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JBLM NORTHWEST guardian

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BEST WARRIOR COMPETITION

JBLM Soldier wins FORSCOM competition

Winners advance to upcoming Army Best Warrior Competition

BY STAFF SGT. SAMUEL NORTHRUP
1st Brigade, 2nd Infantry Division
For five days, Sgt. 1st Class Brenden Shannon woke up not knowing what was in store for him, but he had one goal — winning the 2017 U.S. Army Forces Command Best Warrior Competition at Fort Bragg, N.C. And he did just that.

"Competition is key in any Army organization," Shannon said, the first sergeant of Charlie Company, 5th Battalion, 20th Infantry Regiment, 1st Brigade, 2nd Infantry Division. "When we do our jobs in a combat scenario, we are competing against our enemy. It is about who has the best tactics, who is the most adaptable, who can think

through whatever dilemma the enemy is presenting to us."

The competition began Aug. 20, with a combat-focused physical fitness test that included a 1-mile run wearing the Army Combat Uniform and body armor, negotiating an obstacle, tire flips, an agility drill, a 240-pound dummy drag and more. He then completed a general Army knowledge quiz and a packing list layout.

"I enjoyed the fitness test,"

SEE SOLDIER, 12A



Sgt. 1st Class Brenden Shannon, 1st Brigade, 2nd Infantry Division, won the 2017 U.S. Army Forces Command Best Warrior Competition at Fort Bragg, N.C., Aug. 23.

SPC LIEM HUYNH 22nd Mobile Public Affairs Detachment

GRAY ARMY AIRFIELD

Air traffic facility is open for business

Airfield project started in 2007

BY DEAN SIEMON
Northwest Guardian
The new Gray Army Airfield Air Traffic Control Facility officially opened Tuesday after a four-day moving process. Robert Rodriguez, the joint base aviation division chief for the JBLM Directorate of Plans, Training and Mobilization, was happy to see his hard work since 2007 come to fruition.

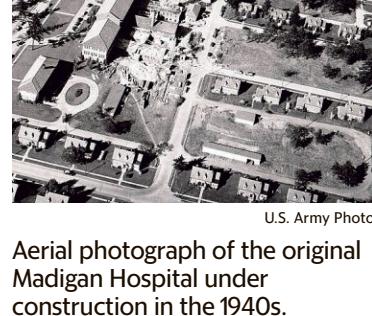
"When you work on something your entire time on JBLM — that's been my centerpiece of everything we've done — it feels good to finally finish it up," Rodriguez said.

The move meant redirecting everything from the old tower into the new facility. This process included sending radar feeds from various locations and lines to other areas like Yakima Training Center being moved over.

"It was a multitude of different organizations," Rodriguez said. "From the phone company to the (Federal Aviation Administration), everybody was involved in these (moves). And then chairs and other things had to be carried over

SEE OPEN, 12A

IN THE NEWS



U.S. Army Photo
Aerial photograph of the original Madigan Hospital under construction in the 1940s.

OLD MADIGAN WAS NEW

Army Medicine was at Camp Lewis from the very beginning in 1917. Renamed Fort Lewis in 1927, the Station Hospital had several "dispensaries" located around the fort. In July of 1943, construction of a new all-brick, 1.5-mile long, multicorridored Fort Lewis Hospital commenced. On Sept. 22, 1944, the hospital was named Madigan General Hospital in honor of Col. Patrick Sarsfield Madigan (1887-1944).

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

IT'S 'A NEW BEGINNING'



SCOTT HANSEN Northwest Guardian
Vickie LeBrun, of Great Falls, Mont., takes aim with an air rifle during the Joint Northwest Regional C.A.R.E. event on Lewis Main Monday.

Adaptive sports clinic offers hope, fresh start

BY DEAN SIEMON
Northwest Guardian

Air Force Master Sgt. Earla Webb, currently attached to the Air National Guard's 165th Airlift Wing in Savannah, Ga., never thought she would be playing sports again after suffering several injuries from a deployment to Afghanistan in 2011.

As Webb participated in the third annual Joint Northwest Regional Warrior C.A.R.E. event Monday through Thursday at Joint Base Lewis-McChord, Webb found herself being active again for the first time since

SEE CLINIC, 12A



Wheelchair racing coach Teresa Skinner, left, works with Master Sgt. Earla Webb, of the Air National Guard's 165th Airlift Wing, Savannah, Ga., during the Joint Northwest Regional C.A.R.E. event on Lewis Main Monday.

JBLM EMERGENCY MANAGEMENT SERVICES

Program to focus on emergency preparedness

BY RUTH KINGSLAND

Northwest Guardian

As Joint Base Lewis-McChord rounds the corner into fall, many residents are ready for some football — but what about some major shaking?

September is National Preparedness Month, during which the Joint Base Lewis-McChord community is reminded to be ready for a natural disaster — including West Coast residents with the possibility of a major earthquake — dubbed by those

in authority, the "Big One."

"We live in a region that has a lot of potential for natural and man-made disasters," said Steve Morse, community preparedness coordinator for JBLM's Emergency Management Services.

That includes potential for earthquakes, tsunamis and activity from the area's active volcanoes. The man-made portion includes terrorism and chemical spills, he said.

SEE JBLM, 12A



1ST LT. ZACHARY WEST 100th Mobile Public Affairs Detachment

Texas National Guard Soldiers come to the aid of flood victims following Hurricane Harvey in Houston Monday.

JBLM WOMEN'S EQUALITY DAY



SCOTT HANSEN Northwest Guardian

Col. Nicole Lucas, Joint Base Lewis-McChord garrison commander, addresses the audience during a JBLM Women's Equality Day event at Carey Theater on Lewis Main Aug. 24.

Sky's the limit for women who believe in themselves

BY RUTH KINGSLAND

Northwest Guardian

The sky's the limit for a woman in the military and beyond, so long as she believes in herself and has the right mindset to achieve her goals. That was the message of speakers at the Women's Equality Day event at Carey Theater on Lewis Main Aug. 24.

Event speakers Col. Nicole Lucas, Joint Base Lewis-McChord garrison commander, and Sgt. 1st Class LaToya Pyron, senior paralegal noncommissioned officer, Headquarters and Headquarters, 2nd Brigade, 2nd Infantry Division, stressed the importance of believing in one's self and learning from the past.

Women's Equality Day was celebrated nationally Saturday. Nearly 100 years have passed since women received the right to vote, with passage and ratification of the 19th Amendment to the U.S. Constitution.

"In my mind, it's hard to imagine not being allowed to vote," Lucas said, after directing audience members to hold a hand in the air, then put their hand down if they are: a woman, younger than age 21, any race other than white, don't fully own their house or have ever been judged criminally insane.

Only a few audience members had a hand in the air at the end of the list.

"Many of us might not have

been allowed to vote," Lucas said. "Only wealthy white men were allowed to vote in that first election — only 6 percent of the population were allowed to vote."

Lucas also shared some history of the early women's movement, which she said was fragmented, nonviolent and included men and women.

"History shows us that great social change can be made," she said, listing the names of several women who brought about change by persistence and dedication to the cause. "When we are led by and guided by values and truth, (we'll see that) there are things in our history that aren't perfect. They may be ugly, but they are part of who we are."

She shared an experience several years ago when she was a captain and served on a panel of women at an event in Kosovo. Lucas said she was surprised to find that many of the women on the panel, although older and well-educated, couldn't comprehend the American concept of equality for women.

"Across the world, there's a long way to go," she said.

Achieving equality as a woman in the military is possible, she said, as long as the woman is willing to balance her various roles and perform as an equal.

"In the end, we all believe it to be possible," she said.

Pyron is also a leader and

military spouse. She and her husband have six children.

During her speech, Pyron shared experiences including abuse, from a previous spouse, and tragedies she has overcome. She used other service members in the audience to shout out prepared mostly-negative comments that can deter a woman from reaching her potential.

"You're not good enough!" one Soldier shouted.

"Boo! You don't belong on that stage," another said loudly.

"That was my own mindset," Pyron said, adding that overcoming her own self-doubts has led her to be productive and successful. "I won't be a victim or let my past define me. Nor will I allow it to hold me back."

Private First Class Desirée Dawkins, 864th Engineer Battalion, 555th Engineer Brigade, was in the audience and later said the speakers encouraged her to push on no matter what life events she is going through as a female in the military.

"We go through a lot," she said. "It's good to hear from someone who has been through their own battles."

Dawkins is from Houston. She has three siblings, including a 14-year-old sister, Andrea Rodriguez, who likely will go in the military someday.

"She looks up to me a lot," Dawkins said. "I just hope I can be an example and encouragement to her as a girl also."

YOUTH PROGRAMS

Fall classes begin at SKIESUnlimited

BY RUTH KINGSLAND

Northwest Guardian

September is the start of fall scheduling at SKIESUnlimited, Joint Base Lewis-McChord's studio for the performing arts.

A wealth of new courses are offered for budding artistic young people, as well as auditions Tuesday to Thursday for this year's full-length production of the classic ballet, "The Nutcracker."

Numerous roles are available for children and adults, but participants or their children need to be enrolled in a SKIESUnlimited dance class in order to be in the production.

This is the second year the staff at SKIESUnlimited has taken on "The Nutcracker." According to Melissa "Mel" Massey-Maroni, dance instructor at SKIESUnlimited and co-director of "The Nutcracker," the show was so successful that the team decided to do it again and likely will again in future years.

"Last year, our first year, was an experiment that went beyond our wildest expectations," Massey-Maroni said. "This year, we want to bring the same magic to our JBLM families for the holidays while also trying to top what we managed to pull off last year."

The cast of more than 40 wowed the crowds at the December production, and Massey-Maroni is hoping for at least as many participants this year.

As for the new classes at



RUTH KINGSLAND Northwest Guardian

Dance instructor Melissa Massey-Maroni works with a group of young ballet students at SKIESUnlimited's studio, a center for the performing arts, on Lewis Main Monday. New classes and a season of new courses from art, piano and dance to gymnastics and martial arts begins Friday.

SKIESUnlimited, there are a few new ballet instructors. It will now be possible to add advanced classes for even the youngest children, and there's a new art teacher and a new piano teacher.

SKIESUnlimited hasn't offered either of those classes in the past.

There also will be additional yoga courses, with both Parent and Me and prenatal yoga classes added to the previous schedule, as well as new opportunities for private dance lessons.

Current classes at SKIESUnlimited — from jazz to ballet, tap and hip-hop, as well as gymnastics, karate and boxing — also will begin again in September.

There's a cost per month for each course. Some scholarships are available.

"The Nutcracker" auditions will take place at SKIESUnlimited, 6398 Garcia Blvd. on Lewis Main: Tuesday from 6 to 7:30 p.m. for ages 8 to 18; Wednesday from 6 to 7:30 p.m. for ages 5 to 7; Thursday from 6 to 7:30 p.m. for ages 5 to 18.

Parents interested in performing should attend their child's audition and put their name on the list for adult cast members. Register for classes online at: jblmmw.com/cyss_skies.htm.

For more information on auditions or classes offered at SKIESUnlimited, call 253-966-3539.

NEWS IN BRIEF

Mattis forms panel to review the president's transgender guidance

Defense Secretary Jim Mattis said Tuesday in a statement that the Defense Department has received President Donald Trump's memorandum addressing the military service of transgender persons.

DOD will carry out the president's policy direction in consultation with the Department of Homeland Security, Mattis said. The memorandum, dated Aug. 25, and entitled "Military Service by Transgender Individuals," directs DOD to develop a study and implementation plan that will "contain the steps that will promote military readiness, lethality and unit cohesion, with due regard for budgetary constraints and consistent with applicable law," the defense secretary said.

"The soon-arriving senior civilian leadership of DOD will play an important role in this effort," he said. "The implementation plan will address accessions of transgender individuals and transgender individuals currently serving in the United States military."

"Our focus must always be on what is best for the military's combat effectiveness leading to victory on the battlefield," Mattis said. "To that end, I will establish a panel of experts serving within the departments of defense and homeland security to provide advice and recommendations on the implementation of the president's direction. Panel members will bring mature experience, most notably in combat and deployed operations, and seasoned judgment to this task."

"The panel will assemble and thoroughly analyze all pertinent data, quantifiable and nonquantifiable. Further information on the panel will be forthcoming."

Once the panel reports its recommendations, Mattis said he will consult with the secretary of homeland security before providing advice to the president concerning implementation of his policy direction.

"In the interim, current policy with respect to currently serving members will remain in place," the defense secretary said. "I expect to issue interim guidance to the force concerning the president's direction, including any necessary interim adjustments to procedures, to ensure the continued combat readiness of the force until our final policy on this subject is issued."

— DEPARTMENT OF DEFENSE NEWS SERVICE

Pro shop, Habanero Mexican Grill on McChord set to be renovated

Beginning Sept. 11, the Whispering Firs Golf Course's pro shop will be undergoing a remodel. The course will still be open during the remodel, and some pro shop gear will be temporarily moved to the dining room. During the remodel, pro shop hours will be from 7 a.m. to 6:30 p.m.

Upon completion of the pro shop remodel, the Habanero Mexican Grill will undergo renovations. A limited menu will be available during this time on the patio from 7 a.m. to 3 p.m.

Whispering Firs Golf Course is located at 895 Lincoln Blvd. on McChord Field. For more information, call 253-982-2124.

— JBLM FAMILY, AND MORALE, WELFARE AND RECREATION

Two projects to impact McChord at Perimeter Road, Barnes Gate

A repaving project on Perimeter Road on McChord Field began Monday and will continue through Sept. 22 by Joint Base Lewis-McChord's Directorate of Public Works.

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 Monday.

Beginning Tuesday, 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 Tuesday 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 hours a day, seven days a week.

Barnes Gate

Thorough Monday: 5 a.m. to 7 p.m. daily.

Tuesday to 22: Closed.

North Gate

Friday: 5 a.m. to 7 p.m.

Woodbrook Housing Gate

Tuesday to Sept. 22: 5 a.m. to 7 p.m. weekdays.

