couple met in 1991, while he was stationed at Fort Campbell, Ky., and she was a dental student.

They have two children, Tiffany, 31, a GS-13 financial ana-

lyst for the Army corps of Engineers in Baltimore, Md., and Omar II, an 11-year-old, sixth-grader at Mann Middle School in Lakewood.

Thondique was born in Havana, Cuba, and moved to Brooklyn, N.Y., at age 4 with parents, Ciprian and Zoraida, and then 5-year-old brother, Jorge.

Thondique said he enjoys volunteering because of his childhood respect for his heroes

— those who piloted planes, tanks or big ships.

"Through the years, I've (met) my heroes," he said. "The Soldiers are my heroes and my family. When I give back to the Soldiers, it's like giving back to my family."

Service members have real lives and real struggles, he said.

"It's a tough profession and some people don't make it; they quit," he said. "They are good people, but they needed help and maybe someone wasn't there to help them."

Thondique was nominated for JBLM's Volunteer of the Month by Stephanie Mosley, program coordinator for the Armed Forces Family Action Plan. Mosley said, Thondique is an enthusiastic volunteer with an awesome attitude.

"He is a retired lieutenant colonel, but you'd never know it because he doesn't have an attitude like he's better than anyone else," she said. "He's

very warm and caring, and it's really great to have someone like him come to us and want to volunteer."

Thondique currently volunteers with: Armed Forces Action Plan, Armed Forces Family Team Building and the Child Youth Services' Parent Advisory Board.

He also was recognized in May as an exceptional volunteer with the Watch D.O.G.S. — Dads Of Great Students — a mentorship, lunch buddy program at Rainier Elementary School. And last, but not least, he's also a Family Readiness Group adviser with his wife's unit.

He also enjoys keeping in touch with his brother Jorge and step-brother, Jason Thondique, a TSA security officer in Jersey City, N.J.

"Family is very important to me, whether it is my physical family or my military family," Thondique said.

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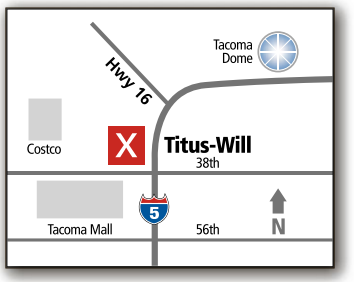
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1ST SPECIAL FORCES GROUP

Youths dominate Kids Q Course

Event included obstacle course for 1st SFG kids

BY SGT. BRANDON WELSH
1st Special Forces Group (Airborne)

The Army Special Forces Qualification course is commonly considered some of the most rigorous training in the military. Passing the entire course can take up to two years and upon graduation, Soldiers earn the title "Green Beret."

In an event modeled after Special Forces Qualification course, 1st Special Forces Group (Airborne) children took part in the 9th annual Kids Q Course on Joint Base Lewis-McChord Aug. 17.

"The former 2nd Battalion Commander, Lt. Col. Brian Petit, came up with the idea nine years ago and it's been going on ever since with 2nd Battalion hosting," said Bridget Manalo, the family readiness support assistant for 2nd Battalion, 1st SFG.

More than 200 children of all ages competed with their parents cheering alongside, running through the seven events. Some of the events included a zip line, an obstacle course, a mud crawl, barricade jumping and an Army physical fitness test.

"This is great, it gives the children the opportunity to bond with their fathers and experience a little bit of what they go through every day," said Rachael, one of the parents participating in the event. "It's so much fun watching them have a good time out here."



SGT. BRANDON WELSH 1st Special Forces Group (Airborne)



The Special Forces Charitable Trust donated more than \$6,000 for the event to provide

T-shirts, food and a Jurassic-themed bounce house that had obstacles to climb inside.

ABOVE: A Soldier from 1st Special Forces Group (Airborne) assists a young boy to the top of an obstacle on Joint Base Lewis-McChord Aug. 17.

LEFT: Soldiers and families from 1st Special Forces Group (Airborne) prepare to start the Kids Q Course

"This is all for the families so the children can have a fun day with their fathers while they're

"This is great, it gives the children the opportunity to bond with their fathers and experience a little bit of what they go through every day. It's so much fun watching them have a good time out here."

Rachael

Parent/spouse, 1st Special Forces Group (Airborne)

here at home and it's a great event to strengthen that bond between the families," said David Guernsey, the Special Forces Charitable Trust executive director.

Guernsey and Manalo agreed that the Soldiers' Families are an integral support network.

"The kids learned teamwork and that with the help of their family they can climb any wall and overcome any obstacle, Manalo said.

The parents helped, cheered, and motivated their children as they tackled the variety of challenging obstacles. The children received a certificate of completion at an award ceremony and lunch following the event.

"It was great event for the children of our deployed Soldiers because it brought them closer to their fathers who aren't here," said Sgt. 1st Class Adam, with the 2nd Battalion.

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.

MODERN ARMY COMBATIVE PROGRAM

1st SFG Soldiers do battle in the octagon

BY SGT. BRANDON WELSH
1st Special Forces Group (Airborne)

Soldiers from the 1st Special Forces Group (Airborne) squared off in an Ultimate Fighting Championship-style combat competition, while keeping with Modern Army Combative Program rules Aug. 17 at Joint Base Lewis-McChord.

Royce Gracie, Mixed Martial Arts and Brazilian jujitsu champion, was on hand to mentor fighters and to present winners their belts.

"I can now say I was in the ring with Royce Gracie," said Command Sgt. Maj. Labrec, the 1st SFG senior enlisted leader, as he and Gracie congratulated all the fighters for their fortitude and courage to step into the octagon. "It's truly an honor to be here in your presence (Gracie) and have you here."

The morning before the fights, Gracie held separate seminars for both children and adults.

"I grew up watching him (Gracie) fight, so it was really great seeing him and learning from him," said Staff Sgt. Daniel, a Soldier assigned to the 1st SFG.



BY SGT. BRANDON WELSH 1st Special Forces Group (Airborne)

Fourteen 1st SFG Soldiers volunteered to fight in the Gladiator Challenge which featured brute force of tactical and technical hand-to-hand warfare. Some ended in a judge's decision, but the majority were decided by one competitor capitalizing on an adversary's mistake result-

ing in a submission and surrender by the Soldier who erred.

The weight classes ranged from lightweights, weighing 140 pounds, to the heavyweights, weighing more than 220 lbs.

The fighters trained for hours to prepare for their fights, learning new techniques and condi-

tioning their bodies to last the three, 3-minute rounds.

"These guys were technically as good as professional level fighters," Gracie said.

Some fighters took advantage of the 1st SFG's own Mixed Martial Arts coach Jason Palacios to train them. Others, like Spc. Vic

Sgt. Willie Soto, left, a 1st Special Forces Group (Airborne) mechanic, and Sgt. Joel Flores, from 3rd Battalion, 1st SFG, clash violently during the Gladiator Challenge on Joint Base Lewis-McChord Aug. 17.

Richmond, a multimedia illustrator for Headquarters and Headquarters Company, trained on their own.

Richmond, the main event title winner, was a high school wrestling champion before joining the Army. He has trained at local boxing and jujitsu gyms for more than five years, and now remains undefeated with a 5-0 record in the Gladiator Challenge.

"It was an honor to not only be a part of Royce Gracie's seminar but to fight and win in front of him," Richmond said. "I'm sure every fighter who participated felt the same."

Gracie autographed Richmond's championship belt and stayed around after the event to take photos with and sign autographs for fighters and fans.

"It takes heart and courage to step into the ring, put it all on the line and square off with another man doing the same thing," Labrec said. "I'm proud of all the fighters."

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.

SEATTLE SEAHAWKS

Soldiers visit final day of Seahawks training camp

BY SGT. JOSEPH PARRISH
1st Special Forces Group (Airborne)

Soldiers of the 1st Special Forces Group (Airborne) spent Aug. 16 as the honored guests of the Seattle Seahawks on the final day of the Seahawks pre-season training camp. The visit to the Seahawks practice was the first of many community engagements between the two as they have partnered for the upcoming season.

Nearly 100 Soldiers boarded charter buses on Joint Base Lewis McChord and headed to the Virginia Mason Athletic Center in Renton to watch the Seattle Seahawks practice.

The Soldiers were greeted by Seahawks staff when they arrived and given wristbands granting them special access to watch the Seahawks practice. The Soldiers were staged in a roped off area usually reserved for the players' families.

"It's amazing because this isn't typical for us to get invited

to something like this, so for them to reach out and have us come here and treat us so great is amazing," said Sgt. Shaimaya Dawson, a 1st SFG human resource specialist.

Soldiers enjoyed food and drinks as players began filtering out onto the practice field. At the sight of the mixture of green and maroon berets, many of the Seahawks players stopped for conversation, autographs and even selfies.

Due to the nature of the unconventional warfare and the regional alignment mission of 1st SFG, many of its Green Berets spend the majority of their careers at JBLM while living in the surrounding communities, making them larger fans than typical military personnel who often move.

"I'm a huge Seahawks fan — my wife, my kids, we're all Seahawks fans," said Master Sgt. Ed Hall, who has been a member of the 1st SFG and Washington resident for more than 14 years.



SGT. JOSEPH PARRISH 1st Special Forces Group (Airborne)

A Green Beret assigned to 1st Special Forces Group (Airborne) watches the Seattle Seahawks practice at the Virginia Mason Athletic Center in Renton Aug. 16.

gratitude to the Soldiers.

"Thank you all for what you do and thanks for being here today," Sherman said before instructing everyone to shout "Seahawks!" at the count of three.

The Soldiers and players talked, shook hands and took pictures with each other. Some of the team's star players diligently signed autographs until every Soldier wanting one received a signed item.

"It's an honor to have the men and women who serve and make a difference and allow us to play the great game of football and we couldn't do it without them," said quarterback Russell Wilson.

As part of the seasonlong partnership, many of the Seahawks players and coaches are slated to visit the 1st SFG Headquarters in September. And, the Seahawks will be featuring Soldiers and veterans from the 1st SFG at games throughout the season to include their Salute to Service game in November.

Halfway through the practice the Soldiers were invited to walk onto the field and stand on the sideline to watch the rest of practice.

"Being so close to the action made us feel their intensity," said Staff Sgt. Katie Whelan, a 1st SFG health care specialist.

Soldiers stood directly behind the team, able to peer through the massive wall of players to catch glimpses of the action on the field. When head coach Pete

Carroll signaled practice to end, he beckoned the Soldiers to join the team in a huddle at the center of the field.

"We respect the heck out of you and love the heck out of you guys and wish we could be like you," Carroll said to the Soldiers in the center of the huddle with the mass of Soldiers and players.

Carroll called team leader Richard Sherman to join him at the center of the huddle. Sherman also expressed his

Transitions

HIRE G.I. JOB FAIR

Opportunities shine at job fair

BY RUTH KINGSLAND
Northwest Guardian

Hundreds of service members and family members trooped through the American Lake Conference Center Aug. 17 for the Hire G.I. Job Fair to find out about jobs offered through local and national companies and organizations.

About two dozen businesses — from law enforcement to food service, health care and pest control — were represented. Several offered interview opportunities as well as a chance to drop off a resume and meet with representatives.

Many of the representatives were military veterans, which was a plus for many of those who attended, including Staff Sgt. Lucinda Browder, Headquarters and Headquarters Company, 593rd Expeditionary Sustainment Command.

Browder is originally from Chicago but plans to live in Washington state when she retires with 20 years of military service at the end of this year. She said talking with veterans who already have transitioned to civilian jobs was helpful to her.