Weekend hours will remain unchanged through construction.

East Gate

Tuesday to Sept. 22: 5 a.m. to 7 p.m. daily.

Sept. 23: Closed.

Commercial Vehicle Inspection Point

Sunday to Sept. 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.

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

Applications accepted for the Funded Legal Education Program

The Office of the Judge Advocate General is now accepting applications for the Army's Funded Legal Education Program. Under this program, the Army projects sending up to 25 active-duty commissioned officers to law school at government expense.

Selected officers will attend law school beginning the fall of 2018 and remain on active duty while attending law school. Interested officers should review Army MILPER Message 16-053 and Chapter 14, AR27-1 (The Judge Advocate General's Funded Legal Education Program) to determine their eligibility. This program is open to commissioned officers in the rank of second lieutenant through captain. Applicants must have at least two, but not more than six years of total active Federal service at the time legal training begins.

Applicants must send their request through command channels, to include the officer's branch manager at AHRC, send the original application to the Office of The Judge Advocate General, ATTN: DAJA-PT (Yvonne Caron-Room 28,517), 2200 Army Pentagon, Washington, DC, 20310, to be received by Nov. 1. Submission of the application well in advance of the deadline is advised.

Submission of the application well in advance of the deadline is advised. For more information, interested officers should call the Joint Base Lewis-McChord Office of the Staff Judge Advocate at 253-477-1900.

— JBLM OFFICE OF THE STAFF JUDGE ADVOCATE

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QUOTE OF THE WEEK

"We share a commitment to democratic values and work together to maintain a stable environment so all can prosper. As we have seen, the threat to security in the northwest Pacific has become more severe, and our nations' defense relationship becomes more important than ever and remains the bedrock for international efforts to temper North Korea's aggressive actions."

Jim Mattis
Secretary of Defense

ALSO INSIDE



SPC. FRANCISCO ISREAL Army Warrior Care and Transition

WARRIOR: Col. Daniel Dudek, of Headquarters Support Company, I Corps, will compete at the 2017 Invictus Games Sept. 23. **See story, 1B**

NWGUARDIAN.COM

• **Hurricane Harvey assistance:** The Defense Department will provide whatever capabilities the people of Texas need to survive and recover from Hurricane Harvey, Air Force Maj. Gen. James Witham said Tuesday. The general, the director of domestic operations for the National Guard Bureau and deputy director of the Air National Guard, said the priority in the region in and around Houston remains saving life, limb and property. The number of Texas National Guardsmen on state duty rose from 3,000 Tuesday to 4,000 Wednesday. About 12,000 Texas Guardsmen may be called up for Harvey.

• **Increasing situational awareness:** The Army is ramping up fielding improved mission-command hardware and software that



provide increased situational awareness, chat capability and less complex user interfaces for Soldiers in combat vehicles. Recognizing high demand for the systems and significant impact on operations, Army Forces Command requested an accelerated pace to reach all Army units with completion no later than 2024, two years ahead of the initial timeline.

1ST SQUADRON, 14TH CAVALRY REGIMENT

Grueling spur ride tests troops

Only 64 of the 150 applicants earned spurs

BY SPC. APOLOMIA GASPAR
1st Brigade, 2nd Infantry Division

Soldiers of 1st Squadron, 14th Cavalry Regiment, 1st Brigade, 2nd Infantry Division, tried to earn their spurs at the conclusion of a spur ride Aug. 24 at Joint Base Lewis-McChord.

The spur ride was an event that tested the physical capabilities and basic warrior tasks and battle drills of the Soldiers involved. Out of the approximately 150 spur ride applicants, only 64 Soldiers earned their spurs.

The spur ride candidates consisted of new troops, often known as shave tails, who wanted to earn their silver spurs. Spurs come in two colors — gold and silver.

To earn their gold spurs, a Soldier must be with a cavalry unit while deployed. The silver spurs are earned during the ceremony after completing a spur ride.

"It is all about trying to get the new troops to better their basic cavalrymen skills and come out feeling like they ac-



STAFF SGT. JOHN PANTALICI 1st Brigade, 2nd Infantry Division

Soldiers with 1st Squadron, 14th Cavalry Regiment, 1st Brigade, 2nd Infantry Division, perform team push-ups during a spur lane at Joint Base Lewis-McChord Aug. 23.

complished something that was truly worth it," said Lt. Col. Andrew Dixon, the 1-14th Cav. commander.

The spur ride began Aug. 22 with candidates undergoing a multitude of events such as an Army physical fitness test, a minimum of 70 percent in each

event — push-ups, sit-ups and a 2-mile run — is required to pass; a packing list layout, layout infractions were punished with exercises such as flutter kicks and burpees; an obstacle course; a day and night land navigation course with an airlift transporting the Soldiers to the

night land navigation course.

They continued on with little or no sleep working in teams through the eight different spur lanes that consisted of demonstrating their basic knowledge of weapons, medical techniques and more.

It was a high-stress envi-

"It is all about trying to get the new troops to better their basic cavalrymen skills and come out feeling like they accomplished something that was truly worth it."

Lt. Col. Andrew Dixon
Commander, 1st Squadron, 14th Cavalry, 1st Brigade, 2nd Infantry Division

ronment that put their skills to the test.

Finally, the grueling 12-mile ruck march was last. Troops who have survived this long earn their spurs.

The troops got to experience tradition, honor and value throughout a course that cultivates esprit de corps and they earn their position within a cavalry unit, said Spc. Jaylnnd Scott, a motor transport operator and a spur-holder with 1-14th Cav.

The troops weren't just given a set of spurs, Dixon said. They did something very challenging to earn them and they will model the professionalism it took to get there and encourage others to push themselves to higher levels of expertise in their craft.

I CORPS

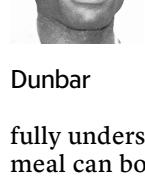
Improving morale, one plate at a time

BY SGT. MAJ.
RANDY RANDOLPH
I Corps Public Affairs

YONGIN, South Korea — When Staff Sgt. Frank Dunbar joined the Army in 2008, he wanted to try something new, but he chose his job based on something he already knew.

Dunbar, a native of Aiken, S.C., fed his passion for cooking and grilling by enlisting as a culinary specialist. Now, as an advanced culinary noncommissioned officer assigned to I Corps' Headquarters and Headquarters Battalion, he has found a calling where he can share that passion with others.

"Cooking in the Army is something that you can really put your heart into," Dunbar said. "It helps boost morale. If me and my team fail, it makes it harder for other Soldiers to complete their mission — and we're all a piece in



Dunbar

the puzzle."

After numerous deployments and combat tours to locations such as Afghanistan, Iraq and Jordan, just to name a few, Dunbar

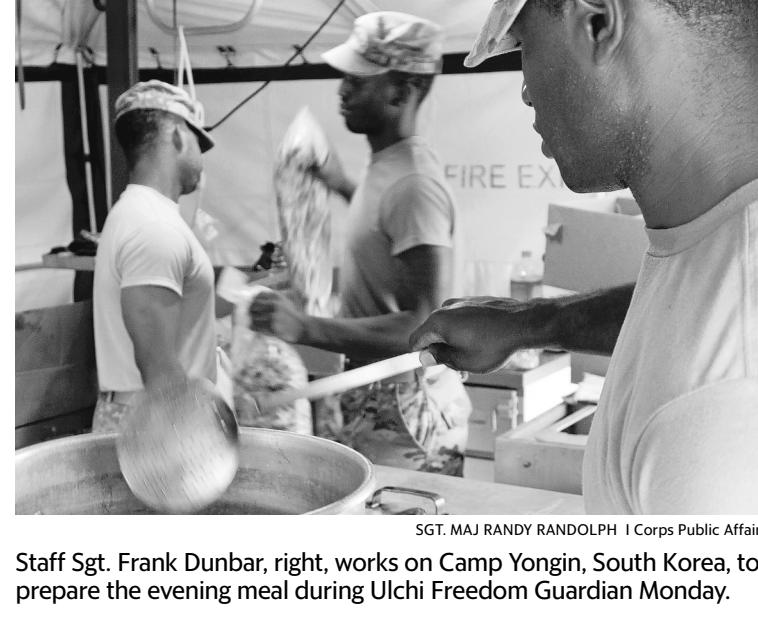
fully understands how a hot meal can boost spirits, and he relishes the opportunity to do so.

"Our goal is always to put out good meals that troops are excited to eat," Dunbar said. "To see the joy in Soldiers' faces while they smile and think about home-cooked meals is great — I think it's something that gives them a motivational push out there."

Dunbar's enthusiasm for providing top-notch service to his fellow Soldiers, earned him recognition during the recent Ulchi Freedom Guardian exercise at Camp Yongin, South

Korea. During the exercise, I

Corps partnered with Soldiers from the Third Republic of



SGT. MAJ RANDY RANDOLPH I Corps Public Affairs

Staff Sgt. Frank Dunbar, right, works on Camp Yongin, South Korea, to prepare the evening meal during Ulchi Freedom Guardian Monday.

Korea. During the exercise, I Corps partnered with Soldiers from the Third Republic of

Korea Army to train and enhance readiness in order to defend the Republic of

Lieutenant General Gary Volesky, I Corps commanding general, presented the "Hero of the Day" award to Dunbar for his and his team's efforts in operating a mobile kitchen trailer that provided hot meals to hundreds of Soldiers daily.

"It's just the type of person that he is," said Chief Warrant Officer 4, Sharnta Adams, I Corps command food adviser. "He's going to get the job done no matter how difficult it is and no matter what it takes."

Dunbar's experience and commitment to taking care of Soldiers as an advanced culinary NCO has heightened his ambitions. He will attend drill sergeant school in the near future and plans to also attend warrant officer school to play a bigger role in his profession.

"I just want to make sure I continue to strive to do the best that I can while I'm able," Dunbar said.

MCCHORD FIELD HOUSING BLOCK PARTY

BY RUTH KINGSLAND
Northwest Guardian

School may be starting, but there's still time to party in the hood.

Enhanced family readiness, spiritual resiliency and community bonding are the goals for the McChord Field Housing Block Party scheduled at Carter Lake Elementary School, 3415 Lincoln Ave., on McChord Field, Sept. 9 from 11 a.m. to 2 p.m.

This the second year for the free event, which is sponsored by the Joint Base Lewis-

If You Go:

What: McChord Housing Block Party

Where: Carter Lake Elementary School, 3415 Lincoln Ave., on McChord Field

When: Sept. 9 from 11 a.m. to 2 p.m.

McChord Religious Support Office and the McChord Field Chapel.

The event is open to all service members and families within

McChord Field housing.

The first year, the event took place at Carter Lake Park, but this year it was moved to the elementary school campus for

better support facilities and in the hope of accommodating a larger gathering, according to Chaplain (Lt. Col.) Gerald Snyder, a chaplain with the 627th Air Base Group.

"(The event is) an opportunity for fun for the whole family — an opportunity to meet your neighbors and learn about (the Joint Base Lewis-McChord Religious Support Office's) fall programs," Snyder said.

Last year, more than 200 McChord Field housing residents came out for the block

party, Snyder said.

"The event features a multi-generational approach to community building," Snyder said. "Numerous volunteers including retirees, active-duty and family members of all ages support the event."

Music, carnival games, bouncy houses, free food and raffles will be part of the experience that's aimed at de-stressing military family members at the start of the school year.

"Everyone is welcome," Snyder said.

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

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STRAIGHT TALK

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



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

"Steak, but anything made with love is just as good."

— ITALIA FLORES

"Lasagna. I cook the sauce all day, otherwise my grandmother would disown me."

— NIKKI CHIAVUZZI

"My grandmother's chicken and dumplings or whatever their favorite is."

— KATHARINA DICKEY NICKELL

"Lasagna, roasted chicken, pulled pork, roast beef or breaded pork chops. Depends on the person, where they're from and what restrictions they have."

— YVONNE KING-KEE

"Steak, baked potato, scallops and salad. Then crème brûlée for dessert."

— DAWN YANDOW

"Reservations."

— WENDY HEAD-CHAPMAN

"Scotch eggs."

— CHRIS GAYLORD

Next week's question

How do you motivate yourself to exercise when you really don't want to?

VIEW FROM THE TOP



MAJ. BROOKE DAVIS 446th Airlift Wing Public Affairs / 2016

Lt. Col. Lorie O'Daniel, left, 446th Aeromedical Evacuation Squadron deputy officer-in-charge of commander support services and instructor flight nurse, works the medical response to a simulated cardiac arrest situation in September.

Aeromedical evacuation critical to AMC's mission

BY COL. SCOTT MCLAUGHLIN
446th Airlift Wing Commander

The Air Mobility Command's Exercise Mobility Guardian recently challenged international, partner-nations including exposing aircrews to critical aeromedical evacuation patient stabilization training.

While the Mobility Guardian large-scale exercise concluded Aug. 12, I wanted to highlight how the aeromedical evacuation mission is a unique and significant part of the nation's mobility resources.

As our nation continues to support worldwide operations, aeromedical evacuation remains a critical element of AMC's core airlift missions. In fact, many of the 446th Aeromedical Evacuation Squadron members are currently deployed supporting Operation Inherent Resolve.

Currently, the Air National Guard and Air Force Reserve Command perform the bulk of aeromedical evacuation missions. This was because in the late 1950s, in the face of substantial post-Korean War budget cuts, the Air Force started pushing the aeromedical evacuation mission to the Guard and Reserve.

The ANG has 10 aeromedical evacuation squadrons and AFRC has 17 aeromedical evacuation squadrons. There are four active-duty

aeromedical evacuation squadrons: two in the U.S. and one each at the U.S. Air Forces in Europe and Pacific Air Forces.

The 446th Airlift Wing was activated at McChord Field in 1973 as an associate wing to the 62nd Airlift Wing, and that's when the aeromedical evacuation mission came to the Pacific Northwest.

Understanding how the aeromedical evacuation mission works peels back layers of a truly complex system. The first recorded aeromedical evacuation flight in the U.S. took place sometime during the late winter of 1918. Captain William Ocker and Reserve medical officer Maj. Nelson Driver successfully hauled a crash victim out of Gerstner Field, Lake Charles, La., in a modified JN-4.

Before World War II, the aeromedical evacuation concept of evacuating patients from war zones wasn't part of the wartime picture. The global war, however, forced the U.S. Army Air Forces to revolutionize military medical care through the development of air evacuation (later known as aeromedical evacuation) and flight nurses.

The end of the Cold War and the associated military downsizing has resulted in a reduced forward medical presence. Consequently, theater commanders are more dependent on the aeromedical evacuation system to link casualties to life-saving medical treatment.

The Air Force designated AMC as the lead command for the air mobility mission including air refueling and airlift. Aeromedical evacuation is an element of the mobility mission and is one of AMC's core airlift missions. As the executive agent for aeromedical evacuation, AMC oversees an integral system of command and control, training, communications, staging and patient care.

The aeromedical evacuation system is decentralized with AMC responsible for in-flight care between the theaters and the continental United States. Pacific Air Forces and U.S. Air Forces Europe are responsible for patient movement within their respective theaters. The aeromedical evacuation system uses aeromedical evacuation capable-organic mobility airframes to transport patients.

The aeromedical evacuation mission doesn't stop with providing medical care for injured military members. The Department of Defense is also responsible to airlift during national emergencies and aeromedical evacuation relies on the Civil Reserve Air Fleet to strategically evacuate casualties from the theaters to medical treatment facilities located in the United States.

Prepositioned kits containing litter stanchions, litters, and other aeromedical evacuation equipment are used to convert civilian passenger aircraft into air ambulances.

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

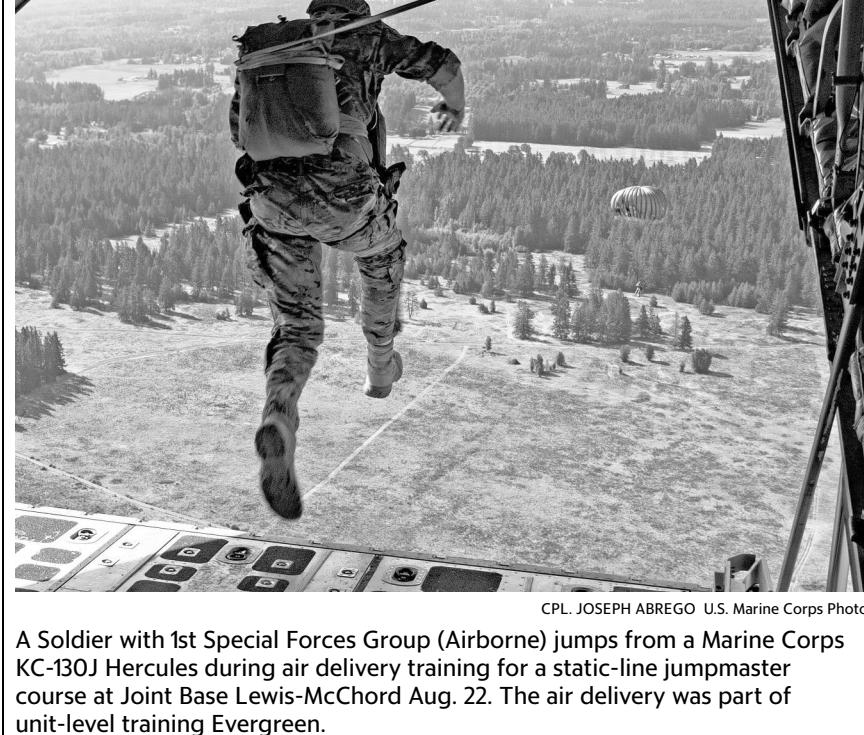
PROTESTANT SUNDAY

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



CPL. JOSEPH ABREGO U.S. Marine Corps Photo
A Soldier with 1st Special Forces Group (Airborne) jumps from a Marine Corps KC-130J Hercules during air delivery training for a static-line jumpmaster course at Joint Base Lewis-McChord Aug. 22. The air delivery was part of unit-level training Evergreen.

THIS WEEK IN HISTORY

Sept. 1, 1985: Wreck of the *Titanic* found.

Sept. 2, 1666: Great Fire of London begins.

Sept. 3, 1939: Britain and France declare war on Germany.

Sept. 4, 1886: The last American Indian warrior surrenders.

Sept. 5, 1972: Arab terrorists take Israeli hostages at the Olympics.

Sept. 6, 1997: Some 2.5 billion TV viewers watch Princess Diana's funeral.

Sept. 7, 1921: Flash flood hits San Antonio.

JBLM

OKTOBERFEST

Saturday
Sept. 16

MWR Fest Tent

2-10 p.m.

2200 Liggett Ave.
Lewis Main

Traditional German food & bier

• Games, contests, prizes & more!

• German-themed music &

Family-friendly fun • Flea market

JBLMmwr.com/oktoberfest

ARMY PRESENTS



AFTER HOURS LIVE

\$2

FEATURED ARTIST



ARSENA

singer/songwriter

• Wine & Canvas: 5 p.m. \$17
Register Online

• Children's Story Time

• Refreshments

• Scavenger Hunt

• Library Demonstrations

• Door Prizes

Library closing at 1 p.m.

Tuesday, September 5, 6 pm



Grandstaff Library



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Labor Day Sale

HUGE SAVINGS!

OVER 450 NEW & PRE-OWNED ON SALE!

2017 FORD F-150 REG CAB SAVE \$7,054 26 MPG HWY MSRP \$31,450 LW DISCOUNT \$1734 FORD REBATE \$3550 TRADE IN ASSIST \$1750 2.7L ECOBOOST ENGINE, XL POWER EQUIPMENT GROUP, SYNC, SELECT SHIFT TRANSMISSION, 36 GALLON EXTENDED FUEL RANGE TANK. STK#LT7535, VIN#HFKD95309, THIS ONE \$24,396	2017 FORD F-150 SUPER CAB 4X4 SAVE \$8,908 SHIFT ON THE FLY MSRP \$40,605 LW DISCOUNT \$1708 FORD REBATE \$3550 TRADE IN ASSIST \$1750 2.7L ECOBOOST ENGINE, RUNNING BOARDS, STX APPEARANCE PACKAGE, TRAILER SWAY CONTROL, SKID PLATES, 20" MACHINED ALUMINUM WHEELS. STK#LT7535, VIN#HFKD22566, THIS ONE \$31,597	2017 FORD F-150 SUPERCAB 4X4 SAVE \$8,811 POWER REAR SLIDING WINDOW MSRP \$41,960 LW DISCOUNT \$1701 FORD REBATE \$3550 TRADE IN ASSIST \$1750 2.7L ECOBOOST ENGINE, RUNNING BOARDS, STX APPEARANCE PKG, TRAILER SWAY CONTROL, XD PLATES, 20" MACHINED ALUMINUM WHEELS, REAR VIEW CAMERA. STK#L17761, VIN#HKE22427, THIS ONE \$33,149	2017 FORD F-150 SUPERCREW 4X4 SAVE \$10,182 BRAKE CONTROL MSRP \$48,916 LW DISCOUNT \$1862 FORD REBATE \$3500 TRADE IN ASSIST \$1750 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#HFA711150, THIS ONE \$38,433
2017 FORD F-150 SUPERCREW 4X4 SAVE \$9,183 AUTO START/STOP MSRP \$47,865 LW DISCOUNT \$3333 FORD REBATE \$3550 TRADE IN ASSIST \$1750 XLT TRIM PACKAGE, REAR VIEW CAMERA, REMOTE START SYSTEM, TRAILER SWAY CONTROL, CHROME APPEARANCE PACKAGE, TRAILER TOW PACKAGE. STK#LT7520, VIN#HDKD83515, THIS ONE \$38,482	2017 FORD F-150 4X4 LARIAT SAVE \$6,866 TAILGATE STEP MSRP \$56,365 LW DISCOUNT \$3665 FORD REBATE \$3550 TRADE IN ASSIST \$1750 BLIS W/TRAILER TOW MONITORING, REMOTE START SYS, TWIN PANEL PWR MOONROOF, LARIAT CHROME APPEARANCE PKG, VOICE ACTIVATED NAV. STK#L17712, VIN#HKG06381, THIS ONE \$49,499	2017 FORD F-350 CREW CAB 4X4 SAVE \$6,058 ON THE FLY 4X4 MSRP \$58,055 LW DISCOUNT \$3058 FORD REBATE \$3000 6.7L POWERSTROKE DIESEL, RAPID HEAT SUPPLEMENTAL HEATER, ENGINE BLOCK HEATER, UPTITTER SWITCHES, ELECTRONIC SHIFT ON THE FLY. STK#L17393, VIN#HECS8411, THIS ONE \$51,997	2017 FORD F-150 CREW PLATINUM SAVE \$8,231 TECHNOLOGY PACKAGE MSRP \$65,230 LW DISCOUNT \$45491 FORD REBATE \$3000 TRADE IN ASSIST \$1750 HTD/COOLED DRV/PASS SEATS, TWIN PANEL MOONROOF, PRO TRAILER BACKUP ASSIST, RUNNING BOARD PWR DEPLOY, VOICE ACTIVATED NAV, REMOTE START. STK#L17608, VIN#HFA700726, THIS ONE \$56,999
2017 FORD F-250 CREW CAB LARIAT SAVE \$6,519 CHROME PKG MSRP \$64,515 LW DISCOUNT \$4269 FORD REBATE \$3250 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#HED13329, THIS ONE \$57,996	2017 FORD F-150 LIMITED SAVE \$7,536 QUAD BEAM LED HEADLIGHTS MSRP \$66,635 LW DISCOUNT \$46635 FORD REBATE \$3550 TRADE IN ASSIST \$1750 VOICE ACTIVATED NAV, LANE KEEPING SYS, ADAPTIVE CRUISE CONTROL, REMOTE TAILGATE RELEASE, SOY PREMIUM STEREO, PWR RUNNING BOARDS. STK#LT7580, VIN#HFC03750, THIS ONE \$59,099	2017 FORD F-250 CREW CAB SAVE \$6,606 HEATED/COOLED FRONT SEATS MSRP \$68,405 LW DISCOUNT \$3108 FORD REBATE \$3150 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#HE14903, THIS ONE \$61,799	2017 FORD F-350 CREW 4X4 SAVE \$6,006 \$7.3L POWERSTROKE DIESEL ENGINE MSRP \$68,305 LW DISCOUNT \$4505 FORD REBATE \$1500 LANE KEEPING ALERT, ULTIMATE TRAILER TOW CAMERA, FX4 OFF ROAD PKG, LEATHER SEATING, REVERSE SENSING SYS, NAV SYS. STK#L17619, VIN#HE04008, THIS ONE \$62,299
2017 FORD C-MAX HYBRID SAVE \$4,347 REMOTE START MSRP \$21,085 LW DISCOUNT \$1347 FORD REBATE \$3000 PANORAMIC FIXED GLASS ROOF; TITANIUM DRIVER ASSIST PKG, ACTIVE PARK ASSIST, BLIS W/ CROSS TRAFFIC ALERT, HANDS FREE PWR LIFTGATE, SONY AUDIO W/ 8" SCREEN, STK#L17596, THIS ONE \$26,738	2017 FORD ESCAPE SE FWD SAVE \$5,500 4.0L ECOBOOST ENGINE MSRP \$33,295 LW DISCOUNT \$2100 FORD REBATE \$4000 SE TECHNOLOGY PKG, BLIND SPOT INFO SYS, 10 WAY PWR DRIVER SEAT, VOICE ACTIVATED TOUCH SCREEN NAV, SE SPORT APPEARANCE PKG. STK#L17763, VIN#HUE70056, THIS ONE \$27,795	2017 FORD EDGE SE AWD SAVE \$4,051 PRIVACY GLASS MSRP \$31,050 LW DISCOUNT \$1201 FORD REBATE \$2850 2.0L ECOBOOST ENGINE, INTELLIGENT ACCESS W/PUSH BUTTON START, REAR VIEW CAMERA, 4.2" LCD CENTER STACK SCREEN. STK#L17401, VIN#HUE69268, THIS ONE \$27,899	2017 FORD EXPLORER LIMITED 4WD SAVE \$5,216 LANE KEEPING SYSTEM MSRP \$50,590 LW DISCOUNT \$3716 FORD REBATE \$2500 BLIND SPOT INFO SYS, 2ND ROW OUTBOARD INFLATABLE SEAT BELTS, LANE KEEPING SYS, TWIN PANEL MOON ROOF, VOICE ACTIVATED NAV, CLASS III TRAILER TOW PKG. STK#L17283, VIN#HFG880070, THIS ONE \$45,374