“When you are in the military, you know what you’re supposed to do and it’s natural to you,” she said. “Now, with Dec. 31 coming closer, I am



Staff Sgt. Lucinda Browder, right, visits with Pat Nelson, left, and Marla Morgan about opportunities with Food Services of America during the Hire G.I. Job Fair at the American Lake Conference Center Aug. 17.

getting nervous. Nobody is telling me what to do.”

Maria Bickle, a Monroe Department of Corrections officer, said she was glad to help service members find a way to transition successfully. Bickle began her job after six years as a boatswain mate in the Navy, where

she fixed helicopters.

“Once I got out of the Navy, I wanted something that had a similar chain of command, verbiage, uniform and made for an easy transition,” she said, adding being a corrections officer is a perfect fit for her and also offers a good retirement — an-

other requirement on her list.

Michael Butcher, a former Air Force staff sergeant, also found a good transition with his job as product support manager for Pape Machinery in its Tacoma office. Butcher said there are 486 jobs currently listed on the Pape.com website.

“When you are in the military, you know what you’re supposed to do and it’s natural to you. Now, with Dec. 31 coming closer, I am getting nervous.”

Staff Sgt. Lucinda Browder

HHC, 593rd Expeditionary Sustainment Command

The company is based in Eugene, Ore., but has positions in several western states for mechanics, technicians, sales, parts and rentals. Pape also offers a manager trainee program.

Dan Watts didn’t attend a lot of job fairs to get his position with Boeing Employees Credit Union. He previously served 13 years in the Army and 10 years in the National Guard. When he got ready to transition, he posted his resume on the social media job site LinkedIn.

“I was searched on LinkedIn, and they offered me a job,” Watts said. “I was a recruiter with the National Guard, so working in recruiting for BECU was a natural transition. I love trying to help fellow service members transition and not give up. There are lots of jobs out there for them.”

REDEFINING YOUR FUTURE SYMPOSIUM

A symposium to help redefine your future

BY RUTH KINGSLAND
Northwest Guardian

If you are a woman and will be transitioning from military to civilian in the not-so-distant future, the upcoming Redefining Your Future Symposium might be beneficial for you.

The two-day symposium at the Washington National Guard Aviation Readiness Center on Lewis Main Sept. 6 and 7 from 9 a.m. to 5 p.m. is free and a way for transitioning female service members, as well as female veterans and military spouses to see some of the myriad opportunities available beyond their military career.

It’s also about empowering women and helping them see their value in life and in their chosen career, according to Shellie Willis, founder and CEO of Redefining Your Future, LLC.

“It’s all about the total woman — your whole self,” she said. “We are reformatting how you should show up and direct yourself to achieve your goals and your vision.”

The biannual event is coor-



CHARLES COTUGNO

minated through a partnership of Redefining Your Future, the Service Member For Life-Transition Assistance Program, Camo2Commerce and the Washington State National Guard. Similar symposiums are offered in the spring and fall.

Participants must attend both days of the event, and preregistration is required.

The symposium is a four-tier life-cycle technique designed to effectively engage women and show them what their transitioning shift will

look like, Willis said.

“Our life-cycle is: education, information, empowerment and transformation — hence, redefining how they approach transition and redefining how they use resources,” she said.

Although this is the fourth

time the event has been offered, it is different each time. The upcoming event is expected to be bigger and better than ever, Willis said.

“I’m really looking forward to it because we’ve added a lot,” she said. “It’s exciting. There will be great speakers and from both prior military and civilians.”

Willis said speakers will combine storytelling and TedX speaking techniques to help attendees expand their reach and grow beyond their boundaries. Attendees also will be able to take advantage of new follow up, called accountability circles.

The once-a-month, for three months, small groups will allow for continued growth and connection with the group’s life coaches. Participants can be connected with and referred to other work resources through the accountability circles, Willis said.

“There’s so much more we are doing this year,” she said. “You have to attend to really understand and benefit from all of it.”

TRANSITIONS

All work, all play for former Soldier, now game designer

BY DEAN SIEMON
Northwest Guardian

PUYALLUP — Sometimes, getting a dream job requires taking some chances. In the case of former Army specialist Ryan Miller, he admittedly had a safety net after four years of service with a resume to work in law enforcement.

Miller, a former Soldier, had a passion of designing table top games. The career that began as a hobby when he was 11 years old attending middle school. Years later, he’s developed a network of connections and a resume of big-name game projects — including Magic the Gathering and Warhammer 40,000.

Miller’s childhood involved frequent transitions. His father served in the Army as a chief warrant officer 4. His dad’s career brought him to Joint Base Lewis-McChord as a pilot instructor before transitioning to Fort Rucker, Ala.

Miller’s interest in games happened at school, but his mom didn’t tell him about those kinds of games because she heard they were “satanic. That statement inspired him to create his own games at home to play with his friends through middle school and high school.

“I started really tinkering with that idea of how I could make

this a fun experience for all people,” Miller said. “Now I can just type them up quick on a Cloud document. It’s such a niche job that I didn’t think I could make a living on (it).”

His familiarity with the Pacific Northwest was a factor in wanting to find a way in with Wizards of the Coast — a large gaming company based out of the Seattle area. After finishing his career in training at Fort Leavenworth, Kan., Miller knew that he was taking a risk while having a back-up plan to pay the rent.

“My goal really was to give it my entire effort,” Miller said. “Even if I failed, I could walk away and say I did everything I could. At least I would know I did everything I could, and it was time to change direction or it was time to do something else.”

Miller was able to get his foot in the door by working at a retail location in the University District. The job paid about \$6 an hour with the primary focus on judging Magic the Gathering card tournaments.

His resume seemed a little unique to the hiring manager, but Miller said his military police background was perfect.

“I said ‘let me tell you what inmates try to do; they try to bend the rules and make loud complaints,’” Miller said. “Not all Magic players (did), but it



DEAN SIEMON Northwest Guardian

Ryan Miller, a former Army specialist, tests out one of his tabletop games “Skelney Manor” in his home office in Puyallup.

certainly applied to some of the more salty characters we had.”

While many job seekers and employees looking to advance have a 15-second elevator pitch, Miller’s was utilized anywhere he could with anyone who would listen. About seven years of working in retail eventually led to a game designing position with Wizards of the Coast.

That dream job opportunity allowed him to work on various tabletop and card game projects. After three years, Miller took another risk to help start-up another company called Saber-tooth Games. Projects included a

trading card game for Warhammer 40,000. It was the first of its kind to ever be translated in Hebrew.

Before being laid off as a senior game designer, he worked for Wizards of the Coast. Now he works as a freelance game designer with gigs for various companies who are looking for employees with the military mindset of execution.

“You learn a lot about the military, but it’s all about the mission,” Miller said. “For private sectors, that’s a valuable commodity. It takes a special group of people to turn (ideas)

into something that is shrink-wrapped on a shelf somewhere.”

He currently works most of the time from his home office in Puyallup. In his home office, his wife, Amanda, a doctor at Good Samaritan Hospital, bought him a bookcase that doubles as a door to the office.

Miller credits all of his success and opportunities to the persistence he had, dating back to his time working in retail as a tournament manager.

In fact, Miller’s advice to anyone looking to advance is to let the boss and any and all supervisors know about future career goals. It can be the difference between advancing to where you want to go or waiting around dreaming for what may never come on its own, he said.

“Being pretty clear and shameless about what you want to do can help get people on your side,” Miller said.

Miller said he would be willing to speak with service members who are interested in pursuing a career in designing games. He’s also currently looking for external play testers for some of his projects.

For more information, visit ryanbmiller.com or find his Facebook page, Ryan Miller Games.

Dean Siemon: 253-477-0235, @deansiemon

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

Best Warrior

Spc. Dazarian Williams, a combat documentation and production specialist from the 504th Military Police Battalion, 42nd Military Police Brigade, crawls under barbed wire during the Obstacle Course event during the third day of the 2017 Forces Command Best Warrior Competition at Fort Bragg, N.C. Tuesday.

SPC. HUBERT DELANY III
22nd Mobile Public Affairs Detachment

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 and federal holidays on Joint Base Lewis-McChord.

- Sept. 1 - Army DONSA
- Sept. 4 - Labor Day
- Sept. 5 - Air Force Family Day
- Oct. 9 - Columbus Day/Army DONSA
- Nov. 10 - Veterans Day observed
- Nov. 13 - Army DONSA

WIN PRIZES FOR TRIVIA AT SAM ADAMS

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

SEE UFC SUPERFIGHT AT SAM ADAMS

Watch the Mayweather-McGregor UFC Superfight Saturday at your favorite hangouts at JBLM. Samuel Adams Brewhouse has a \$5 cover, and the Warrior Zone showing has no cover. Sam Adams is located at 2400 Bitar Ave. and Division on Lewis Main. For more information, call 253-964-2012. The Warrior Zone is located on the corner of North 17th and D streets on Lewis North. For more information, call 253-477-5756.

ARMY, AIR FORCE PCS MOVE WORKSHOPS

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

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.

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.

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 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 Sept. 6. For more information, call 253-966-7164.

BRING BEST FRIEND TO YAPPY HOUR

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

EARN AT HOME AS CHILD CARE PROVIDER

Looking for a fun and rewarding home business? If you live on base, become a family child care provider and make a difference in the lives of military children and their families. FCC providers earn up to \$2,000 a month, may qualify for subsidies and receive free resources for

your business. Learn about FCC Sept. 12 at orientation from 6 to 8 p.m. at the FCC office. Children are not permitted at the orientation due to space/discussion topics. Full-day training classes meet weekdays Sept. 25, 26, 28, 29 and Oct. 2 from 8 a.m. to 4:30 p.m. All classes are required for FCC certification. The FCC Office is located at 2013B Third St. at Pendleton Avenue on Lewis Main. For more information, call 253-967-3039.

JOIN MCCORD 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 Sept. 13 to discuss "Annie Freeman's Fabulous Traveling Funeral" by Kris Radish. Registration is required in person. Copies will be available at the circulation desk, 851 Lincoln Blvd., ground floor, on McChord Field. For more information, call 253-982-3454.

REUNION: SECOND INFANTRY DIVISION

The Second (Indianhead) Division Association is searching for anyone who served in the Army's 2nd Infantry Division at any time in their military career. This year, the association will commemorate the 100th anniversary of the Second Division, which was formed in France during World War I. For more information about the association and the annual reunion in Arlington, Va., scheduled for Sept. 13-17, contact secretary-treasurer Bob Haynes at Zidahq@comcast.net, call 224-225-1202 or visit Zida.org.

SELL, BUY TREASURES AT FALL FLEA MARKET

Make some quick cash by selling your gently used items, or come to buy unique treasures at the annual Joint Base Lewis-McChord Fall Flea Market Sept. 16 from 11 a.m. to 5 p.m. in Family and MWR's Fest Tent next to Bowl Arena Lanes at 2200 Liggett Ave. on Lewis Main. Rent two 6-foot tables, spaces or combos for only \$26. Three tables/space combos spanning 18 feet are \$30. Rent an additional 6-foot table or space for \$6 more. You must be an authorized military ID cardholder in order to sell your household or yard items. Email special-events@JBLMmwr.com, or call 253-967-6772 for reservations.

JBLM NEWCOMERS' ORIENTATION BRIEF

Joint Base Lewis-McChord has grown and changed over the years. Whether you're new, returning or just want to learn your way around the base, all service members, civilians and adult family members are invited to attend the Newcomers' Orientation Sept. 19 at American Lake Conference Center at 8085 NCO Beach Road on Lewis North. Report time for Soldiers and Airmen is 7:30 a.m. Orientation is set to begin at 8 a.m. Complimentary hot breakfast and free on-site child care is available upon request with registration; call 253-966-2977. For more information, call 253-967-3633 or visit jblmafcscheckappointments.com.

SMA OF NORTHWEST MONTHLY MEETING

The general membership meeting of the Sergeants Major Association of the Northwest meets at Samuel

Adams Brewhouse, Bldg. 2400 on South Division Street on the third Thursday of every month. Social time begins at 4:30 p.m. and official business at 5 p.m. Next meeting is Sept. 21.

STRENGTHS/NEEDS 2017 ASSESSMENT

Joint Base Lewis-McChord wants to hear from you. Tell us how we can improve community health, wellness, readiness and resiliency by taking the Community Strengths and Themes Assessment online. What is important to our installation? What is the quality of life at JBLM, and how we can improve health, wellness, readiness and resiliency? Service members, family members, Department of Defense employees and retirees alike, please take some time to complete this 36-question survey to address these concerns by visiting: tinyurl.com/y928d27m.

FIRE EXTINGUISHER ANNUAL SERVICE

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.

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. 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 INSTRUCTIONS NEEDED

SKIESUnlimited is looking for team members to join the team. Share your talent or hobby with youth as a SKIES contractor or subcontractor. Areas include gymnastics, karate, dance, art, music, boxing, theater and more. Interested? Call 253-966-3539 or email cindy.j.arnold.naf@mail.mil.

MOVING RESOURCES AVAILABLE ONLINE

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

GET THE BEST DEALS ON TEXTBOOKS

The next college quarter starts soon. Don't break the bank on books; let Family and Morale, Welfare and Recreation's Bookstore inside Stone Education Center help you get your books for less. For more information, call 253-964-8185.

SIGN UP FOR JBLM ALERT NOTIFICATIONS

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

CALL THE ENERGY WASTE HOTLINE

To stop energy waste and save valuable resources, the Joint Base Lewis-McChord JBLM Energy Program has launched the "Energy Waste Hotline." The primary objective of this hotline is to collect information about day-burners, incandescent bulbs, damaged fixtures, steam leaks, nonfunctional thermostats, etc. If you notice any opportunity to reduce energy waste, call or text 253-219-2394. The goal is to improve energy efficiency, eliminate energy waste and save money.

RED CROSS NW REGION NEEDS VOLUNTEERS

Serve military families as a volunteer for the Red Cross. For more information, call or email 253-966-3889, JBLM@redcross.org.

TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

Find jobs on the "JBLMUnlimited" website at jblmunlimited.com or on Facebook at 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.

Hawk Job Fair take place Mondays (except DONSA 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.

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.

WARTAC Information Session Thursday starting at 9 a.m. and 1 p.m., Bldg. 3271 on 2nd Division Drive. Come learn how to start your career as a veteran service representative. Representatives are trained on how to articulate benefit programs, entitlements and how to conduct interviews. They also serve as a contact for Veterans Affairs compensation claims. Successful completion of the program leads to opportunities to be interviewed and hired at one of the VBA Regional Offices around the country, starting

as a GS-07. Training is open to wounded warriors and active duty in the transition process. Bring your federal resume. For more information, email sourner:thomas.ctr@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.

Redefining Your Future Sept. 6-7 at the Washington Army National Guard Aviation Building 6224 on 2nd Division Drive. Redefining Your Future is a community of service women, which includes female veterans and spouses who have transitioned or are transitioning from the military. A redefined lifestyle shifts your thinking to the next phase in life and connects individuals to local, regional and national

resources. This two-day conference will provide the knowledge and resources to better prepare women transitioning out of the military. Registration is required for this event. For more information, visit redefinemyfutureyou.com.

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 Sept. 6. For more information, call 206-205-3500.

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 Sept. 11. 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 or for more information, 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.

CONSTRUCTION WORKER JOB IN BUSKLEY

ASAP Business Solutions — Salary: \$14.80 per hour. Hours are Monday-Friday and occasional Saturdays from 7 a.m. to

3:30 p.m. This is a temp-to-hire position and will become Union with full benefits, retirement and pay increases. For more information, call ASAP Business Solutions at 360-491-4405 or visit 3773 Martin Way E. A107, Olympia. Bring two forms of identification with you.

CLINICAL APPLICATIONS SPECIALIST POSITION

FUJIFILM Sonosite Inc. — Salary: DOQ. This position is responsible for the presale and post-sale customer support of FUJIFILM SonoSite products and their applications. Candidates who reside in or around the Minneapolis, Minn., area are encouraged to apply, as this would be a central location relative to the territory's business. For more information, visit sonosite.com/careers.

EASTERN REGION WATERSHED PLANNER

Washington State Department of Ecology — Salary: \$56,844 to \$74,604 annually. The Department of Ecology has an exciting opportunity for an environmental professional to be a part of the Water Quality Program in Spokane. If you want to join a team working to protect, restore and enhance Washington's waters, this may be the job for you. The Eastern Region Watershed Planner (Environmental Planner 4) supports on-the-ground implementation of new water quality initiatives by developing and coordinating the use of tools and activities that will reduce pollution to Spokane's watersheds. For more information, visit careers.wa.gov.

FROM PAGE 1A

PLAN

is a result of a study he ordered immediately after he was inaugurated in January. The strategy is based on three precepts.

"First, our nation must seek an honorable and enduring outcome worthy of the tremendous sacrifices that have been made, especially the sacrifices of lives," Trump said. "The men and women who serve our nation in combat deserve a plan for victory. They deserve the tools they need and the trust they have earned to fight and to win."

Trump said the second precept is that a hasty exit from Afghanistan would simply allow terrorists to flood back into that country and begin planning attacks on America and its allies and partners.

The third precept, he said, concerns the threats emanating

from the region, which are immense and must be confronted.

"Today, 20 U.S.-designated foreign terrorist organizations are active in Afghanistan and Pakistan, the highest concentration in any region anywhere in the world," the president said. "For its part, Pakistan often gives safe haven to agents of chaos, violence and terror. The threat is worse because Pakistan and India are two nuclear-armed states whose tense relations threaten to spiral into conflict. And that could happen."

The United States and its allies and partners are committed to defeating these terrorist groups, Trump said.

"Working alongside our allies, we will break their will, dry up their recruitment, keep them from crossing our borders, and, yes, we will defeat them, and we will defeat them handily," Trump said.

In Afghanistan and Pakistan, the United States will work to stop the resurgence of safe

havens that enable terrorists to threaten America, Trump said.

"And we must prevent nuclear weapons and materials from coming into the hands of terrorists and being used against us, or anywhere in the world, for that matter," he said.

Trump emphasized the strategy will be conditions based and not set to a timetable.

"I've said it many times, how counterproductive it is for the United States to announce in advance the dates we intend to begin or end military options," the president said. "We will not talk about numbers of troops or our plans for further military activities. Conditions on the ground, not arbitrary timetables, will guide our strategy from now on. America's enemies must never know our plans or believe they can wait us out."

The United States will continue to support the Afghan government and its military.

"Ultimately, it is up to the people of Afghanistan to take

ownership of their future, to govern their society and to achieve an everlasting peace," Trump said. "We are a partner and a friend, but we will not dictate to the Afghan people how to live or how to govern their own complex society. We are not nation building again. We are killing terrorists."

Trump said Pakistan is a major concern, and he said Pakistan must stop providing safe havens for terrorists who rest and refit for actions in Afghanistan and elsewhere.

"Pakistan has much to gain from partnering with our effort in Afghanistan," the president said. "It has much to lose by continuing to harbor criminals and terrorists."

Trump noted that Pakistan has worked with the United States in the past, but the nation's policies must change.

"No partnership can survive a country's harboring of militants and terrorists who target U.S. service members and officials,"

Trump said. "It is time for Pakistan to demonstrate its commitment to civilization, order and to peace."

Trump said India will be a key component in any strategy in the region, and the president wants to work with India's leaders to provide more economic assistance and targeted development to the people of Afghanistan.

"We are committed to pursuing our shared objectives for peace and security in South Asia and the broader Indo-Pacific region," he said.

NATO allies and global partners like Australia will support the new strategy and have already pledged additional troops and funding increases, the president said.

Defense Secretary Jim Mattis said in a statement he has directed Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff, to prepare to carry out the president's strategy.

FROM PAGE 1A

CENTURY

Volesky spoke about JBLM being a "premier installation to train (service members) to deploy, fight and win," and how the installation is the most requested duty station for American service members. He also told some of his own history at JBLM, including graduating from ROTC here and service with the 75th Ranger Regiment.

"I just wish it hadn't taken me 30 years to get back here," he said. "What really sets this installation apart is the commitment (of service members and leadership) to the families and communities. We are a family — it's America's joint base."

The ceremony also included a 15-minute narration of Camp Lewis and JBLM history, read by Elizabeth Vanek, management support specialist at JBLM Headquarters. Vanek dressed for her role in early 1900s dress, from dapper hat and parasol to lace spats on her shoes.

Friday's event began with a street fair along North Third and Pendleton avenues, with food and other freebies, as well as a historic look at Camp Lewis and other local military and community groups.

There were several costumed participants, dressed in period pieces, including twin brothers Chandler and Chad Franks, seniors at Rogers High School in Puyallup. The brothers live in Fife, Wash., and are volunteers with the 4th U.S. Infantry Company C — a reenactment group of the regiment that was stationed at Fort Steilacoom prior to World War I.

The two have an interest in history and the military. Their mom, Amy Seek, is an Army veteran. She served in the Army's 4th Infantry Division at Fort Hood,



Joint Base Lewis-McChord Family and Morale, Welfare and Recreation

Visitors look over a World War I-era ambulance during the JBLM Centennial Celebration street fair on Lewis Main Aug. 18.

Texas, Chandler said.

"I will probably never serve in the military because I have medical problems, but I enjoy putting on the uniform with Company C," he said.

Also at the street fair was a performance by Skyler Ostendorf, an 11-year-old SKIES-Unlimited dancer, who charmed the crowd with his spirited Fred Astaire-style solo tap routine.

Multiple World War I era vehicles were on display, including a military ambulance that was admired by many a young child.

Eight-year-old Lahaina Richardson posed for a photo in a large cardboard military cutout Soldier, provided by the Lewis Army Museum for the event. She said she borrowed from museum staff a modern combat style helmet like her father wears.

The child, a third-grader at Chloe Clark Elementary School in DuPont, attended the event with her mom, Rhea Richardson. Lahaina's dad, Staff Sgt. Kellen Richardson, is a drill sergeant at Fort Leonard Wood, Mo.

"Daddy is gone a lot, but it was fun to wear his (kind of) helmet," Lahaina said.

The event ended with an invitation-only reception at the Lewis Army Museum, which is set to reopen to the public Thursday after a yearlong renovation. The reception was an opportunity to interact with military senior leaders for JR ROTC Cadet Staff Sgt. Kirill Perfiliev, from Foss High School in Tacoma, an immigrant from Kyrgyzstan.

Sixteen-year-old Perfiliev moved to the United States with

his parents three years ago and has a dream of going to the U.S. Military Academy. He's hoping to get a sponsorship to West Point through Congressman Denny Heck, who was a speaker at the reception.

Perfiliev said it felt great to shake Volesky's hand at the event and was a true honor to talk with Col. Nicole Lucas, JBLM garrison commander, a West Point graduate.

"I'm so glad to be here for the celebration," Perfiliev said.

FROM PAGE 1A

JBLM

from Col. William Percival, commander of the 627th Air Base Group and deputy garrison commander, and a few short videos from Lt. Gen. Kenneth Dahl, commanding general of IMCOM, at Joint Base San Antonio, Texas. In the videos, Dahl talked about the importance of customer service and cooper-

ation for IMCOM employees when serving, what he termed, the rugged professionals who make up the military.