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 2010 FORD F-150 KING RANCH, CREW, LTHR, 4X4, ALLOYS, STK#LT7678B... \$20,693	 2014 NISSAN TITAN PRO 4X, CREW, ALLOYS, 4X4, TOW, AC, CD, STK#LL4228... \$28,791	 2013 GMC SIERRA CREW, SLE, 4X4, ALLOYS, TOW, AC, CD, STK#LL4440... \$29,594	 2015 FORD F-150 XLT, CREW, ECOBOOST, 4X4, PS, ALLOYS, STK#LL4576... \$35,692
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1999 BUICK LESABRE PW, PL, AC, TILT, CRUISE, STK#L173246... \$1,999	2016 KIA RIO AC, TILT, AUTO, STK#L45977... \$10,994	2013 HONDA FIT 1 OWNER LOCAL TRADE, LOW MILES, PW, PL, AC, TILT, CRUISE, STK#L70024... \$12,993	2014 DODGE CARAVAN 1 OWNER, ST, ALLOYS, PW, PL, AC, TILT, CRUISE, STK#L70047... \$16,886
2003 FORD TAURUS PW, PL, AC, TILT, CRUISE, STK#L173176... \$2,496	2010 CHEVROLET IMPALA ALLOY WHEELS, FOG LIGHTS, LTHR, PW, PL, CRUISE, STK#L73273... \$10,995	2014 SCION TC NINJA/WHITE AC, PW, PL, CRUISE, TILT, CRUISE, 1 OWNER, STK#L74131... \$13,900	2013 DODGE RAM 1500 AC, CRUISE, TILT, CRUISE, PW, PL, TILT, CRUISE, STK#L70022... \$16,933
2000 MERCURY MOUNTAINEER AWD, PW, PL, LTHR, ADJUSTABLE ALLOY WHEELS, TOW PKG, STK#L173270... \$2,995	2007 LEXUS ES 350 MOON ROOF, PW, PL, DUAL PWR SEATS, NAV, PW, PL, STK#L73163... \$11,696	2014 TOYOTA COROLLA LE, AC, PW, PL, CRUISE, TILT, STK#L73241... \$13,983	2013 CHRYSLER 300 HEMI PREMIUM WHEELS, ALLOY WHEELS, PW, PL, CRUISE, KEYLESS ENTRY PW, PL, STK#L74130... \$16,991
2004 NISSAN VERSA PW, PL, AC, CRUISE, STK#L173268... \$3,677	2012 NISSAN ALTIMA 2.5S, CRUISE, TILT, PW, PL, CRUISE, TILT, KEYLESS ENTRY, STK#L73354... \$11,788	2011 FORD F-150 XLT, PW, PL, TILT, CRUISE, STK#L73216... \$13,989	2015 FORD MUSTANG ALLOY WHEELS, HEATED SEATS, CRUISE, CONTROL, PW, PL, CRUISE, STK#L74134... \$16,992
2006 CHEV AVEO AC, PWR STEERING, TILT WHEEL, STK#L73267... \$3,989	2012 HYUNDAI TUCSON GLS, ALLOY WHEELS, HEATED SEATS, CRUISE, CONTROL, PW, PL, STK#L73400... \$11,789	2010 FORD FUSION 1 OWNER, DUAL PWR SEATS, SYNC, PW, PL, CRUISE, TILT, STK#L73400... \$14,444	2015 FORD MUSTANG ALLOY WHEELS, BACK UP CAMERA, PW, PL, CRUISE, TILT, CRUISE, STK#L74134... \$17,778
2001 CHEVROLET SEBRING 1 OWNER, PW, PL, SEDAN, PREMIUM WHEELS, STK#L73266... \$4,797	2016 CHEVROLET IMPALA PW, PL, TILT, CRUISE, STK#L73265... \$11,812	2011 FORD FOCUS LTD, PW, PL, CRUISE, HEATED SEATS, CRUISE, TILT, BACK UP CAMERA, STK#L73265... \$14,774	2016 FORD MUSTANG ALLOY WHEELS, BACK UP CAMERA, PW, PL, CRUISE, TILT, CRUISE, STK#L74134... \$17,842
2008 SATURN ASTRA PW, PL, ALLOY WHEELS, CRUISE, CONTROL, STK#L173790... \$6,888	2013 DODGE JOURNEY 3RD ROW, PW, PL, CRUISE, TILT, CRUISE, STK#L73278... \$11,866	2016 FORD FOCUS TITAN, PW, PL, SYNC, PREMIUM WHEELS, AC, STK#L73265... \$14,881	2014 VOLKSWAGEN GTI WILDFORCE, TITAN, PW, PL, SYNC, PREMIUM WHEELS, PW, PL, CRUISE, STK#L73265... \$17,956
2013 NISSAN VERSA AC, PW, PL, TILT, ALLOY WHEELS, REAR SPOILER, STK#L73282... \$7,843	2013 FORD C-MAX AC, PW, PL, CRUISE, TILT, QUINN, ALLOY WHEELS, STK#L73794... \$11,867	2010 SUBARU TRIBECA LIMITED, PW, PL, CRUISE, TILT, QUINN, ALLOY WHEELS, STK#L73265... \$18,993	2014 FORD F-150 XLT, PW, PL, TILT, CRUISE, STK#L73265... \$29,780
2012 NISSAN VERSA ALLOY WHEELS, AC, PW, PL, TILT, CRUISE, STK#L73128... \$7,955	2012 NISSAN ELANTRA ALLOY WHEELS, PW, PL, TILT, CRUISE, STK#L73128... \$11,868	2014 VOLKSWAGEN CC SPORT F16, PW, PL, CRUISE, PW, PL, CRUISE, STK#L7326	

AIRCRAFT CRISIS TASK FORCE

Summit takes aim at aircrash retention

BY STAFF SGT.
WILLIAM O'BRIEN
Joint Base Charleston
Public Affairs

JOINT BASE CHARLESTON, S.C. — The Aircrash Crisis Task Force hosted a two-week aircrash retention summit at Joint Base Charleston, S.C., as part of a holistic approach to improve readiness and capacity by increasing retention of experienced aviators Aug. 14 to 25.

The summit brought Air Force aviators together along with subject matter experts to identify ways to encourage aircrash to continue active-duty service when their initial service commitment expires.

"This is a chance for us to come together as a total force across multiple platforms and major commands to look at what we can do to change policies, procedures and laws to make it easier for folks to continue to wear the uniform," said Lt. Col. Langdon Root, the Aircrash Crisis Task Force summit lead.

This summit is one of seven lines of effort being taken by the Aircrash Crisis Task Force to address the overall aircrash shortage the Air Force is facing today. The task force was established in March 2017 and al-



STAFF SGT. WILLIAM A. O'BRIEN U.S. Air Force Photo

ready has seen solutions begin to take shape.

"Task force initiatives are moving quickly," Root said. "We have the first increase to the aviation bonus since 1999. The career enlisted aviators are getting the first increase in bonus pay since 1998 this fall. Additionally the chief of staff committed to putting 1,600 commander's support staff members back in the squadron starting in fiscal 2018."

Air Force members who elect to depart the military after their service obligation are given the

option to take an exit survey. The survey asks a series of questions primarily centered on why the member has chosen to separate.

Attendees of the summit split into groups to look at the most common reasons aviators have indicated on the survey as to why they made that decision.

Root said representatives from every MAJCOM with a crew were on hand. Those representatives were broken up into working groups to look at nine retention concern areas.

The first week of the summit focused on pairing subject mat-

ter experts from those identified areas with the aviators to ensure all proposed solutions were balanced with political and monetary realities.

"We brought in about 20 subject matter experts who have great expertise and situational awareness in one or more of the working group areas," Root said. "They were available to answer questions from the other 50 volunteers. The subject matter experts bring joint and coalition perspective to ensure we bring bold and coherent solutions to the chief of staff of the Air

Force. If we do it well, it will expedite the timeline for the chief of staff's decision."

After the teams worked through the topics and proposed solutions, they briefed a panel of seven generals from Headquarters Air Force, Air Mobility Command, Air Combat Command, U.S. Special Operations Command and Air Education and Training Command to get senior leader perspective before bringing these solutions to the Air Staff in Washington, D.C.

The aviation industry is growing. Airline industries are hiring and technology advancements are expanding the job market for remotely piloted aircraft. However the Aircrash Crisis Task Force feels the Air Force still provides unique opportunities unmatched by outside agencies and summits like this one assist leadership in ensuring the Air Force stays a step ahead in terms of job satisfaction.

"Aviation is booming right now, and it is a really good time to be an Airman," Root said. "We get to fly the best aircraft on the planet, be a part of the best team and the most tactically lethal force in the history of aviation, and we take care of each other like family."

JBLM SAFETY

Do your homework for back-to-school safety this fall

BY RUTH KINGSLAND
Northwest Guardian

With all the preparation for the start of the school year, sometimes an important aspect is left out — preparing your kids for possible times they will be unattended.

According to Ed Chavez, fire inspector for Joint Base Lewis-McChord's Directorate of Emergency Services, it's important to prepare your kids for being home alone.

"I remember when my own kids would come home from school starving," he said. "If you're going to allow your children to cook, you need to make

sure they know about kitchen safety, including using the microwave. Some kids are distracted and put metal in the microwave."

Grease fires can also be a problem in these last few weeks of summer barbecues; although, there have been fewer such fires on base in recent months, Chavez said. It's important to remember, when cooking outdoors, one should never leave fires unattended. Always keep a lid for the pan and baking soda on hand to extinguish a grease fire.

Fire safety and teaching children about kitchen safety are important things to think about as summer ends and days get

shorter and noticeably cooler.

Many children tend to dress with the fad of darker clothing, which can be a problem with it getting darker earlier and kids being out and about in neighborhoods, Chavez said.

"We need to remember to slow down in housing areas; kids are trying to get back to school, and we're trying to keep them safe as they do that," he said.

As for lower temperatures, anyone who has lived in the Pacific Northwest long enough knows that as fall comes around, one can expect temperatures to drop overnight.

With cooler weather, people

bring out the space heaters.

The JBLM Fire Department is not the authority for the use of space heaters on the installation. To use a space heater on base, first put in a work order, according to Eric Waehling, energy program manager with the Directorate of Public Works.

"The number one thing we are looking for is to make sure the heating system in a building is working properly," Waehling said. "A lot of times when people call in about a space heater, they may be masking a bigger problem of the heating system not working. We need to send someone out to check that out

because we don't want to mask a problem; we want to fix it."

Another fall safety issue is storage, according to Chavez. During summer, people tend to accumulate items which can — in the event of a fire — intensify it, Chavez said.

"People need to go through and get rid of what they don't need," Chavez said.

He recommends people take items that they can't sell in a yard sale or otherwise dispose of to a JBLM recycling center.

"When you recycle on JBLM, the money comes back to JBLM, so it's really worthwhile," Chavez said.

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

**2017 Fall
FLEA MARKET
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11 a.m. - 5 p.m.**
Outside MWR Fest Tent
2200 Liggett Ave. at Lewis Main

**\$26 for 2 tables/spaces
\$30 for 3 tables/spaces
\$6 additional**

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

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SEPT. 1-4

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Weekday: Mon, Wed, Thu & Fri*

*Weekday Dizzy not valid opening day, Fri, Sept. 1. Closed Sept. 6.

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Health Beat

MADIGAN SHOUT OUT



Madigan's latest Basic Leadership Course graduates got congratulated by Command Sgt. Maj. Kesha White and Command Sgt. Maj. Mark Bivins at their graduation ceremony Aug. 18 at Carey Theater on Joint Base Lewis-McChord.

Graduates include Spc. Ryan

Oneil, Sgt. Quentin Nelson, Spc. Keree Houlette and Spc. Cunard Taylor. The Basic Leadership Course is the first course in noncommissioned officer education, providing Soldiers with the basic tools to do what is expected of them as noncommissioned officers.

MADIGAN ARMY MEDICAL CENTER

GENERAL SERVICES

Emergency: 911

Nurse Advice Line: 1-800-874-2273, option 1

Madigan directory: 253-968-1110

Tricare Regional Appointment Center (TRAC): 800-404-4506

Tricare On-Line: tricareonline.com

United Health Care: uhc-militarywest.com, 877-988-9378

Pharmacy Refill: 253-968-2999

Tricare Express-Script pharmacy service: 877-363-1433 or www.express-scripts.com

Referral Coordination Center

Hotline: 253-968-2903

Patient Admissions: 253-968-3827/3829

Patient Advocacy: 253-968-1145

Beneficiary Counseling Assistance Coordinator: 253-968-3348/3491

BEHAVIORAL HEALTH SERVICES

Soldier Readiness Service: 253-968-5140

Child and Family Behavioral Health: 253-968-4843

Military One Source: 800-342-9647

National Suicide Prevention

Life Line: 800-273-8255 (Option 1)

Exceptional Family Member Program: 253-968-0254/1370

Armed Forces Blood Bank Center: 253-968-1850

Fisher House: 253-64-9283

Public Affairs Office: 253-968-1901

Veterinary Treatment Facility: 253-982-3951

Madigan Directory Assistance: 253-68-1110

Madigan Army Medical Center website: manc.amedd.army.mil

Email: usarmy.jblm.medcom-mamc.mbx.pao@mail.mil

Fisher House: 253-964-9283

REGIONAL HEALTH COMMAND-PACIFIC

Soldiers aim to be 'Best Medic'

The competition tested physical, mental abilities

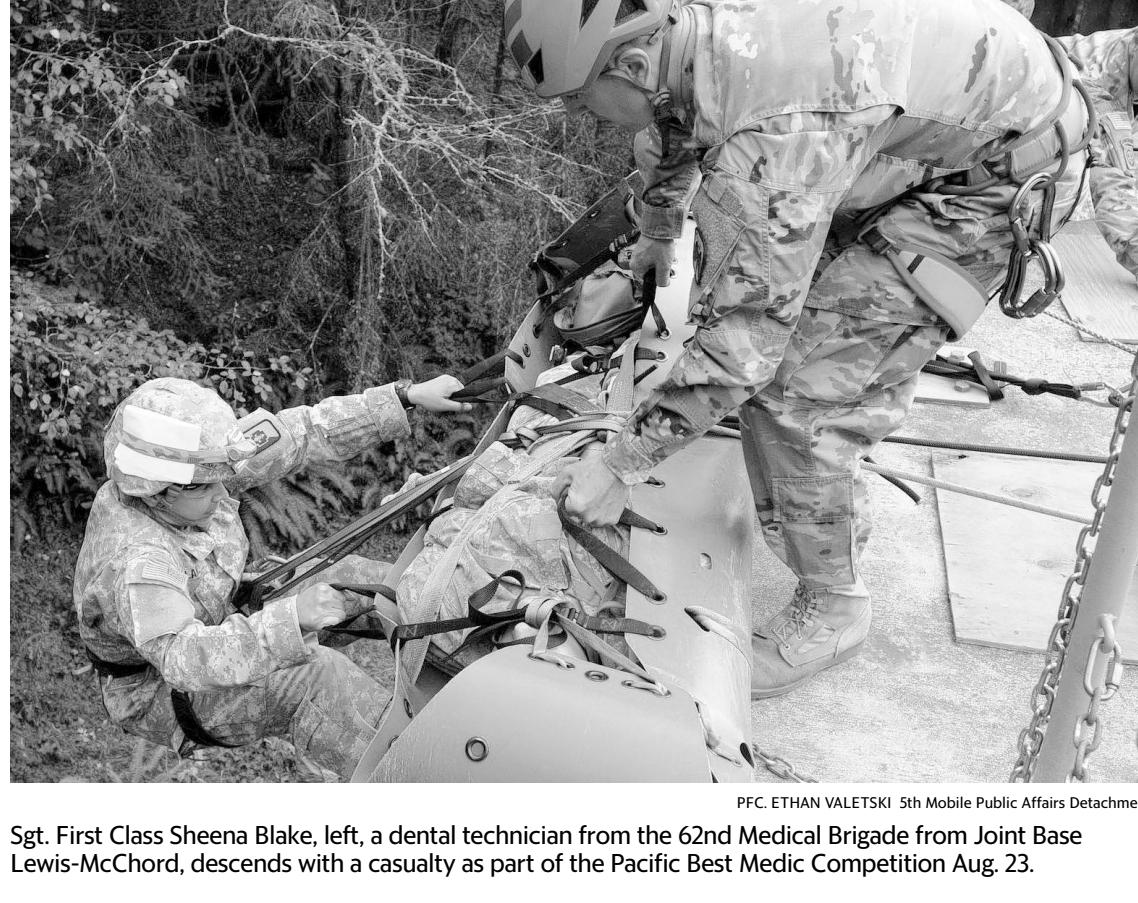
BY PFC. ETHAN VALETSKI
5th Mobile Public Affairs
Detachment

Sixteen of the Army's top medics from across the Pacific region gathered at Joint Base Lewis-McChord Aug. 21 to 25 for Regional Health Command-Pacific's Best Medic competition.

Soldiers hailing from duty stations in Alaska, Hawaii, Washington, Korea and Japan competed in the grueling week-long competition.

"We are testing the competitors on their warrior tasks and battle drills, as well as their technical proficiency as combat medics, examining the resiliency of these competitors and seeing how far we can push them, while looking for who can maintain proficiency under high amounts of stress," said Command Sgt. Maj. Rick Watson, Regional Health Command-Pacific command sergeant major.

The competition was designed to physically and mentally challenge each Soldier and test their readiness, tactical medical proficiency and leadership skills, Watson said.



Sgt. First Class Sheena Blake, left, a dental technician from the 62nd Medical Brigade from Joint Base Lewis-McChord, descends with a casualty as part of the Pacific Best Medic Competition Aug. 23.

Competitors faced a demanding, continuous and realistic simulated operational environment. Competitors earned points through successful completion of evaluated events during the testing phases.

"Being in this competition has allowed me to test my skills and demonstrate competence in a stressful environment,"

said Sgt. 1st Class Sheena Blake, a dental technician from the 62nd Medical Brigade at Joint Base Lewis-McChord. "The hardest part for me is the unknown. Every day is some-

thing different and we don't know what's going to come next."

The competition included a physical fitness test, obstacle course, force on force combat, tailgate medicine test, stress shoot, patient extraction event, warrior task lane, land navigation and culminated in a 12-mile road march.

Candidates competed as individuals, with the top two individuals going on to compete at the U.S. Army Medical Command competition at Fort Sam Houston, Texas.

"My biggest motivation coming into this competition is proving myself to my Soldiers," said 2nd Lt. Adam Schafer, from the 65th Medical Brigade, Yongsan Garrison in South Korea, who was the winner of the competition.

The competition was planned and executed in conjunction with I Corps, 7th Infantry Division, 593rd Expeditionary Sustainment Command, 62nd Medical Brigade and Madigan Army Medical Center.

"I would encourage everyone who can to come out here," Blake said. "You don't have to be a medic to be here, but you have to be a medic at heart. Having the opportunity to show off the skills we train constantly for has been a great experience."

MADIGAN ARMY MEDICAL CENTER

JBLM's new automated lab first in DOD

BY SUZANNE OVEL
Madigan Public Affairs

The first totally automated laboratory in the Department of Defense was unveiled to staff and guests at a ribbon-cutting ceremony at Madigan Army Medical Center Aug. 23.

The automated lab equipment has a price tag of \$700,000; Madigan is only one of eight facilities in the country with this new capability — not even Johns Hopkins or the Mayo Clinic has this level of automation yet, said Col. Michael Place, Madigan commander.

"This is the kind of innovative work that we've done around here at Madigan for some time now," Place said. "This particular system is not only a DOD pilot, it is one of the leading ones in the country."

He called the lab staff the quiet professionals of the hospital, working behind the scenes to run 2.6 million tests a year.

The lab's previous instruments only allowed 1.8 million annual tests, while the automated lab has a capacity of up to 4 million tests each year.

The new lab equipment is truly robotic, as it will assess itself and give notifications if it needs repairs, Place said.

The new lab instrumentation also allows Madigan to conduct 20 additional tests, to include the Anti-Mullerian Hormone (a fertility marker), procalcitonin (a marker for bacterial infection) and nicotine metabolite. With the new automated equipment, test results will come back faster; while tests took one to six hours before depending on their priority levels, now every lab test should be completed within an hour, said Maj. Bob Nadeau, deputy chief for Madigan's Core Laboratory.

The improvements in the lab should also lead to more timely patient care and medical decisions.

"Doctors make decisions

based on lab results, so this allows us to get them results much faster and with much more accuracy," Nadeau said.

When Madigan transitions this fall to MHS GENESIS — the Department of Defense's new electronic health record — the automated laboratory will be able to use its new instrumentation to its highest potential. Lab results which fall within normal ranges will automatically feed into MHS GENESIS without a need for lab technicians to manually certify them.

When the results fall outside of these ranges, laboratory staff will be notified and will further address those results.

"This is actually what you need for MHS GENESIS; we needed the new instrumentation to be able to provide that less-than-an-hour turnaround time for all testing," Nadeau said. "It will allow us to do a lot more for a lot less, and the idea is that this is going to be the model for other labs that implement MHS GENESIS."

The transition to the new equipment took 10 months; laboratory staff made sure that they offered 100 percent of their tests and services during that time, Place said.

"In order to do this, it took incredible coordination with facilities, (Information Management Division), regional contracting and our vendors, and the lab did a fantastic job making sure that happened," Nadeau said. "This is a completely new lab in 10 months."



Marife Arobel, a medical technologist at Madigan Army Medical Center, examines a blood sample for abnormalities Tuesday.

CENTER FOR DISEASE CONTROL AND PREVENTION

Vaccines are vital to your health, according to CDCP

BY KRISTI HAYASHIDA
Tripler Army Medical Center
Public Affairs

Today's society enjoys what generations before could not — the comfort of avoiding the same infectious childhood diseases that past generations feared, thanks in part to vaccinations. The human body's immune system can fight a disease faster and better if it's had the virus before or if it's been vaccinated.

Vaccines are biologics that mimic the virus they are trying to prevent. Vaccines are manufactured by modifying a disease-

producing antigen to stimulate immunity to the intended disease causing virus or bacteria. The Center for Disease Control and Prevention recommends vaccinations from birth through adulthood to provide a lifetime of protection.

Lifelong protection is important because vaccine-preventable illnesses can strike anyone at any age.

The Center for Disease Control advises people of all ages to continue getting immunizations to prevent an epidemic of diseases that are nearly under control today due to patient edu-

cation about the importance of immunizations.

According to the World Health Organization, infectious diseases were once the leading causes of death in the early 1900's. Small Pox was one of the most devastating diseases humanity ever faced. The eradicated virus killed more than 300 million people in the 20th century. Thanks to a global vaccination campaign, the disease was destroyed in 1980.

There is abundant historical evidence that supports immunizations. It's been a few generations since diseases like the

paralysis-causing virus polio affected thousands of children in the United States. Once again, vaccines helped to diminish the infecting virus.

Though vaccinations have led to a radical decrease in infectious diseases in the United States, some of these diseases are still quite common in other countries and can be transported to the United States by international travelers. Individuals without immunizations are at risk of contracting an infectious disease from a traveler on a plane, train or vacation cruise.

The danger doesn't end there

as they can then possibly pass the infectious illness to others. Vaccines not only protect one's health, they also help stem the spread of viruses to friends, family members and coworkers.

"In medicine today we often focus too much on treating the problem versus preventing the causes," said Janelle Jimbo-Labuguen, a nurse practitioner at Tripler Army Medical Center, in Hawaii. "Get vaccinated. Help prevent diseases and cancer."

If patients have any questions or want to schedule a vaccination, they should talk with their primary care manager.

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

Daddy's home

Spc. Ryan Prigge and his daughter Nora reunite at a redeployment ceremony for Soldiers from 4th Attack Reconnaissance Squadron, 6th Cavalry Regiment, 16th Combat Aviation Brigade, at Joint Base Lewis-McChord Aug. 23. The unit was deployed to Iraq in support of Operation Inherent Resolve.

SGT. ALMON BATE
16th Combat Aviation Brigade Public Affairs

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.

Friday - Army DONSA
Monday - Labor Day
Tuesday - Air Force Family Day
Oct. 9 - Columbus Day/
Army DONSA
Nov. 10 - Veterans Day observed
Nov. 13 - Army DONSA
Nov. 23 - Thanksgiving Day
Nov. 24 - Army DONSA and Air Force Family Day
Dec. 26 - Army DONSA and Air Force Family Day

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. Doors open at 12:30 p.m.; class starts at 1 p.m. Parking is limited, so arrive early.

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. Next class is Wednesday. Class limited to first 25 people; doors open at 8:30 a.m. 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" Thursday from 6 to 8 p.m. Bring your furry best friend on a leash for treats, dog-oriented games and prizes. 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.

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.

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 MCCHORD FIELD LIBRARY BOOK CLUB

Enjoy discussing books? Join the McChord Library's Novel Navigators. This adult discussion group meets the second Wednesday of each month at the McChord Library at 4:30 p.m.

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 2idahq@comcast.net, call 224-225-1202 or visit 2ida.org.

SELL, BUY TREASURES AT FALL FLEA MARKET

Make some quick cash by selling 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 specialevents@JBLMmwr.com, or call 253-967-6772 for reservations.

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 can we 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 SERVICING

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

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 and coffee shops, take a stroll, run errands, make a connection to Seattle or Tacoma, or access JBLM without driving a car. Common Access Card is required to board at the DuPont stop. For more information, call 253-966-3939 or visit GOLewisMcChord.com.

SKIESUNLIMITED INSTRUCTORS NEEDED

SKIESUnlimited is looking for team members to join the team as instructors. 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 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.

GET CREATIVE AT ARTS AND CRAFTS CENTER

Relax, de-stress and learn a new skill at the Arts and Crafts Center on McChord Field. Classes include sculpture, painting, drawing, book binding, knitting, sewing, quilting, Zentangle, matting/framing and more. For current class descriptions and schedules, visit jblmwmw.com/arts_crafts. For more information, call 253-982-6723.

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/g15g3sq.

CALL THE ENERGY WASTE HOTLINE

The Joint Base Lewis-McChord Energy Program has launched the Energy Waste Hotline 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.

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.

THE USE OF SPACE HEATERS ON JBLM

The Joint Base Lewis-McChord Fire Department is not the authority for the use of space heaters on the installation in your work area; the Directorate of Public Works' Energy Conservation is. Contact Eric Waehling at 253-966-1772, eric.r.waehling.civ@mail.mil or Amin Sakhawat at 253-966-9011, sakha.wat.amin.ctr@mail.mil. If DPW authorizes the use, JBLM Fire Prevention will ensure space heaters are used in a fire safe manner.

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's and federal holidays) at Hawk Transition Center Auditorium at 11 a.m. Come out and speak to recruiters with employment opportunities. Walk-ins are welcome.

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

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 Wednesday. For more information, call 206-205-3500.

Redefining Your Future Wednesday-Thursday 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 redefinemtureyou.com.

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 mitchell.watson.civ@mail.mil or call 253-573-6789.

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.

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.

Camo2Commerce Federal Job Seekers/LinkedIn Workshop Sept. 13 at 8:30 a.m. at the Hawk Transition Center's Auditorium. In the first session, clients will learn how to create a strong profile and resume and understand the process of seeking and competing for a federal job. Guest instructor is Rudy Muriel, veteran human resources specialist and employment advisor. Space is limited; register by visiting: <https://c2cfedjobs-sept2017.eventbrite.com>.

Session two at 1 p.m. advises on how to develop a robust professional profile and network using LinkedIn. To register, visit: <https://c2clinkedin-sept2017.eventbrite.com>.

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 253-967-3258/3259.

RECEPTIONIST AND TIMEKEEPER IN RICHLAND Washington State Department of Ecology — Salary: \$27,756 to \$35,808 annually. The Nuclear Waste Program is

looking to fill a receptionist/timekeeper office assistant 3 position located in the Richland field office in Richland, Wash.

The position supports the NWP mission through the performance of professional administrative support services for the Richland office by maintaining the reception desk, welcoming and greeting visitors into the office and directing them to the appropriate conference rooms, answering the main phone line, and distributing the mail. For more information, visit careers.wa.gov.

AUTOMOTIVE WORKER FOR SKOOKUM ON BASE</b

FROM PAGE 1A SOLDIER

Shannon said with a chuckle. "It was a smoker."

The physical exertion did not stop. Day two brought an unknown distance ruck march over uneven terrain.

"A lot of people train for a 12-miler, so they know how to pace themselves for that distance," Shannon said. "If it is 6 miles, you think it's easy and run the whole thing. When they give you an unknown distance, that is when you have to focus on the fundamentals of ruck marching such as making sure you are quick but not burning yourself out the whole time."

An M4 Rifle qualification came next, followed by an orienteering event.

At each orienteering point, there was a task that had to be accomplished, Shannon said. The first task for him was hand grenade fundamentals, then camouflage, correcting a malfunction on an M4 Rifle, loading a radio, weapons assembly, and finally a swim through McKellar's Pond.

Shannon and his fellow candidates had previously received a

counter-IED class at Fort Bragg that focused on tactics during a dismounted patrol, which he later used on the third day's IED lane.