This isn't Lucas' first time living in the Pacific Northwest. The middle child of five children, Lucas grew up as an "Army brat," she said.

Prior to her father's retirement from the military, he worked for the Army Corps of Engineers. While she was in high school, the family lived in the iconic Cavanaugh House,

the engineer's house on the Ballard Locks.

"This was kind of a homecoming for me," Lucas said about returning to the Pacific Northwest.

Despite this, Lucas got a bit of ribbing from each group of town hall attendees for admitting she is a Washington Redskins and New York Yankees fan.

"Well, at least it shows I am loyal," Lucas said to the crowd.

At the end of the meetings, Lucas answered questions from

those attending. The questions raised and addressed were as wide and diverse as the makeup of the people from JBLM.

While Lucas tried to answer questions on the spot with help of staff directors, who attended all three meetings, there were some questions where she admitted she would need to learn more and assigned the questions to the appropriate director to look into an answer.

Lucas and Percival also fielded questions about empty build-

ings on base, education for deployed service members and whether or not flights are currently available to Guam.

"I don't know all the answers, but I will find an answer if I don't have one now," Lucas said. "I am so happy to be here, and I do want to learn as much as I can. I want to be your garrison commander. Nothing is too small here, and if something is affecting one of the gears in (the operation of) our machine, it is affecting all of us."

FROM PAGE 1A

LUCAS

to was her dad's position as commander of the Seattle District, Army Corps of Engineers. When Lucas was a young teen, the family lived in the iconic Cavanaugh House, the engineer's house on the Ballard Locks in Seattle. She recalls the years she lived in Seattle fondly.

"I could get anywhere on public transportation," she said. "It was a great place to live."

Lucas has served in numerous positions since 1995 when she was commissioned a second lieutenant in the Ordnance Corps from the United States Military Academy at West Point.

Most recently, she served at the Pentagon as strategy and readiness division chief for the Joint Staff J4. Returning to the Pacific Northwest as JBLM garrison commander is a challenge she's up to, Lucas said.

"I've got some learning to do,



SCOTT HANSEN Northwest Guardian

Col. Nicole Lucas became JBLM garrison commander after taking the reins from Col. Daniel Morgan during a ceremony July 28.

but (the new role at JBLM) will be about the things I've done before," she said, listing her fundamentals of leadership mantra of courage, competence, compassion, character and

listening.

Listening to others and understanding also will "put me in good stead," Lucas said.

She doesn't yet have a specific vision for JBLM under her lead-

ership, but plans to take time to assess and get an understanding of the pace of things so she can have a long term vision of what's best for JBLM, she said. Lucas is looking forward to working with Air Force and Army service members and families, as well as the community, she said.

Lucas said her roles as a wife and mom, as well as her career are important to her and in some ways are similar.

"So much of what we do is in support of each other," she said. "I was married and in the Army 10 years before we had our first child. Now, I had two jobs and I wanted to be the best I could at each of them. My husband reminds me that balance is so important."

Lucas is the middle of five children born to Roger and Anne Yankoupe. Although the children grew up as "Army brats," Lucas is the only child who went on to have a military career.

The colonel credits her four siblings, parents and in-laws

with her ability to succeed.

Family members took care of her young children when she and husband, Col. Lang Lucas, deputy chief of staff, I Corps, deployed to Iraq in 2007. The couple was deployed for nearly a year, which was a difficult time to be gone, she said. Their second son, Nate, was only 1 when they deployed.

The couple has three children: Gabriel, 12; Nathaniel, 10; and Joshua, 8. Lucas said it was tough coming home that first time when her children didn't recognize their mom and dad.

"That gave me a real appreciation for what other service members go through," she said. Her family picked up on the children's response and remedied it before the next time the couple returned from a deployment by showing the children pictures of their parents daily, she said.

"The next time we came home, the kids ran straight to us on the field to greet us," she said. "It was wonderful."

Sports

JBLM CHILD AND YOUTH SERVICES

Parents serve as caddies for young golfers

Annual three-hole event provides kids with fun introduction to sport

BY DEAN SIEMON
Northwest Guardian

The Joint Base Lewis-McChord Child and Youth Services' sports department hosted its annual JBLM Parent Caddy Golf Jam Aug. 16 at Eagles Pride Golf Course on Lewis Main. Children, with parents driving their carts, golfed three regular holes and did three more foot-golf holes at Eagles Pride's green course.

Holly Roberts, a lieutenant colonel in the Army Reserve,

knew her youngest son Nathan DiPetrillo, 7, has an interest in playing sports, but this was the first sporting event he requested to be signed up for.

Although he's gone to the driving range with his father Adam, an Air Force major, this was the first time Nathan played any regulation golf holes outside of a few rounds of miniature golf. That didn't stop him from smiling as he was lent some youth golfing clubs from the pro shop.

"It's great to see him excited about something that he chose to do," Roberts said.

The annual golf event is offered near the end of the golf season for JBLM CY's golfing programs, which include introductory programs and the JBLM Tigers' Special Olympics team.

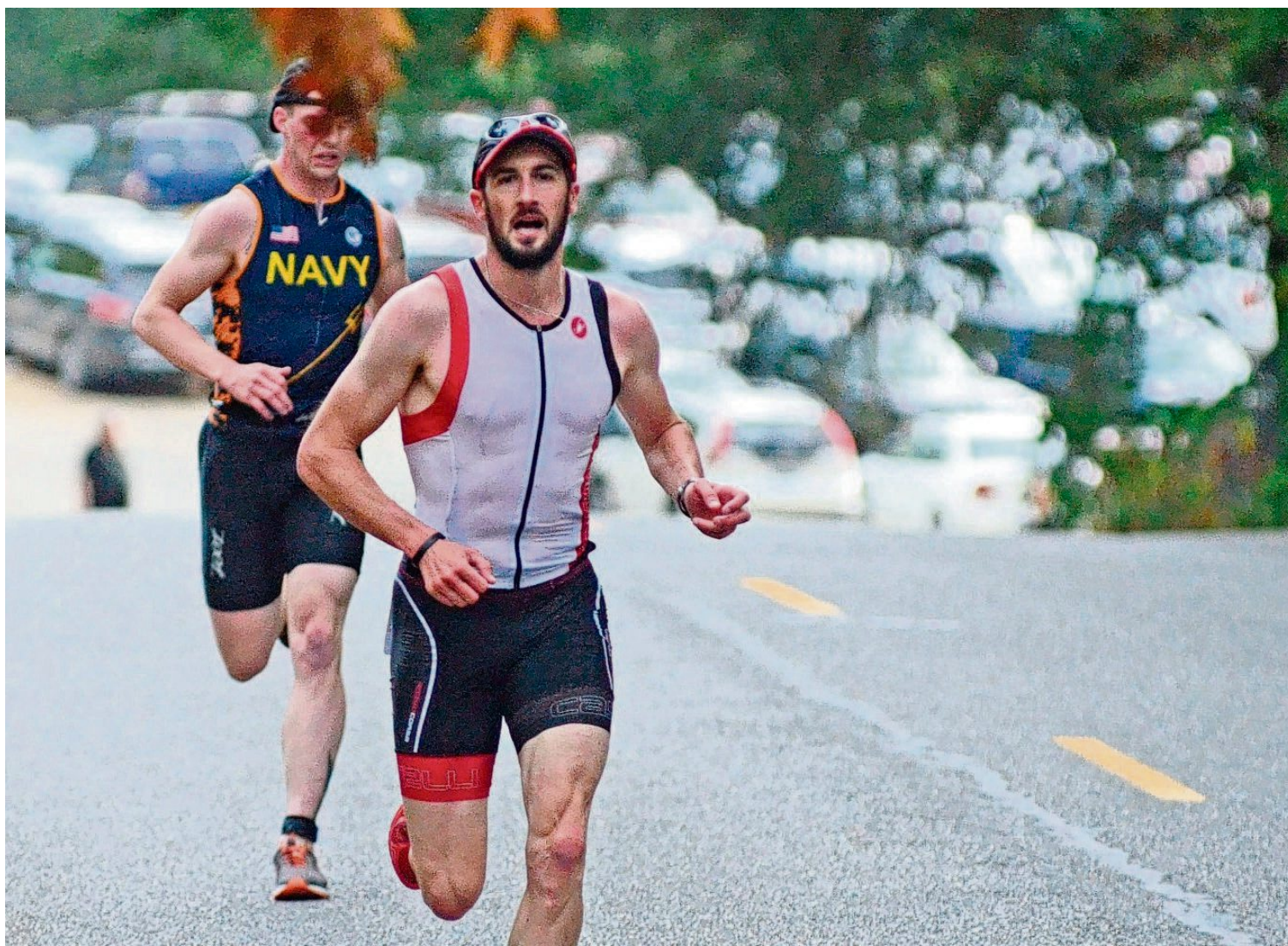
Parents provided coaching and advice to the children as they played. James Allen, a medically retired Army chief warrant officer, said he enjoyed the event. After having significant back and shoulder surgery, Allen's golfing days are limited,



DEAN SIEMON Northwest Guardian
Lt. Col. Holly Roberts, left, caddies for her son, Nathan DiPetrillo, 7, at the JBLM Parent Caddy Golf Jam at Eagles Pride Golf Course Aug. 16.

SEE CADDIES, 2B

JBLM PACIFIC PATHWAYS TRIATHLON



DEAN SIEMON Northwest Guardian
Overall winner Philippe Bouttefroy, right, begins the 5K run during the JBLM Pacific Pathways Triathlon at Shoreline Park Saturday.

BOUTTEFROY, TRABERT PACE TRIATHLON FIELD

About 300 triathletes complete grueling race

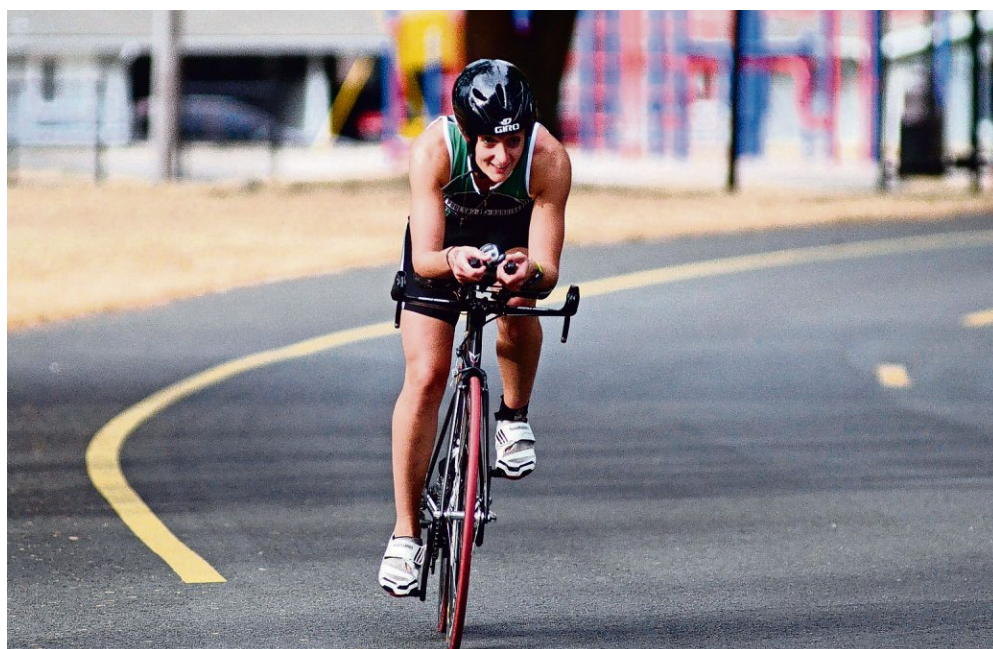
BY DEAN SIEMON
Northwest Guardian

Allie Trabert, a captain in the Marine Corps Reserve from Silverdale, Wash., was happy to be part of the 2017 Joint Base Lewis-McChord Pacific Pathways Triathlon Saturday at Shoreline Park on Lewis North.

She finished first among all female athletes with a time of 1 hour, 10 minutes and 27 seconds — which was also good for the ninth best time overall among more than 300 participants. The triathlon was her first race since April.

Trabert suffered a broken leg while running among more than 30,000 through the streets of downtown Boston.

"(The recovery) was really slow for me," she said.



SEE RACE, 2B
Allie Trabert speeds toward the final stretch of the 14-mile bicycle portion of the JBLM Pacific Pathways Triathlon near Shoreline Park on Lewis North Saturday.

ON THE SCHEDULE

INDOOR SOCCER SEASON WILL BEGIN PLAY SEPT. 23

Intramural: The Joint Base Lewis-McChord Intramural Sports office will host representative meetings for the upcoming Commander's Cup Indoor Soccer season beginning Sept. 23. First meeting is Wednesday at 6 p.m. at Nelson Recreation Center on Lewis Main, followed by Thursday at noon at the McChord Field Fitness Center. League championship is Oct. 30-Nov. 2. Open to active duty at JBLM. For more information, call 253-967-4768 or visit jblmmwr.com/intramural.

PLAY NINE THEN WINE, DINE AT EAGLES PRIDE

Golf: Eagles Pride Golf Course will host a special Nine, Wine and Dine event Wednesday from 5 to 10 p.m. for an evening of wine sampling, playing nine holes of golf and dinner. Cost is \$90 per couple and covers the green fees, cart, dinner and wine samples. Must be 21 years of age or older. Advanced registration required. For more information, call 253-967-6522.

REGISTRATION NOW OPEN FOR THE 2017 SALMON RUN

Races: The Joint Base Lewis-McChord Salmon Run is Sept. 9 at 10:45 a.m. at Heritage Hill on McChord Field. Early registration is open now-Aug. 28 at 11:59 p.m. Fee with a valid military ID is \$10 for the 1K, \$20 for the 5K and \$25 for the 12K. Those without pay \$15 for the 1K, \$25 for the 5K and \$35 for the 12K. For more information, visit jblmmwr.com/races, or call 253-967-4768.

ANNUAL GOLF SCRAMBLE SCHEDULED FOR SEPT. 15

Golf: The U.S. Army Warrant Officers Association — Northwest Chapter's Golf Scramble is Sept. 15 at Eagles Pride Golf Course. Registration opens at 9 a.m., with a shotgun start at noon. Tournament format is four-person team scramble. \$70 includes green fees, cart and evening meal. For more information or to register, call 253-846-2592 or visit woaonline.org/Northwest.

JBLM COMMANDER'S CUP 5K RACE SET FOR OCT. 20

Intramural: The Joint Base Lewis-McChord Commander's Cup 5K Championship is Oct. 20 at Family and Morale, Welfare and Recreation's Fest Tent on Lewis Main. Registration is open the day of the event only at 5:30 a.m. Race begins at 6 a.m. Open to active-duty attached to JBLM. For more information, visit jblmmwr.com/intramural or call 253-967-4768.

JOINT NORTHWEST REGIONAL WARRIOR C.A.R.E.

JBLM to host third annual adaptive sports training camp

BY DEAN SIEMON
Northwest Guardian

Joint Base Lewis-McChord will host the third annual Joint Northwest Regional Warrior C.A.R.E. event Monday to Thursday at various locations throughout the installation.

The event is led by the Air Force Wounded Warrior Program, but it is a joint effort that involves the McChord Field chapter and the Army Warrior Transition Battalion at Madigan Army Medical Center. More

than 100 service members will participate in a number of adaptive sports in a training camp setting.

"This is an entry-skills-level type of military sports camp," said Lou McGranaghan, chief physical therapist for Madigan's WT.B. "There's a lot more instruction on this particular camp and a very low-level competition near the end; but that's not the end goal."

Adaptive sports include: archery, cycling, rowing, shooting,

sitting volleyball, swimming, track and field events, wheelchair basketball and yoga. The community is encouraged to attend the events and give their support to both Army and Air Force wounded warriors.

McGranaghan said this will allow many service members to learn new adaptive reconditioning skills through activity that they can carry with them in life after the military. The camp will



Adaptive sports camp participants train in sitting volleyball at the McChord Field Gymnasium on JBLM in 2016.

SEE CAMP, 2B

SPC. MEGAN LOBOS 5th Mobile Public Affairs Detachment

FROM PAGE 1B

CADDIES

but he has since become a mentor and coach for his three sons who have picked up the game: Darren, 16; Riley, 14; and Thomas, 8.

Darren is part of the JBLM Special Olympics team, and the younger brothers participate as unified partners. Allen said any chance to hit the links with his three sons, like the JBLM Parent Caddy Golf Jam, is one he's more than happy to take.

"It has helped fulfill my inability to play seeing them go out and play," Allen said. "I get to see them grow and get better. I see that shot that makes them want to come back — seeing the joy when one goes where they wanted it to go."

About a dozen military children signed up for three holes of

regular golf on the green course at Eagles Pride Golf Course. Then the children were allowed to play holes 4, 5 and 6 as footgolf holes — a sport where the clubs and golf ball are replaced with a soccer ball. Each hole on the green course has a specialized hole for footgolf enthusiasts.

Raffle tickets were provided for participants, with additional raffle tickets won by getting a par on a hole or shooting under par. The prizes included golf equipment, such as an in-home putting system.

"It's kind of a culmination of our season," said Genia Stewart of JBLM CYS' sports department. "A lot of these kids were in First Tee and Special Olympics, so this is kind of a last hoorah for the year."

Dean Siemon: 253-477-0235, @deansiemon



DEAN SIEMON Northwest Guardian

Sara Allen, left, talks to her son Thomas, 8, about which club to use on an approach shot on the green course's second hole at Eagles Pride Golf Course Aug. 16.



DEAN SIEMON Northwest Guardian

Rachael Bemeulenaere completes the 500-meter swim on American Lake during the annual JBLM Pacific Pathways Triathlon at Shoreline Park on Lewis North Saturday.

FROM PAGE 1B

RACE

It was worth the wait as she was able to enter the triathlon with her husband Patrick, a lieutenant stationed at Naval Base Kitsap in Bremerton. Trabert's coaches and friends have been regulars at JBLM-organized triathlons.

"It was a good race to get me started back up again," she said.

The sprint triathlon started with a 500-meter swim in American Lake, which is generally shorter than a typical sprint triathlon hosted in civilian communities. It's considered a good triathlon for beginners or those who are still training to be strong open water swimmers.

Sean Wiley, a master sergeant with Headquarters Support Company, 7th Infantry Division on JBLM, is only on his third year of swimming experience. This was the second consecutive year Wiley participated in a JBLM triathlon, which he considers an easier course that can be done despite having done another triathlon the week before.

"For someone who just decided to do a sprint marathon at the last minute, this is a perfect one to jump into," Wiley said.

Following the swimming portion of the event was the 14-mile



Austin Des Jardin begins the 14-mile bicycle portion of the JBLM Pacific Pathways Triathlon Saturday.

bicycle ride that went up the hill from Shoreline Park to Lewis North and into Lewis Main and back. The final stage of the triathlon was a 5K run — 3.1 miles — where runners were able to run some trails near the park.

Overall, it was considered by many runners, such as Philippe Bouttefroy of Seattle, who finished first among the men

(1:02:56), to be a course designed for speed instead of endurance.

"(The course was) flat, but there were a couple of turns that allowed for you to get up to speed," Bouttefroy said.

While many of the participants ran the event as individuals, there were two- and three-person teams that also split up the swimming, cycling and run-

ning duties. For some teams, it was a chance to let each athlete do their signature sport before handing it off to the next person.

Erin Anderson, an Army retiree, was originally scheduled to run the event on her own to complete the Triple Threat Triathlon Series, which included Lacey's Black Hills Triathlon in June and the Lakewood SummerFest Triathlon in July.

Final results

Male – 1) Philippe Bouttefroy, 1:02:56; 2) Christopher Brunner, 1:03:54; 3) Travis Egbert, 1:08:13

Female – 1) Allie Trabert, 1:10:27; 2) Karen Atonowicz, 1:15:25; 3) Heidi Hutchinson, 1:15:52.

Teams – 1) Team Ares, 1:14:40; 2) Team Anderson, 1:17:06; 3) Organized Chaos, 1:19:37.

She had suffered a stress fracture in her right foot the week prior, but two of her friends stepped up to compose a team with Anderson. While she did the 500-meter swim, Lisa Mattson, dealing with minor injuries, did the bicycle section and Shannon Schmitz, five months from delivering twins, did the 5K run.

Unofficially nicknamed "Down, But Not Out," the trio was second among all teams with a combined time of 1:17:06. Anderson was grateful to complete the three-piece medal for the Triple Threat series.

"It was nice for people to come in and help me finish the series," Anderson said. "Not bad for just throwing a team together at the last minute."

Dean Siemon: 253-477-0235, @deansiemon

Sgt. 1st Class Jennifer Ferguson, Warrior Transition Unit, Fort Hood, Texas, trains to throw the shot put at the 2016 Joint Northwest Regional Warrior CARE event on JBLM.



SGT. KELLY WIEBE U.S. Army photo

FROM PAGE 1B

CAMP

also provide a chance to develop a network with other service members and coaches.

Several programs and organizations offer similar camps and activities throughout the country.

"When these (service members) transition into the community, they're going to have access to these programs," McGranaghan said. "That's just going to foster their continuing these activities."

It isn't unusual for a wounded warrior who attended a C.A.R.E. event and found themselves later competing in trials to qualify for the Department of Defense's annual Warrior Games. Additional competitions include the National Veterans Valor Games and the Invictus Games.

While the adaptive sports camp is a big part of the overall event, there are other seminars that compose the C.A.R.E. acronym. As a whole, C.A.R.E. stands for Caregiver support, Adaptive and rehabilitative sports, Recovering mentorship and Employment and career readiness.

The event is an introduction to the kinds of programs that are offered year-round not only at JBLM, but other installations and communities throughout the United States.

"Certain areas have a little bit more resources than others and geographically offer more or less opportunities," McGranaghan said. "Here in the Pacific Northwest, you might run into more of these programs than the middle of Kansas, but even there you can find different programs."

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PIERCE TRANSIT

BUY ONE, GET ONE FREE

Any Thursday Get BOGO Gate Admission

Take to any ticket booth to purchase one ticket and a friend gets a complimentary ticket. Offer only valid Sept. 7, 14 & 21.

Limit of one discount per person, per day. Cannot be combined with any other offer. Expires 9/21/17. Must present this coupon. CODE: TNT17

2-FOR-1 THURSDAY SHOWS

Grandstand shows are 2-for-1 on regular ticket price, valid day of show only. Purchase onsite at the Box Office.

9/7 • Rodeo Playoffs, 6:30PM
9/14 • Beach Boys, 7:30PM
9/21 • Modest Mouse with Built to Spill, 7:30PM

Limit of 8 tickets per coupon, while supplies last. Cannot be combined with any other offer. Expires 9/21/17. Must present this coupon. CODE: TNT17

THIRSTY THURSDAYS

Get 8, 5 Ounce Samples and a Collectible Glass for just \$30.