"We had civilian instructors for that portion," he said. "It was good information that I can retain and bring back to my organization."

That led up to the last event of that day: the confidence course. The competition didn't slow down. Aug. 23 brought the medical lane where candidates had to demonstrate care under fire procedures and treat a simulated casualty.

They then moved into the stress shoot, Shannon said. They carried water cans for approximately 150 meters and engaged popup targets. After engaging targets, they dragged a litter to the finish point and threw a smoke grenade.

After all the physical strain they were put through, the last day started with an Army Physical Fitness Test and concluded with an oral board.

"You learn a lot as you prep for the boards," Shannon said. "I am a first sergeant who is digging back into those manuals and broadening my knowledge base. This self-development piece widens Soldiers' scope of



SGT. JAZMIN JENKINS 22nd Mobile Public Affairs Detachment

Sgt. 1st Class Brenden Shannon, 1st Brigade, 2nd Infantry Division from Joint Base Lewis-McChord, tosses a sandbag as part of the Soldier Readiness Test during the 2017 Forces Command Best Warrior Competition at Fort Bragg, N.C., Aug. 20.

knowledge, which makes them more adaptable. This is emphasized in these competitions and these boards."

Shannon started at 1st Bde., 2nd Inf. Div. Noncommissioned Officer of the Quarter competition and has worked hard to

compete in the 7th Infantry Division and I Corps levels. On Aug. 25, he earned the title of FORSCOM's NCO of the year.

"I felt great and I was a little surprised," Shannon said.

Others were not surprised.

"Shannon is a very unique and

well-balanced leader," said 1st Sgt. Adam Ascliadiis, the first sergeant for Headquarters and Headquarters Company, 5-20th Inf. and Shannon's sponsor the 7th Inf. Div. Noncommissioned Officer of the Quarter competition. "He is very standards-oriented and takes care of Soldiers."

Shannon is probably one of the most selfless NCOs he has ever met, Ascliadiis said. Shannon is very passionate about doing his job and doing it well. He does not accept defeat or leave a job unfinished.

"The command team is extremely proud of Sgt. 1st Class Shannon, not only for his personal accomplishment, but also for showing all the Soldiers within Ghost Brigade what the standard looks like," said Command Sgt. Maj. Christopher Grant, the command sergeant major for 1st Bde., 2nd Inf. Div. "Leading by example, he is the epitome of our NCO corps and he will be a force to reckon with at the Army NCO competition later this year."

Shannon will compete against his U.S. Army Reserve and National Guard counterparts at the Army Best Warrior Competition scheduled for Sept. 30 to Oct. 12 at Fort A.P. Hill, Va.

FROM PAGE 1A CLINIC

her deployment.

In 2011, Webb suffered from injuries to the back and neck and also suffered from post-traumatic stress disorder. She continues to struggle with chronic migraines and body pains, and she recently had foot surgery.

Webb was able to play wheelchair basketball at the McChord Field Fitness Center — a variation of the sport she played through her middle and high school years in Lake City, S.C.

"This is giving me the opportunity to get back to some of the things I used to do," Webb said.

She also tried other activities, including wheelchair racing. All in all, she was able to find new ways to be as active as she was before 2011 — back to the kind of person who ran 6 to 8 miles per day.

"Seeing I can do the things I didn't think I could, it gives me some hope," Webb said. "This is giving me a new beginning in my life. This is my new start."

Webb's story was similar to more than 100 participants representing both the Army and the Air Force wounded warrior community. With the support from Madigan Army Medical Center's Warrior Transition Battalion, the Air Force Wounded Warrior Program brought in ill and wounded service members and veterans from throughout the country to JBLM.

Through adaptive sports, the



SCOTT HANSEN Northwest Guardian

Archery coach Tim McDonough, left, and volunteer Kaitlin Stark, right, take a draw length measurement for Master Sgt. Ken Escobar, of the Defense Logistics Agency, Germersheim, Germany, during the annual Joint Northwest Regional C.A.R.E. event on Lewis Main Monday.

wounded warriors are learning different ways to be active. Finding a new way of doing something not only translates in sports but also in everyday life — which is a main goal for the overall C.A.R.E. event.

Casey Dockins, a medically retired Air Force first lieutenant, said it's all about being able to focus on the "can" and less on the "can't." Dockins was injured by an improved explosive device in 2007 during a deployment to Iraq. He now has PTSD, a traumatic brain injury, damage to the spine and heart issues.

Speaking to the participants during the opening ceremony at Cowan Stadium on Monday, Dockins said they all had courage. Being part of a C.A.R.E. event means taking a step into the unknown — but not alone.

"Individually, you may seem invisible, but together, we can be invincible," Dockins said. "We're not broken; we're just redesigned."

The overall event featured more than just sports clinics with a few scrimmages at the end of the week. C.A.R.E. stands for Caregiver support, Adaptive

and rehabilitative sports, Recovering mentorship and Employment and career readiness. The weeklong event also featured workshops revolving around music, journaling and transitioning from the military into the civilian world.

"In the end, our goal is to support them on their journey," said Marsha Gonzales, branch chief of the Air Force Wounded Warrior Program.

Some participants are considering Warrior Games' trials through their respective military branches — the path to qualify

for the Department of Defense's 2018 Warrior Games in June at the Air Force Academy in Colorado Springs, Colo., or maybe the 2018 Invictus Games October 2018 in Sydney, Australia.

For many wounded warriors, learning how to be active despite injuries means more than any medal that can be won at those competitions.

"I don't want to feel like a lot of pieces," Webb said. "I want to be whole again."

Dean Siemon: 253-477-0235, @deansiemon

FROM PAGE 1A

JBLM

Since many people on the installation are from other areas of the country, it's a good idea to be aware of the potential disasters and be prepared in advance for any scenario, he said.

"It's better to have too much information and not need it than to need it and not have the information," Morse said.

That's why folks at JBLM are planning a four-week process to get people ready in the event of

an emergency. During National Preparedness Month, information will be available at the exchange and commissaries on Lewis Main and McChord Field each week.

The first week is titled: Be Informed. During that week, Morse said the first step is to sign up for the JBLM alert system at tinyurl.com/ya5xgqzq4. It's recommended participants sign up for text messages of the alerts, as those are believed to be most reliable, he said.

It's also suggested users sign up for text alerts from the county where they live. Talk with your power company about

utility safety, including how to turn the gas or other utilities off at home after an earthquake. And, it's a good idea to research ahead of time how to access community resources in the immediate area.

Week two: Make A Plan. You can find much of the information you need on making a plan at the government preparedness site: ready.gov/make-a-plan. One option for keeping in touch with family is to download a group texting app so the entire family or crew can keep in touch before, during and after an emergency.

Week three: Build A Kit, sug-

gests having a one-week supply of medications and make digital copies of important documents and save them on iCloud or a secure cell phone app in case disaster strikes. Those preparing should gather and store critical personal, household and medical information for easy access in a disaster. Food and water also should be stored for an emergency.

Week four: Get involved. It's suggested one shares preparedness information with their community, faith-based organization, business and more. Taking a first aid course and CPR class also are good ways to be

involved and proactive. Joining a Community Emergency Response Team program also is a good way to be ready for a disaster.

Although not within the September National Preparedness Month, another upcoming event on JBLM and across the globe is the Great American Shakeout. That event, titled in this state the "Great Washington Shakeout," is coordinated across the globe and provides an earthquake drill with information and preparedness techniques. For more information and to register for the event, visit: shakout.org/washington/register.

FROM PAGE 1A

OPEN

from the old tower."

The new facility replaces an ATC tower that was set up in 1962. With the changes to federal aviation rules, the old tower penetrates the airfield's transitional surfaces and has been viewed as an obstruction.

But it wasn't just safety that was a concern; the old tower was considered too small to be able to be equipped for modern technology or have room to work comfortably.

"The airspace information center was so small that people were literally sitting on top of each other," Rodriguez said.

Worth approximately \$13 million, the new facility has the space to integrate the latest air traffic systems for use on JBLM.

"We have the space now for



DEAN SIEMON Northwest Guardian

John Graf, air traffic control chief at Gray Army Airfield on Joint Base Lewis-McChord, observes the new air traffic control center at the top of the new Gray Army Airfield Air Traffic Control Facility Monday.

new technology," Rodriguez said. "It's all about the safety for the aircrews who use our airspace. It will make us much more capable, too."

Replacing the tower is just one of the many projects that are updating the airfield as a whole since 2003: runway, taxiways, instrument landing system,

radar and weather system, among those.

In addition to providing a new tower, the Gray Army ATC facility will also have three different components at the base of the building — radar, flight following and maintenance.

Before Tuesday, the airfield's maintenance facility was located on the opposite end of the airfield. Having maintenance in the same facility does reduce overall travel and response times to issues like outages.

"You gain efficiency and safety because they are no longer crossing the runway," said John Graf, air traffic control chief at Gray Army Airfield.

Along with the increased space for all of the systems and support staff, there is also space for training rooms and spaces that weren't available at the old tower.

There's also plenty of room for an elevator that goes up eight out of the 10 stories of the

new facility — something the old tower didn't have.

Efforts to improve safety at the airfield are continuing with the construction of a new fire station scheduled to be completed in May 2018. The \$12.4 million project will provide five bays for firetrucks designed for both airlift crash rescue and structure fires.

The older fire station currently only has one bay for the airlift crash rescue trucks and even then, the station is not long enough for the whole truck to park inside. The new station will support not only the airfield, but also for a section of Lewis Main between the airfield and Madigan Army Medical Center.

"Everything we do every day is about safety," Rodriguez said. "On top of that, the growth on JBLM prompted (a new fire station)."

Dean Siemon: 253-477-0235, @deansiemon



Sports

2017 INVICTUS GAMES

Artillery officer embraces adaptive sports

I Corps colonel to compete during annual Invictus Games in Toronto

BY DEAN SIEMON
Northwest Guardian

Colonel Daniel Dudek, an artillery officer in the G3 training shop for Headquarters Support Company, I Corps, at Joint Base Lewis-McChord, is looking forward to competing in the 2017 Invictus Games Sept. 23 to 30 in Toronto.

The event is expected to draw approximately 550 injured military service members and veterans representing 17 countries who are competing in 12

different sports. Dudek earned his spot through the Department of Defense's Warrior Games last month in Chicago, where he won three gold, two silver and one bronze in swimming and handcycling events.

Dudek also has another eight medals — seven gold and one silver — from his appearances in the 2012 and 2013 Warrior Games. Through competitions like the upcoming Invictus Games, Dudek said sports was the catalyst for him finding a

community of people who are also suffering from limited leg mobility like he has since 2007.

"It gets you out of that cloud of 'woe is me,' and you find people who are empathetic, not sympathetic, and they get you going," Dudek said.

Dudek said he originally didn't look for this community. It found him, and he was embraced by it and allowed to become part of it.

During a deployment to Iraq with the now inactive 4th Brigade Combat Team, 2nd Infantry Division July 19, 2007, the Stryker vehicle he was riding



PFC. SEARA MARCSIS Army Warrior Care and Transition

Col. Daniel Dudek competes in the handcycling timed trial at the Warrior Care and Transition's Army Trials at Fort Bliss, Texas, April 2.

SEE GAMES, 2B

INTRAMURAL FOOTBALL



SCOTT HANSEN Northwest Guardian

ABOVE: Headquarters and Headquarters Company, 555th Engineer Brigade quarterback Clark Jones, right, scrambles past 110th Chemical Battalion defender Jonnell Crockett, left, for a first down during a JBLM Commander's Cup Intramural League flag football game Tuesday at the Lewis North Athletic Complex. HHC, 555th Engr. Bde. came from behind to defeat 110th Chem. Bn. 30-26.



ABOVE: 110th Chem. Bn. running back Devin Edwards (2) stretches for a first down past HHC, 555th Engr. Bde. defenders Clark Jones, left, and Martavious Buckner scrambles during a JBLM Commander's Cup Intramural League flag football game at the Lewis North Athletic Complex Tuesday.

AT RIGHT: HHC, 555th Engr. Bde. receiver Zeb Lindsey, left, scrambles past 110th Chem. Bn. defender Tom Muccie (5) during a JBLM Commander's Cup Intramural League flag football game Tuesday at the Lewis North Athletic Complex.



ON THE SCHEDULE

REGISTRATION STILL 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. Late registration ends Wednesday at 11:59 p.m. Fee with a valid military ID is \$15 for the 1K, \$30 for the 5K and \$35 for the 12K. Those without pay \$20 for the 1K, \$35 for the 5K and \$45 for the 12K. For more information, visit jblmmwr.com/races, or call at 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, call 253-846-2592 or visit woaonline.org/northwest.

ANNUAL JBLM ZOMBIE RUN SET FOR OCT. 14

Races: Sign up for the fourth annual Joint Base Lewis-McChord Zombie Apocalypse 5K Run Oct. 14 at the Lewis North Athletic Complex. The kids' 1K Monster Dash will start at 8 p.m., followed by 5K heats of 8:30 and 9:30 p.m. Pick-up starts at 5 p.m. Runners will wear flags and try to keep zombies from taking them. Paid registration comes with custom finisher medals and free tickets to the annual Walk in the Dark at Shoreline Park theatrical nightmare (for Oct. 19 or 26 only). Visit jblmmwr.com/races or call 253-967-4768.

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 service members attached to JBLM. For more information, call 253-967-4768.

FAMILY SPECIALS OFFERED AT JBLM GOLF COURSES

Golf: Both Eagles Pride Golf Course on Lewis Main and Whispering Firs Golf Course on McChord Field have a family golf special for Saturdays and Sundays after 2 p.m. A family of four can play nine holes for \$30. For more information, call the Eagles Pride pro shop at 253-967-6522 or the Whispering Firs pro shop at 253-982-2124.

2017 WORLD MILITARY TRIATHLON CHAMPIONSHIP

U.S. military triathletes compete on international stage

BY LANCE CPL. TROY SAUNDERS
Department of Defense News Service

Warendorf, GERMANY — U.S. service members from all five branches competed to represent the U.S. Armed Forces Triathlon Team in the 2017 World Military Triathlon Championship in Sassenberg, Germany, Aug. 5.