Enjoy 24 taps of Washington craft beer & cider. Available in the new Brew Park (near Blue Gate), 4PM-9:30PM. Buy tickets at THEFAIR.COM to guarantee your spot. Space is limited.

Offer only valid Sept. 7, 14, & 21, 2017.

BONUS! The first 1,000 guests each Thursday receive a fun "Do The Puyallup" reusable tote!

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 Lb

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New Crunchy Rave Apples \$2.99
 Lb
 These apples arrive this Friday the 25th

Tree Ripened, Sweet Juicy Navel Oranges \$1.99
 Only

Super Sweet, Acid Free Pineapples \$3.00
 Ea
 Always Samples

King Size Kait Mangos \$2.00
 Ea
 This is the Best Variety of the Year!

Tacoma Boys Famous Big Juicy Peaches \$2.99
 Lb

Amazing Tasting Orange Flesh Honey Dew Melons \$1.50
 Only

The Very Best! Hermiston Watermelons \$6.99
 Lb
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 Lb

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 Lb

Delicious Yakima Beefsteak Tomatoes \$1.99
 Lb
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Super Sweet Walla Walla Sweet Onions \$1.00
 Lb

Buttery Rich, Local Growth, Yukon Gold Potatoes \$1.00
 Lb

Fresh Broccoli Crowns \$1.99
 Lb
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Georgetown Brewing
Lucille IPA \$11.79
 1/6 pack
 This classic Seattle IPA just recently made its way from being draft only to retail shelves. In the few short weeks it's been available we have struggled mightily to keep it in stock, but we have loaded up to make sure we have enough to get us through the last few weeks of summer!

Treverri Cellars
Blanc de Blanc Brut & Blanc de Noir Brut \$15.00
 1/6 pack
 We haven't made it a secret how much we love this Washington sparkling wine producer! These two wines will stand toe-to-toe with European counterparts and is priced at a fraction of the cost! The Blanc de Noirs is normally \$20, but we are offering it at the lower price so you can try them both and see which is your favorite!

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253-967-5889

Tuesday, Sept. 5, 6 pm

Grandstaff Library



Sell your home & yard items or set up your home business



- Must be an authorized ID cardholder to sell.
- Email specialevents@JBLMmwr.com for reservations or download an application from JBLMmwr.com under Special Events.

Saturday, Sept. 16 11 a.m. - 5 p.m.

MWR Fest Tent
2200 Liggett Ave. at Lewis Main



Register at
JBLMmwr.com/races

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Financial

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SECTION C

ALSO INSIDE:

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



COVER STORY

READY TO RIDE

Military discounts are available during
the annual Washington State Fair, 3C

FOR THE WEEK OF AUG. 25-31

25

STRIKE ZONE AT SOUNDERS LANES

11 a.m. to 8 p.m. Chicken-fried steak and mashed potatoes for \$8.25.

SAMUEL ADAMS BREWHOUSE 4 p.m. to midnight. Trivia Night from 7 to 9 p.m.**McCHORD PUB** 4 to 9 p.m. Drop in to relax after work. Enjoy programs on four overhead televisions and challenge your friends to a game of darts or poker. Order appetizers from the pub menu to go along with your favorite drinks.

26

SAMUEL ADAMS BREWHOUSE 4 p.m. to midnight. Watch the Mayweather-McGregor UFC Superfight. \$5 cover. Reserve your own four-person table for table service and premium viewing all night for \$5 cover and \$20. Call 253-964-2102 for reservations. Ages 21 and older only.

27

WHISPERING FIRS HABAÑERO MEXICAN GRILL 7 to 10:30 a.m. breakfast and 11 a.m. to 2 p.m. lunch. Order a hearty breakfast burrito or traditional breakfast.**WARRIOR ZONE DINING** 10 a.m. to 11 p.m. Taste our flatbread pizzas, grilled sandwiches and more. Ages 18 and older only.

28

McCHORD GRILL 11 a.m. to 1 p.m. Dine at the grill with a huge salad bar, pasta made to order, fresh, never frozen, grilled burgers and sandwiches with fries.**STRIKE ZONE CAFÉ AT BOWL ARENA LANES** 11 a.m. to 10:30 p.m. Soup and sandwich daily specials.**BATTLE BEAN AT McCHORD FIELD** 7 to 11 a.m. Located inside Building 100 in the customer service mall. Order breakfast with your made-to-order coffee. Breakfast burritos, muffins, pastries and more.

29

SAMUEL ADAMS BREWHOUSE 4 to 10 p.m. Guess correctly on a coin toss and get \$1 off your first drink.**STRIKE ZONE AT SOUNDERS LANES** 11 a.m. to 6 p.m. Swedish meatballs for \$8.25.**WHISPERING FIRS HABAÑERO MEXICAN GRILL** Order lunch wraps with chicken Caesar, ham or turkey jalapeño club fillings, light-size burritos and quesadillas.**THE CLUB AT McCHORD FIELD** 11 a.m. to 1 p.m. Free lunch to sign up for Club membership. Sign up to receive rewards card offering free and reduced-priced events and services with Family and MWR.

30

THE CLUB AT McCHORD FIELD 11 a.m. to 1 p.m. Free lunch to sign up for Club membership. Sign up to receive rewards card offering free and reduced-priced events and services with Family and MWR.**STRIKE ZONE AT BOWL ARENA LANES** 4:30 to 7 p.m. All-you-can-eat pizza and bowling. Reserve your lane beforehand by calling 253-967-4661.**STRIKE ZONE AT SOUNDERS LANES** 11 a.m. to 6 p.m. Spaghetti and meatballs for \$8.25.

31

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 6 p.m. Beef stroganoff for \$8.25.**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.**McCHORD GRILL** 11 a.m. to 1 p.m. Dine at the grill at the Club at McChord Field and enjoy a huge salad bar, soup of the day, pasta made to order, burgers and sandwiches with fries.**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**

Atomic Blonde (R) Friday at 7 p.m.

The Emoji Movie (PG) Saturday at 12 p.m.

War for the Planet of the Apes (PG-13) Saturday at 3:30 p.m.

Atomic Blonde (R) Saturday at 8 p.m.

The Emoji Movie (PG) Sunday at 12 p.m.

Spider-Man: Homecoming (PG-13) Sunday at 3:30 p.m.

Atomic Blonde (R) Sunday at 8 p.m.

MOVIE TIMES*For movie times, contact your local theater.***TACOMA AREA**

BLUE MOUSE THEATRE: 253-752-9500

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LAKEWOOD TOWNE CENTER CINEMAS: Not available by phone, online fandango.com

REGAL LAKEWOOD STADIUM 15: 844-462-7342 411#

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CENTURY FEDERAL WAY 16: 253-946-0942

FEDERAL WAY GATEWAY 8: Not available by phone, online fandango.com

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Focus Features

Charlize Theron, James McCoy, John Goodman and Toby Jones star in the new Focus Features release, "Atomic Blonde."



PATRICK HAGERTY

You'll find lots to eat during the annual Washington State Fair, which begins Labor Day weekend and continues through Sept. 24 at the Washington State Fairgrounds in Puyallup.

WASHINGTON STATE FAIR

Good eats, good times

BY DEAN SIEMON
Northwest Guardian

Whether you're old school and still call it the Puyallup Fair or simply as The Fair, plan on having plenty of

fun Sept. 1 to 24 at the Washington State Fair in Puyallup.

Last year, more than 1.1 million people from across the state came to the annual fair and hope to continue a new tradition of opening Labor Day weekend.

Gate admission is free to all current or retired service members, and their family members during Military Appreciation Days on Mondays. The

SEE FAIR, 6C



The annual Washington State Fair features rodeo for adults and mutton busting for kids. Shows run Sept. 1-24.

AUGUST 25-26

INTRODUCTION TO ROCK CLIMBING COURSE

The Northwest Adventure Center is offering a two-day introduction to rock climbing course starting Aug. 25 at the NAC's classroom on Lewis North. The second day is an indoor rock wall session where participants will meet at the NAC to shuttle to a rock climbing gym. The third day on the preceding weekend will be an outdoor single day trip to a local climbing area. Bring lunch and proper clothing. The class will cover equipment for rock climbing, basic rock climbing movement and positions, anchor setup, rating systems, climbing styles, rope systems, introduction to sport climbing and more. No experience is required to participate. Learn how to be a safe and effective climber. Preregistration is required. Minimum age: 14. Ages 17 and younger must be accompanied by an adult. Meet at the NAC on Lewis North at 8 a.m. Trip led by NAC expert guides. **\$200.**

AUGUST 27

WATERFALL TOUR ALONG THE COLUMBIA RIVER

The Northwest Adventure Center is providing a chance to see one of the greatest concentration of waterfalls in the United States. The trip goes along the historical Columbia River Highway, which has an abundance of small waterfalls view-

able from the road. Stops will include at least five major waterfalls, including the world-famous Multnomah Falls that plunges more than 620 feet from its origins. There will also be a stop in Hood River, Ore., for lunch. Trip includes round-trip transportation. Depart from the NAC on Lewis North at 8:30 a.m. Preregistration is required. **\$65** for ages 13 and older; **\$40** for ages 5 to 12; **\$15** for ages 4 and younger. Ages 17 and younger must be accompanied by an adult.

INTRO TO STAND-UP PADDLEBOARDING

Learn the basics of getting on and off your board and proper paddling and maneuvering techniques in this one-hour introductory lesson. Start with a dry-land introduction that will include a warm-up, proper water safety and etiquette. This will be followed by getting on the water to learn how to safely get on and off the board, moving from belly to feet and covering proper standing and paddling techniques. The course also covers maneuvering over and through small waves and more. The clinic is perfect for those who have never paddled, surfed or done SUP before; although, it can still be beneficial to some who have already received formal instruction. All ages are welcome, but ages 11 and younger must be on a board with an adult. Meet at the Northwest Adventure Center on Lewis North at 10 a.m. Preregistration is required. Clinic

led by NAC expert guides. **\$45** for ages 13 and older; **\$25** for ages 3 to 12.