The championship included teams comprised of 22 nations' militaries and consisted of a 1.5

km swim, a 40 km bike race, and a 10 km run.

Although Germany, Brazil, and France walked away with more medals, the U.S. Armed Forces Triathlon Team had something to be proud of and build upon.

The U.S. team finished the event with four overall medals.

Air Force Lt. Col. Jon Mason earned a silver medal in the Men's Individual Masters Division. Air Force Maj. Jamie Turner earned a bronze medal in the

Women's Individual Masters Division, while Air Force Maj. Judy Coyle earned the gold medal in the same division.

The U.S. team came out in first and won a gold medal in Group Master's Division.

The International Military Sports Council hosted the event, and this year was the 19th iteration of the world triathlon championship. The organization was founded in 1948 and



U.S. Armed Forces athletes march with the American flag during the closing ceremony of the World Military Triathlon in Sassenberg, Germany Aug. 5.

SEE WORLD, 2B

LANCE CPL. TROY SAUNDERS U.S. Marine Corps Photo

WORLD CLASS ATHLETE PROGRAM

Health scare won't stop her Olympic dreams

BY DAVID VERGUN
Army News Service

LAKE PLACID, N.Y. — Five years ago, Megan Henry was in peak physical condition and had her sights set on riding her skeleton sled all the way to the 2014

Winter Olympics in Sochi, Russia.

Then tragedy struck. During training at Park City, Utah, Henry suddenly had great difficulty breathing. Doctors told her she had pulmonary embolism, which is blood clots in the lungs, she said, adding that it was triggered by a birth control device she was using at the time.

"Lots of young girls who've used the device have died," she said.

Henry was informed by doctors that she'd probably never be an athlete again. Recovery was slow. She said she was put on blood thinners and could barely walk 10 minutes a day.

"I was sidetracked for a year," she said.

But Henry is a Soldier, an Army Reservist assigned to Fort

FROM PAGE 1B

GAMES

in was hit by an improvised explosive device that went through his friend, Cpl. Brandon Craig. Dudek was hit in the lower spine.

Within an hour's time, he went from an IED strike to a firefight, followed by a helicopter ride to a nearby medical facility where he underwent surgery.

The medical staff was able to reduce the swelling, and some leg mobility was saved.

After a month at Walter Reed National Military Medical Center in Bethesda, Md., Dudek spent the rest of the year at the Veterans Affairs Puget Sound Health Care System in Seattle.

After being granted continuation on active duty, he spent four months working within his brigade and not wanting to have anything to do with the JBLM Warrior Transition Battalion.

"Instead of grieving, I dove into work," Dudek said. "I needed to find a place to contribute; that was what my focus was on."

Dudek went to work as an executive officer in 2008 for the JBLM WTB under former battalion commander Col. Karl Bolton. He took Dudek to one of the annual WTB conferences to meet the people who worked within the adaptive sports community.

"They're just people who thrive and are happy and fun to be around," Dudek said. "It's a matter of being around the best people you ever work for."

By June 2009, Dudek became the JBLM WTB commander and attended more conferences as time passed. By 2010, he was sending JBLM service members to a new event called the Warrior Games and continued to do so in 2011. He said he was jealous because he didn't get a chance to try himself.

When he left to work with the Army Warrior Care and Transition Program near the District of Columbia in 2012, Dudek had

Devon, Mass., and a fighter. Instead of thinking about the overwhelming odds of not recovering, Henry said she chose to focus instead on the possibility of making a comeback. Henry said that besides having the support from her family, she also had support from her Army family.

Coaches and therapists at the World Class Athlete Program at Fort Carson, Colo., helped with her recovery. Today, Henry is ranked fifth in the U.S. and 25th internationally in the skeleton event and she said she believes she has a good shot at making it to Team USA in January, despite the fact that only two women will be picked out of a field of 20.

Making the team will depend on four races between now and then, two here and two at Calgary, Canada.

Henry said her biggest challenge today isn't the physical or psychological aspect of the training. It's getting enough calories to replace those she's burned.

"I struggle with gaining weight," she said. "People say 'You're lucky to have that problem' and I'm like, 'I'm really not.'"



1st Lt. Megan Henry prepares for the 2018 Winter Olympics by riding a modified skeleton down a track at the Lake Placid Olympic Training Center Aug. 24.

To bulk up, besides eating, Henry blends food together in drinks. But it's still not fun, she said.

Henry said she wishes more Soldiers were aware of the WCAP program and the many sports Soldiers can compete in. When Soldiers think Olympics many think of running or shooting, she said. They don't know there are sports like skeleton.

In fact, some people have never even heard of skeleton, she said, describing the sport as

sledding headfirst down a curvy mile-long track at more than 80 mph.

The same track is shared by luge and bobsled competitors, she said, some of whom are also Soldiers in the WCAP program. Henry had words of advice for Soldiers who think they might want to get into the WCAP program.

"If you have a sport you think you're good at, go to the WCAP site, look up the standards and see if you can make it," she said. "Be patient. Never

give up. I may not have been the strongest or stand-out athlete, but I think if you are dedicated and work really hard, the doors will open for you. Believing things will work out for you is huge."

Henry's biggest fans, she said, are her parents and brother. Her mom, Barbara Henry, was at the Lake Placid Olympic Training Center, cheering her daughter on as she trained.

Her father is also a huge fan, her mom said. When she first started out in the sport, he built a wheeled skeleton for her that she could use to practice on the streets of Roxbury, Conn., her hometown.

"She's always been very focused and determined," Barbara said. "She's also a very good person."

Besides training for the Winter Olympics, Henry has been pursuing a master's degree in military intelligence at American Military University, which she completed this month. Also in August, she was promoted to first lieutenant. She received her commission to second lieutenant after attaining the rank of staff sergeant.



U.S. Army Col. Daniel Dudek competes in a swimming event at the 2017 Department of Defense Warrior Games in Chicago July 8.

his first chance to compete at the 2012 Warrior Games. He had an independent tryout at Fort Belvoir, Va., with a swimming coach who saw him beat gold medal times from the previous two years.

"The epiphany was that I'm an old guy, and I'm kind of big, but I can be competitive," Dudek said.

He was competitive enough to win a total of 14 medals during three different Warrior Games. Dudek now hopes to win his first medal at the 2017 Invictus Games later this month.

He is scheduled to be in the time trial and criterium cycling events where he'll complete as many 1-kilometer laps in 30 minutes as possible. Dudek will also do the 400-meter race in

racing wheelchair and four swimming events: 50-meter freestyle, 50-meter backstroke, 50-meter breaststroke and 100-meter freestyle.

Competing in a sport with other athletes who understand and support their competitor and new friend in recovery is what makes the experience a more valuable treatment option for Dudek, he said.

"You can do a lot of medical treatments and therapeutic modalities," Dudek said. "You can hear from a doctor what your injury is, but the doctor doesn't really tell you how to live with that day-to-day."

Dean Siemon: 253-477-0235, @deansiemon



Col. Daniel Dudek takes a selfie with Team Army before the opening ceremony for the 2017 Department of Defense Warrior Games July 1.

FROM PAGE 1B

WORLD

organizes various sporting events and competitions for the armed forces of its 136 member countries.

The organization is unique because it brings together service men and women who may previously have met on the battlefield to now meet on the sports playing field.

"(International Military Sports Council) is the second largest sports governing body in the world, second only to the international Olympic committee," said Marine Col. Stephen Armes, chief of mission for the U.S. Armed Forces Triathlon Team. "Friendship through sport is the motto of (the council), and if you're friends hopefully you're not going to fight each other."

This year, the German Armed Forces Bundeswehr Sports



U.S. Armed Forces Triathlon team members gather for a group photo before heading out on a practice bike ride in Warendorf, Germany, Aug. 4.

School in Warendorf, Germany, opened its services and facilities to more than 300 military athletes, including 15 U.S. military athletes.

One of the military athletes on the U.S. team was the 2016 Marine Corps Female Athlete of

the Year, Marine Capt. Mollie Hebda.

"My dad was a big marathon runner, and ever since I was the age of 6 or 7 he would drag us out to run with him," Hebda said.

"In college, I ran, but I did swimming and biking as part of

cross-training for running. I realized I was much better at triathlon and have been doing them for about three years now."

Hebda's experience with collegiate athletics and triathlons is common for the U.S. team, but it is not so common for many other nations. Many of the competitors from other countries are professional athletes who, by conscript, fulfill their military duties.

The U.S. team recognized the unique opportunity to compete against great athletes on a global stage like the championship.

"There are six Olympians that were in Rio in the mix here," Armes said. "There's probably another six or so that are trying to get to Tokyo in 2020, but that's normal. I think what it does is it gives our guys an attempt for something to strive for. When you're racking your bike in transition and a guy's got Olympic greens tattooed on his leg, you know you're really go-

ing against the best in the world."

The U.S. team accepted the role of underdog and was motivated with high expectations for themselves.

"We know that there are some Olympians here," Hebda said. "So having an even larger field with even more competitive people with that goal to represent your country as best as you can is really going to bring out an incredible performance from our team."

Although members of the U.S. team were from different branches of service, the level of dependability and friendship rivaled that of a service-specific unit.

"It's a fantastic group of people, military members, even with new people," said Air Force Maj. Judy Coyle, a member of the U.S. team. "I think everybody recognizes the effort put in and everybody wants to help everybody out. Even though we're here to compete, we're here to have a good time as well."

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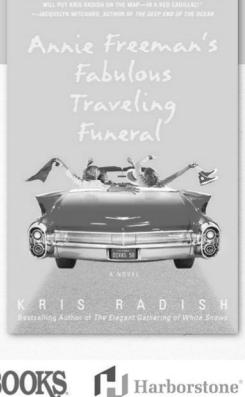
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Western Washington Traveling Skeet League 2017 Schedule

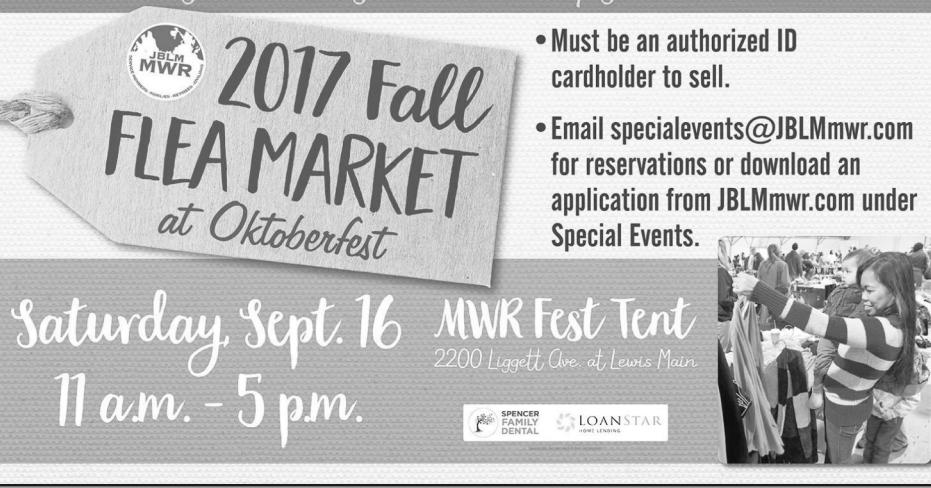
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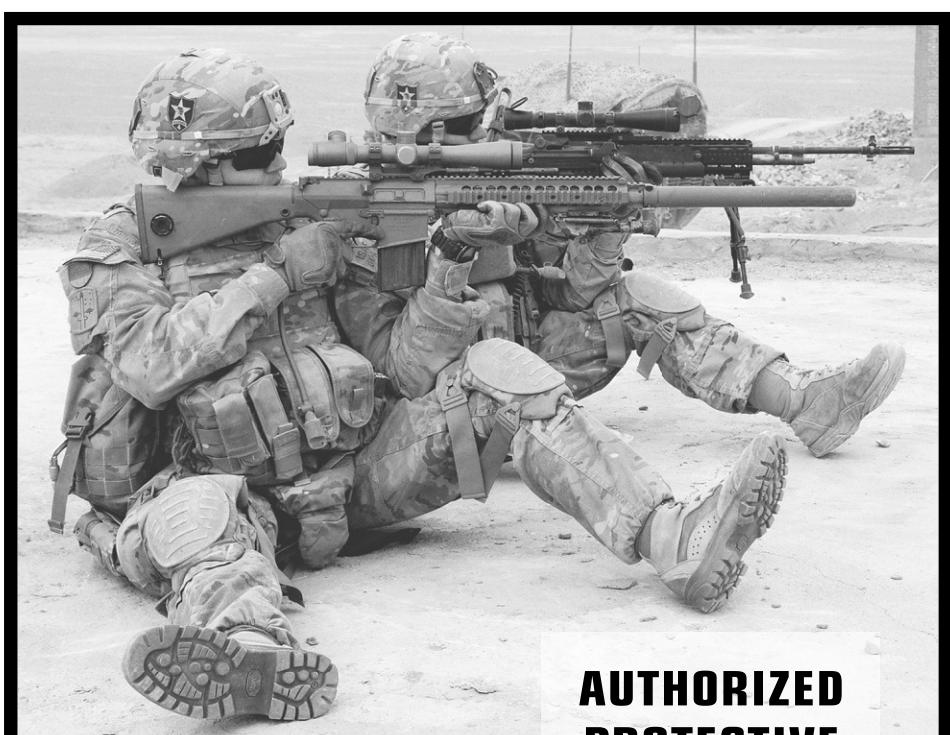
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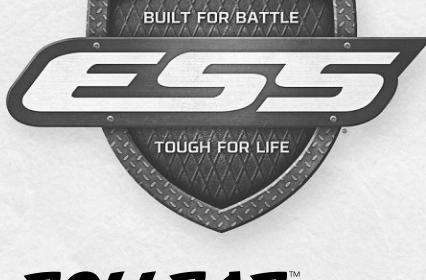
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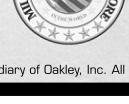
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NSN: 4240-01-630-6343



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ARMY PRESENTS



- Wine & Canvas \$17
Register Online 5 pm
- Children's Story Time
- Refreshments
- Scavenger Hunt
- Library Demonstrations

\$2

Library will close at 1 p.m.