SEPTEMBER 1-5
GLACIER PEAK'S COOL
GLACIER ROUTE

Glacier Peak is one of the five volcanoes of the state of Washington, and is the highest mountain in Snohomish County. It has 7,498 feet of prominence and ranks fifth highest on the Bulgar List (Washington Top 100). It is located in the North Central part of the Cascades which it has a wilderness named after this mountain which is called the Glacier Peak Wilderness. The Native Americans once called this peak Takobia which would translate to "The Great Parent." This peak is classified as a strato-volcanoes (composite) which there has not been any major activity in approximately 300 years. This peak goes unnoticed by much of the people of the Northwest due to it being so far in the crest of the Cascades, its distance from the nearest town and the fact that its access roads have been washed out making all the approaches to its base a long hike in. Glacier Peak can be seen from many locations along the Mountain Loop Highway, North Cascades, Highway 2 area and many other high points throughout the state. **\$750.**

SEPTEMBER 3
LEARN HOW TO EDIT
VIDEO FROM GOPRO

There's more to a GoPro

camera than a helmet or a selfie-stick. The Northwest Adventure Center is hosting a GoPro video editing course to give people a new perspective on shots and imagery. Topics include video and image quality, editing, media storage and media distribution. GoPro Studio software makes it easier than ever to create professional quality videos. Learn how to create videos from scratch, or use GoPro templates to help fast-track to an incredible edit. Trim and mix clips. Adjust the video playback speed for fast or slow motion. To get the full advantage of the course, please bring your GoPro camera and laptop computer with GoPro Studio installed, along with video files for the class. Minimum age: 12. Meet at the Northwest Adventure Center on Lewis North at 9 a.m. **\$45.**

SEPTEMBER 9
SEA KAYAK TRIP TO
DECEPTION PASS

Kayaking the waters of Deception Pass is truly an adventure. Not a beginner paddle, the pass offers opportunities to paddle in strong currents and develop an appreciation for tidal influence. This is a great trip expand skills while paddling through strong currents and crossing eddy lines. This trip is geared towards instruction to advance skills in difficult conditions. Trip includes gear, guide and transportation. Please bring appropriate clothing and food. Difficulty: Intermediate to Ad-

vanced; Paddling Distance: 5 miles. Paddling time four to five hours. Minimum Age: 16. Ages 17 and younger must be accompanied by an adult. Meet at the Northwest Adventure at 6 a.m. Preregistration required. **\$95.**

COURSE GIVES CHANCE
TO MASTER PHOTOSHOP

Photoshop's layers are arguably the most powerful aspect of the software's user interface and are the key to successful image editing in Photoshop. Layers allow for both global and local adjustments to images and can be used to create a number of special effects. Best of all, layers allow for nondestructive editing of your original image. New Photoshop users often see layers as too complicated and they miss out on the program's full potential. This class will go over the skills needed to master this aspect of Photoshop. Meet at the Northwest Adventure Center at 9 a.m. Preregistration required. **\$45.**

SEPTEMBER 10

LEARNING COMPOSITION
FOR PHOTOGRAPHY

Learn techniques that makes it possible to turn everyday snapshots into beautiful compositions. Learn to see beyond your primary subject so that everything in the frame improves the image. The class will go over composition techniques, including eliminating distractions and elements of composition to include leading lines and rule of thirds to create more dynamic images. Begin to shoot with an eye that draws the viewer's attention into vibrant and stimulating photography. Class includes a trip to Point Defiance Park to put to practice what we learned in the classroom. Minimum age: 12. Ages 17 and younger must be accompanied by an adult. Meet at the Northwest Adventure Center at 9 a.m. Preregistration required. **\$50.**

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SEPTEMBER 9

Tacoma Little Theatre

SEASON OPENING GALA AND AUCTION

SATURDAY

6:00-9:00PM

Tacoma Little Theatre 210 N I Street
Tacoma, WA 98403

Join TLT for a sneak peek of their 99th Season along with a Silent Auction filled with wonderful items. All tickets include hors d'oeuvres and one drink.
Ticket Info: \$35.00 reservations required
www.tacomalittletheatre.com
253-272-2281

EVENTS

ONGOING

Black Hills Audubon Society Bird Walk 8 a.m. to noon Wednesdays. Nisqually National Wildlife Refuge, 100 Brown Farm Road, Olympia. Phil Kelley leads a bird walk. \$3 parking fee.

Bi-Monthly Native Plant Walk 6 p.m. first and third Thursdays. McLane Creek Nature Trail, 5045 Delphi Road SW, Olympia. Educational stroll along Olympia's McLane Creek Nature Trail, guided by plant experts from the Native Plant Salvage Foundation. Sliding-scale donation of \$5 to \$20 is suggested. nativeplant-salvage.org/monthly-plant-walks.

Sunrise Village — 2017 Cruz Ins 5 to 9 p.m. Saturdays through August. Meridian Sunrise Village, 10507 156th St. E., Puyallup. Free. Interested in bringing your car? Contact us at 253-904-8923 or email: info@mysunrisevillage.com. 253-904-8923, mysunrisevillage.com/cruz-ins.

COMMUNITY

Annual LeMay Car Show 9 a.m. to 5 p.m. Saturday. LeMay Marymount Event Center, 325 152nd St. E., Tacoma. More than 500 vintage vehicles from the LeMay Family Collection are on view at Marymount, plus hundreds more at the LeMay home

grounds, along with local owners of vintage car display on the Marymount show fields. \$5 to \$15. Children younger than 5 are free. 253-272-2336, lemaymarymount.org/39th-annual-lemay-car-show.

Hilltop Street Fair 11 a.m. to 7 p.m. Saturday. People's Park, 900 Martin Luther King, Jr Way, Tacoma. Family-friendly activities, games, and music, a quilt show which symbolizes the theme of "Unity Through Diversity," as well as a locally-produced film festival. Free. hbatacoma.com.

Experience Historical Kent: St. Anthony Chapel Open House 3 to 5 p.m. Saturday. St. Anthony Chapel, 304 Third Ave. S., Kent. Free. 253-854-4330. KentWA.gov/ExperienceHistoricalKent.

Pop-up Traffic Garden 10 a.m. to 1 p.m. Saturday. Swan Creek Park, 2820 Pioneer Way E., Tacoma. Playground where children of all ages can practice walking, bicycling and skating while learning how to safely navigate local streets. Will feature a temporary Traffic Garden, free helmets and fittings, a bicycle and skateboard giveaway and information to help students and their families get to and from school. Free. 253-234-4093.

X-Generation Free Kids Events Noon to 4 p.m. Saturday and Sunday. Bass Pro Shops, 7905 S. Hosmer St., Tacoma. kids' archery and BB Range to test their skills. Recommended for ages 8 to 12. Free photo download and crafts for all ages. The first 200 kids to complete a punch card each day will receive a free turkey cap or visor. Free. 253-671-5717. basspro.com.

Parents' Night Out — Sports Night 6 to 9 p.m. Sept. 1. Children's Museum of Tacoma, 1501 Pacific Ave., Tacoma. Let us entertain your children in a safe and fun environment. While at the museum, your child will play games, explore the playscapes, create works of art and enjoy pizza and treats. \$40 per child, \$20 for additional child. 253-627-6031, playtacoma.org/calendar/?id=27531.

FARMERS MARKETS

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

Lakewood's Farmers Market 10 a.m. to 3 p.m. Tuesdays through Sept. 12. Lakewood City Hall, 6000 Main St. SW, Lakewood. 253-589-2489.

Eastside Farmers Market 3 to 6 p.m. Wednesdays through Aug.

30. Salishan Family Investment Center, 1724 E. 44th St., Tacoma. 253-272-7077, tacomafarmersmarket.com.

Broadway Farmers Market 10 a.m. to 3 p.m. Thursdays. Broadway Farmers Market, 921 Broadway, Tacoma. 253-272-7077, tacomafarmersmarket.com.

FILM

Movies Off Main Friday at dusk. Heritage Park, 914 Kincaid Ave., Sumner. Snacks available for sale. Showing "Up!" Free. 253-299-5781, sumnerwa.gov/living/arts/movies-off-main.

Drive-In Movies at ACM Saturday at dusk. LeMay — America's Car Museum, 2702 E. D St., Tacoma. Showing "Rogue One." Parking at 4:30 p.m. Watch in your car or from a blanket or chair; either option will give you a great view of the 40-foot outdoor screen. Free. 253-779-8490, americascarmuseum.org.

TALKS

If Cars Could Talk 11:30 a.m. to 12:30 p.m. Sept. 5. LeMay — America's Car Museum, 2702 E. D St., Tacoma. Each month, our speaker will pick a car and offer a fascinating peek into its history. Bring a lunch or enjoy a meal from Classics by Pacific Grill. \$10-\$18. 253-779-8490,

americascarmuseum.org.

VOLKSSPORT/WALK

Capitol Volkssport Club 5:45 p.m. Tuesdays. Bayview Thriftway, 516 W. Fourth Ave., Olympia. Downtown Olympia to Priest Point Park. Pick up parking pass in store to park in Bayview parking lot. 10K walk, rated 1A easy. 9 a.m. Thursday. Martin Way Park and Ride or 9:45 a.m. at Harbor General Store, 7804 Pioneer Way, Gig Harbor. Gig Harbor Historic Waterfront. 10K walk with 5K option. Be prepared to pay toll eastbound on the Tacoma Narrows Bridge. Free. capitolvolkssportclub.org.

Daffodil Valley Volkssport 9:15 a.m. Wednesday. Walgreen Drug, 12105 Pacific Ave., Tacoma.

For more info go to meetup.com/south-sound-walkers. Free. 253-845-6592, daffodilvalleyvolkssport.com.

WORKSHOP

Protect Tacoma's Tideflats 6 to 8 p.m. Wednesday. University of Puget Sound, 1500 N. Warner St., Tacoma. Learn how to get involved in a way that is as powerful as it is productive, learn how to have the greatest impact possible on the fossil fuels discussion while picking up skills that will apply to any number of issues down the road. Speakers will include staff from Citizens for a Healthy Bay Washington Environmental Council and the Sustainable Tacoma Commission.

SEE EVENTS, 7C

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Zhi Lin, Chinese Reconciliation Park (detail), 2017.

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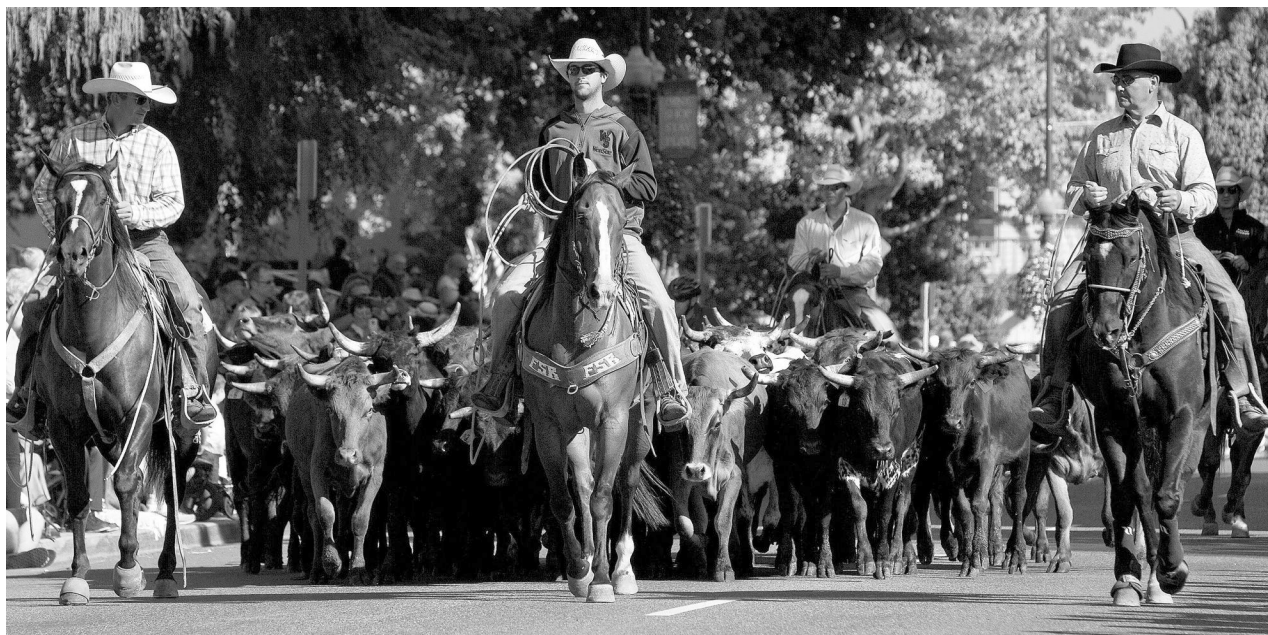
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PATRICK HAGERTY

The Washington State Fair Parade and Cattle Drive will take place along Meridian Street in Puyallup Sept. 8 at 10 a.m.

FROM PAGE 3C FAIR

Washington State Fair considers the Monday free entry as a small token of appreciation.

“Often, military families know all too well how it feels to have to be away from loved ones,” said Stacy Howard, public relations manager for the Washington State Fair. “We hope that by offering them free admission to The Fair, they can enjoy each other’s company and party the day away.”

If Mondays don’t work well for the schedule, The Fair offers numerous deals and discounts that can be found online at thefair.com. Families can save more than 50 percent with a special Value Pack package through Fred Meyer before Sept. 1.

There is also BECU credit union’s Free Kids’ Weekend Sept. 1 to 4 where kids ages 18 and younger can enter The Fair for free. Kids ages 5 and younger are free every day of the Washington State Fair.

“We know our demographic is vast, and we

work hard to offer many opportunities for guests to get discounts,” Howard said.

Part of the Washington State Fair’s fame is the level of talent that comes to perform on the fair’s Grandstand, including Lady Antebellum, Sept. 2; The Beach Boys, Sept. 14; and Casting Crowns, Sept. 18. Tickets can be purchased online and come with admission to the fair.

By looking at the list of artists, there is something that fans of nearly every music genre can find.

“Many factors are looked at from diversity,

to cost, to what style of music tends to draw the most fans here,” Howard said. “We definitely try really hard to have something for everyone.”

Aside from music,

If you go

What: Washington State Fair

When: Sept. 1-24. Hours vary. Closed Tuesdays.

Where: Washington State Fair, 110th Ninth Ave. SW, Puyallup

More online: thefair.com

fairgoers can also see the 84th annual Washington State Fair Rodeo Sept. 7 to 10. Competitors come to the rodeo in an effort to qualify for a national rodeo in Las Vegas, Nev.

One of the more popular events within the rodeo is the annual Parade and Cattle Drive Sept. 8 at 10 a.m., which has become a family tradition that also goes through downtown Puyallup.

“Where else are cattle and horses walking through downtown

streets?” Howard said.

Families can also see their fair share of rides and activities throughout the event. Some of the highlights include the Classic Coaster — the wooden roller coaster that has been a mainstay in Puyallup since 1935. It has also completed a five-year renovation just in time for this year’s fair.

And don’t forget about the food that can be found at the Washington State Fair. Regular attendees can look forward to seeing their favorites from Earthquake’s Biggest Burgers, Sharkey’s Seafood, Krusty Pup and others.

There’s nothing like the classic Fisher Scones made fresh at the Washington State Fair. Additionally, this year will see the debut of a new Fisher Scone ice cream.

“Scones are definitely the most iconic food and arguably the most iconic feature of the Washington State Fair,” Howard said.

FROM PAGE 5C EVENTS

Free. 253-383-2429, tinyurl.com/ycnmbdxu.

Spotlight on Disaster Recovery Planning for Cultural Resources 10 a.m. to 2 p.m. Sept. 7. Washington State History Museum, 1911 Pacific Ave., Tacoma. To help us do a better job of protecting cultural resources before, during and after an event, we need your input to better understand the "who, what, when, where and how" to reach this goal. \$15. tinyurl.com/y9ujsywo.

MUSIC

BLUES

Coco Montoya 8 p.m. Saturday. Cultura Event Center, 5602 S. Washington St., Tacoma. Legendary blues-rock guitarist and vocalist. \$20-\$30. 253-444-2314, culturaeventcenter.com.

CLASSICAL

Tacoma Early Music Ensemble 7:30 p.m. Saturday. Christ Episcopal Church Tacoma, 310 N. K St., Tacoma. Final concert, "Westron Wynde" featuring early English vocal music by Taverner, Lambe, Sheppard, Turges and more. Free. 253-720-5359.

CONCERT SERIES

Performers on the Plaza Summer Concert Series 5 p.m. Saturday. Point Ruston, 5005 Ruston Way, Tacoma. Lady A Band. Bring chairs, blankets and refreshments for an evening of music. Series concludes Sept. 2 with the Ethan Tucker Band. tinyurl.com/ya37bt8r.

Concerts on the Lawn 6:30 p.m. Thursday. Franke Tobey

Jones Retirement Community, 5340 N. Bristol St., Tacoma. Bring lawn chairs, blankets Maia Santell and House Blend. Free. 253-752-6621, franketobeyjones.com/upcoming-events.

COUNTRY

Trace Adkins 7:30 p.m. Sept. 1. Evergreen State Fairgrounds, 14405 179th Ave. SE, Monroe. Ticketmaster.

Crystal Gayle 8 p.m. Sept. 8. Tulalip Resort Casino, 10200 Quil Ceda Blvd., Tulalip. \$40-\$50. Ticketmaster.

Lady Antebellum 7:30 p.m. Sept. 2. Washington State Fair and Events Center, 110 Ninth Ave. SW, Puyallup. thefair.com.

Granger Smith 9 p.m. Sept. 8. Washington State Fair and Events Center, 110 Ninth Ave. SW, Puyallup. thefair.com.

R&B

Lionel Richie and Mariah Carey 7 p.m. Sept. 5. KeyArena, 305 Harrison St., Seattle. \$35.95-\$495. Ticketmaster.

Charlie Wilson 8:30 p.m. Sept. 8. Emerald Queen Casino, 2024 E. 29th St., Tacoma. \$65-\$160. Ticketmaster.

ROCK

ZZ Top 6:45 p.m. Friday. Chateau Ste. Michelle Winery, 14111 N.E. 145th St., Woodinville. \$75-\$150. Ticketmaster.

Chicago 7 p.m. Saturday. Chateau Ste. Michelle Winery, 14111 N.E. 145th St., Woodinville. \$58.50-\$90.50. Ticketmaster.

Huey Lewis and the News 7 p.m. Saturday. Tulalip Resort Casino, 10200 Quil Ceda Blvd., Tulalip. \$35-\$80. Ticketmaster.

Air Supply 7 p.m. Sunday. Snoqualmie Casino, 37500 SE North Bend Way, Snoqualmie. snocasino.com.

Joan Jett and the Blackhearts 7:30 p.m. Wednesday. Evergreen

State Fairgrounds, 14405 179th Ave. SE, Monroe. Ticketmaster.
Nickelback 7:30 p.m. Sept. 1. Washington State Fair and Events Center, 110 Ninth Ave. SW, Puyallup. thefair.com.

Steven Tyler and the Loving Mary Band 7:30 p.m. Sept. 3. Washington State Fair and Events Center, 110 Ninth Ave. SW, Puyallup. thefair.com.

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. The Phoenix (Top 40). 9 p.m. 253-594-7777.

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

Forza Coffee Company 2209 N. Pearl St., Tacoma. Open mic. 7

p.m. 253-759-9320.

G. Donnalson's 3814 N. 26th St., Tacoma. Brian Feist and James Hays (blues). 7:30 to 10:30 p.m. 253-761-8015.

Great American Casino 10117 South Tacoma Way, Lakewood. Night Crew. 9 p.m. 253-396-0500.

Jazzbones 2803 Sixth Ave., Tacoma. DJ Swervewon Friday Night Dance Party. 11:30 p.m. 253-396-9169.

Louie G's 5219 Pacific Highway E., Fife. Evening of Keys with Brooke Lizotte, Doug Skoog, Lee Gregory, Mark Bittler, Anthony Ciarochi and Raymond Hayden. 7 p.m. \$15. 253-926-9700.

Real Art Tacoma 5412 South Tacoma Way, Tacoma. Southworth, The Bomb Shelter, Cityscapes, Moments and Regreee. 7 p.m., \$7-\$10. realarttacoma.com.

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

Urban Timber Coffee 6621 166th Ave. E., Sumner. Open Mic

Night. All ages, family friendly. 6 to 10 p.m. 253-826-3936.

The Valley Pub 1206 Puyallup Ave., Tacoma. Christy Hays with Lemmon and Twang Junkies. 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. The Phoenix (Top 40). 9 p.m. 253-594-7777.

G. Donnalson's 3814 N. 26th St., Tacoma. 322 Instrumental Jazz. 7:30 to 10:30 p.m. 253-761-8015.

Great American Casino 10117 South Tacoma Way, Lakewood. Night Crew. 9 p.m. 253-396-0500.

Real Art Tacoma 5412 South Tacoma Way, Tacoma. Deal Lakes, Vultures Above Us and Bioplague. 7 p.m. realarttacoma.com.

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

The Swiss 1904 S. Jefferson, Tacoma. Prom Date Mixtape. 9 p.m. 253-572-2821.

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

SUNDAY

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

G. Donnalson's 3814 N. 26th St., Tacoma. Open mic. 5 p.m. 253-761-8015.

Jazzbones 2803 Sixth Ave., Tacoma. Club 907 Funday Sunday with DJ Seoulou. 9 p.m. 253-396-9169.

The Swiss 1904 S. Jefferson, Tacoma. The Kareen Kandi Band. 5 p.m. 253-572-2821.

The Spar 2121 N. 30th St., Tacoma. Jerry Miller (blues). 7 p.m. 253-627-8215.

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Wind River (R)
Fri-Mon: 1:15, 3:45, 6:15, 8:45
Tue: 3:45, 6:15, 8:45
Wed-Thu: 1:15, 3:45, 6:15, 8:45

Step (PG)
Fri: 4:20; Sat-Sun: 11:45 AM, 4:20
Mon-Thu: 4:20

The Little Hours (R)
Fri-Thu: 4:30, 9:15

Score: A Film Music Documentary (NR)
Fri: 2:20, 7:00
Sat-Sun: 12:00, 2:20, 7:00
Mon-Thu: 2:20, 7:00

The Big Sick (R)
Fri-Tue: 1:00, 3:35, 6:25, 9:10
Wed: 3:35, 9:10
Thu: 1:00, 3:35, 6:25, 9:10

The Bad Batch (R)
WEIRD ELEPHANT SERIES: Sat: 11:00

Promised Land (NR)
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ON SALE THIS WEEK

WWE SMACKDOWN LIVE comes Oct. 17 to KeyArena in Seattle. Tickets go on sale Friday.

SHANIA TWAIN: Now comes May 3 to the Tacoma Dome. Tickets go on sale Friday.

QUEEN LATIFAH Nov. 4 at the Emerald Queen Casino in Tacoma. Tickets go on sale Friday.

ALREADY ON SALE

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

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

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

LIONEL RICHIE WITH MARIAH CAREY 7 p.m. Sept. 5. KeyArena, Seattle.

CRYSTAL GAYLE 8 p.m. Sept. 8. Tulalip Casino.

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



GREG ALLEN Invision/AP

Country artist Shania Twain is scheduled to perform at the Tacoma Dome May 3. Tickets are on sale now.

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.

GOO GOO DOLLS 6 P.M. Sept. 15. Chateau Ste Michelle Winery, Woodinville.

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.

CHRIS ROCK: TOTAL BLACK-OUT TOUR 7 p.m. Sept. 16. Paramount Theatre, 911 Pine St., Seattle.

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.

JIM NORTON Sept. 22. Neptune Theatre, Seattle.

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.

EAGES AND THE DOOBIE BROTHERS Sept. 30. Safeco Field, Seattle, Ticketmaster.

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.

TOMMY JAMES AND THE

SHONDELLS Oct. 14 to the Tulalip Casino.

JACK DEJOHNETTE Oct. 19. The Moore Theatre, 1932 Second Ave., Seattle.

WHOSE LIVE ANYWAY Oct. 20 to The Moore Theatre, 1932 Second St., Seattle. stgpresent.org.

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.

GREGORY PORTER Nov. 1. The Moore Theatre, 1932 Second Ave., Seattle.

FALL OUT BOY 7 p.m. Nov. 12, KeyArena, Seattle. \$26.50-\$66.50.

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http://www.OlympiaHarborDays.com from your phone

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Net proceeds from Olympia Harbor Days benefit local children and families.