FEATURED ARTIST
ARSENA
singer/songwriter

253-967-5889

AFTER HOURS LIVE



Grandstaff Library

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



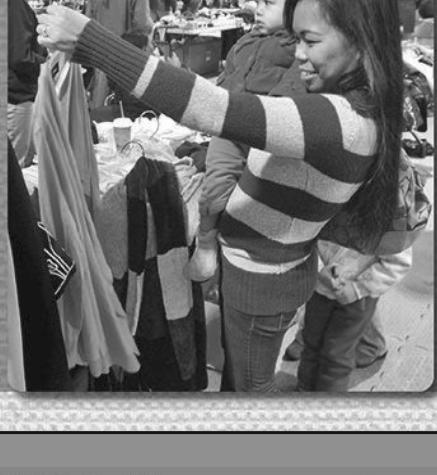
- Must be an authorized ID cardholder to sell.
- Email specialevents@JBLMmwr.com for reservations or download an application from JBLMmwr.com under Special Events.

Saturday, Sept. 16

11 a.m. - 5 p.m.

MWR Fest Tent

2200 Liggett Ave. at Lewis Main



**Register at
JBLMmwr.com/races**

6TH ANNUAL JBLM 12K & 5K

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Saturday, Sept. 9 at Heritage Hill, McCord Field

No federal endorsement of sponsors implied

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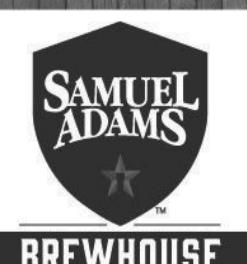


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**Merchandise****Appliances**

APPLIANCES Largest Selection Of Washers - Dryers - Ranges - Refrigerators - Freezers. Terms & Delivery Available* Recycling Appliances in Pierce Co. Since 1982* TV Time - 581-3406, 8814 Bridgeport Way, Home of the 1-yr Warranty

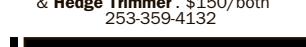
APPLIANCES Largest Selection Of Washers - Dryers - Ranges - Refrigerators - Freezers. Terms & Delivery Available* Recycling Appliances in Pierce Co. Since 1982* TV Time - 581-3406, 8814 Bridgeport Way, Home of the 1-yr Warranty

**Fitness/Sporting Goods****Furniture For Sale**

Glass Patio Table with 6 chairs & cushions & umbrella, 2 lounge chairs with cushions, all like new. Grass Edger, FREE BBQ. 253-303-0452

**Hobbies/Collectibles**

★★ DOLL SALE ★★ Not your average doll sale! Beautiful Annette Himstedts, most with original boxes, sweet, large porcelain Berdine Creeds, adorable Ashton Drake kids with original boxes, plus a collection of vinyl & Porcelains, all excellent, 40 to choose from, all priced to sell! 360-705-4852

**Lawn & Garden Supplies**

Black & Decker electric **Lawn Mower** & **Hedge Trimmer**. \$150/bot 253-359-4132

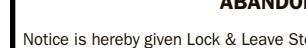
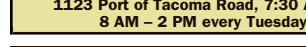
**Misc. Merchandise**

Roaster oven, kitchen table w/2 chairs, IKEA 6 dining room chairs w/pads, VIZIO HD 21in TV, Yamaha Keyboard 4PT-300, & Twin Sleep number beds. Make offer. Call 253-857-8707

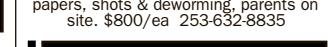
**Announcements****Personals**

Martin (Marty) Weatherman of the Abrey family. Contact your cousin. 253-973-9960

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**Auctions****General Labor****Business and Services****Cleaning Janitorial****Equip / Appl Repair****Home/Business Improvement****Junk Removal****Lawn/Lndscpng/Trees****Financial****Financial**

MONEY TO LOAN Private local investor has cash to loan on real estate equity. Fast Cash, No Credit req. Mr. Unger 253-858-4440

**Animals & Pets****Dogs**

Purebred German Shepherd Puppies AKC hip/elbow certified, includes papers, shots & deworming, parents on site. \$800/ea 253-632-8835

**Pets**

PERFECT GOODBYE IN HOME PET EUTHANASIA Dr. Robin Gardner 253-312-6283

**Agricultural****Farm Products/Supplies**

FINEST BLUEBERRIES You Pick \$2.00/lb, also **FINEST HAY** \$5 or \$6 delivered. 2610 Carpenter Rd NE, Open from 9am-dusk 7 days/week. 360-491-6816

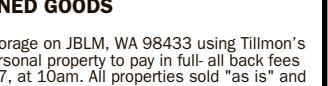
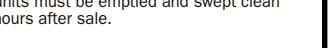
**Real Estate****Apartments/Condos****Olympia**

FREE CABLE FOR A YEAR!!! 2BR apts \$975 mo w/s/g, parking & on busline. 360-584-2120

**Rooms for Rent**

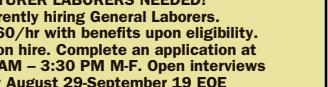
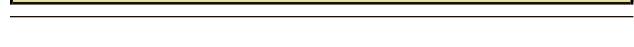
ROOM FOR RENT \$500, includes all util. 253-268-9314

Tired of seeing that junk in your garage? Too much stuff in the basement? Make some quick cash! Sell it with Classifieds! 253 428-8000 www.southsoundclassifieds.com

**Auctions****NOTICE OF PUBLIC AUCTION OF ABSENTEE RENTERS AND ABANDONED GOODS**

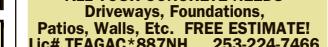
Notice is hereby given Lock & Leave Storage on JBLM, WA 98433 using Tillmon's Auction Service intends to sell the personal property to pay in full all back fees and associated costs on Sept 12, 2017, at 10am. All properties sold "as is" and "With all faults" and "without warranty" expresses, or implied. Cash only will be accepted and all units must be emptied and swept clean within 48 hours after sale.

F2T1 Lightner, James G3D5 Keawe, Arnold G5T6 Tuck, Jesse I5T5 Bobbitt, Kathryn C2T2 Arebalo, Juan D13T5 Arebalo, Juan 2C7T4 Hills, Patrick R1T4 Davis, Joseph G4T2A3 Fultz, Christopher B8T3 Maddox, Randall 2C6T3 Shelby, Christopher D8T3 Jenkins, Caleb Q6T3 Bradford, Glau S2T1 Millard, Daniel

**General Labor****CONCRETE MANUFACTURER LABORERS NEEDED**

Concrete Technology is currently hiring General Laborers. Competitive wages \$15.00-\$15.60/hr with benefits upon eligibility.

Must join Laborers Local 252 upon hire. Complete an application at 1123 Port of Tacoma Road, 7:30 AM - 3:30 PM M-F. Open interviews 8 AM - 2 PM every Tuesday August 29-September 19 EOE

**Business and Services****Cleaning Janitorial****Equip / Appl Repair****Home/Business Improvement****Junk Removal****Lawn/Lndscpng/Trees****General Labor****Business and Services****Cleaning Janitorial****Equip / Appl Repair****Home/Business Improvement****Junk Removal****Lawn/Lndscpng/Trees****General Labor****Business and Services****Cleaning Janitorial****Equip / Appl Repair****Home/Business Improvement****Junk Removal****Lawn/Lndscpng/Trees****General Labor****Business and Services****Cleaning Janitorial****Equip / Appl Repair****Home/Business Improvement****Junk Removal****Lawn/Lndscpng/Trees****General Labor****Business and Services****Cleaning Janitorial****Equip / Appl Repair****Home/Business Improvement****Junk Removal****Lawn/Lndscpng/Trees****General Labor****Business and Services****Cleaning Janitorial****Equip / Appl Repair****Home/Business Improvement****Junk Removal****Lawn/Lndscpng/Trees**

JBLM
NORTHWEST

guardian weekend

SECTION C

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



COVER STORY

DASH AND DINE

JBLM Salmon Run participants will be served salmon dinner after the race, 3C

FOR THE WEEK OF SEPTEMBER 1-7

1

SAMUEL ADAMS BREWHOUSE 4 p.m. to midnight. Trivia Night from 7 to 9 p.m. Play for free to see if you can win prizes.

McCHORD PUB 4 to 9 p.m. Relax after work. Enjoy programs on four overhead televisions and challenge your friends to a game of darts or poker. Order appetizers to go along with your favorite drinks.

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 8 p.m. Chicken-fried steak for \$8.25.

2

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

SAMUEL ADAMS BREWHOUSE 9:30 a.m. to midnight. Watch all your favorite sports. Stop by for Happy Hour from 6 to 8 p.m.

3

WARRIOR ZONE DINING 10 a.m. to 11 p.m. Taste our flat-bread pizzas, grilled sandwiches and more. Also try Battle Bean coffee. Ages 18 and older only.

4

WHISPERING FIRS AND EAGLES PRIDE GOLF COURSES Grab a bargain with the golf combo – green fee, a shared cart and a \$6 food voucher.

WARRIOR ZONE 10 a.m. to 11 p.m. Stop in for lunch or dinner while you watch your favorite shows or a movie, shoot pool or game with friends.

5

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

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 6 p.m. Chicken bacon ranch wrap for \$8.25.

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

6

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.

AMERICAN LAKE CONFERENCE CENTER Book your unit, office or group holiday party now. Call the catering office at 253-966-4998.

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

WARRIOR ZONE 10 a.m. to 11 p.m. Tasty flatbread pizza, gourmet sandwiches, wraps, quesadillas and more. Ages 18 and older only.

7

SAMUEL ADAMS BREWHOUSE "Yappy Hour" 6 to 8 p.m. Dogs and their people can enjoy dog-oriented games and treats on the patio.

McCHORD GRILL 11 a.m. to 1 p.m. Enjoy a huge salad bar, soup of the day, pasta made to order, burgers and sandwiches with fries.

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

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

JOINT BASE LEWIS-MCCHORD MARKETPLACE DIRECTORY

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

To see menus, visit JBLMmwr.com.

AT THE MOVIES

Carey Theater on Lewis Main

The Dark Tower (PG-13)

Friday at 7 p.m.

The Emoji Movie (PG)

Saturday at 12 p.m.

The Dark Tower (PG-13)

Saturday at 4 p.m.

Atomic Blonde (R)

Saturday at 8 p.m.

The Emoji Movie (PG)

Sunday at 12 p.m.

The Dark Tower (PG-13)

Sunday at 4 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

GRAND CINEMA: 253-593-4474

LAKWOOD TOWNE CENTER

CINEMAS: Not available by phone, online fandango.com

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

CENTURY POINT RUSTON AND

XD: Not available by phone, online cinemark.com

PUYALLUP

LONGSTON PLACE: 253-770-9901

SOUTH HILL MALL SIX: 253-445-8801

GIG HARBOR

GALAXY UPTOWN THEATRE:

253-857-7469

PORT ORCHARD

REGAL SOUTH SOUND 10: 360-871-2294

SOUTH KING COUNTY

CENTURY FEDERAL WAY 16: 253-946-0942

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

AUBURN STADIUM 17: 253-735-6721

YELM

YELM CINEMAS: 360-400-3456

OLYMPIA/LACEY

MARTIN VILLAGE STADIUM 16:

360-455-5003

CENTURY OLYMPIA: 360-943-0769



Columbia Pictures

Idris Elba, Tom Taylor and Matthew McConaughey star in the new Columbia Pictures release "The Dark Tower."



SCOTT HANSEN Northwest Guardian / 2016

5K participants receive medals as they cross the finish line during the JBLM Salmon Run at Heritage Hill on McChord Field in 2016. This year's Salmon Run is scheduled for Sept. 9.

The annual JBLM Salmon Run will take place at Heritage Hill on McChord Field Sept. 9. Participants will receive a salmon dinner after the race.



JBLM SALMON RUN

Time to shake and bake

BY DEAN SIEMON

Northwest Guardian

Good health and better physical fitness are typical incentives for runners, but anyone who finishes the annual Joint Base Lewis-McChord Salmon

Run can also enjoy a free salmon on lunch.

Runners will be crossing the finish line not far from a pavilion where salmon will be prepared on site, complete with side dishes and beverages.

"It's being prepped over at

(The Club at McChord Field), and the chef will bring it out to barbecue so that it's freshly baked," said Teresa Hatch, JBLM Intramural Sports coordinator.

SEE RUN, 7C



Do The Puyallup every **THURSDAY!**

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

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

THE NEWS TRIBUNE

THEFAIR.COM

Have fun with JBLM Family & MWR.
Event and program info: JBLMmwr.com

SAVE THE DATE!



Squaxin Island Tribe
PROUDLY PRESENTS



An Olympia
Kiwanis Club Event

OLYMPIA HARBOR DAYS

Labor Day Weekend - September 1, 2, & 3, 2017

Friday 5pm-8pm | Saturday 10am-7pm | Sunday 10am-6pm

FUN FOR THE WHOLE FAMILY!

WORLD'S LARGEST VINTAGE TUGBOAT RACES

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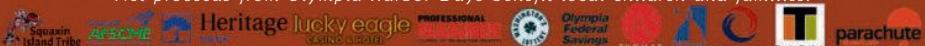
Be sure to check out the Olympia Harbor Days Mobile App
to find maps, schedules, activities, and more!

Additional Information can also be found on our website at HarborDays.com



www.HarborDays.com

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



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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. 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 to 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 Advanced; 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.



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I'VE SEEN THIS DECADE."
SUN TIMES

TIME
"A THRILLING ARRIVAL."
STEPHANIE ZACHAREK

People
"POWERFUL"

Rolling Stone
"A LIVELIEST THRILLER
THAT KNOCKS YOU FOR A LOOP!"
PETER TRAVERS

JEREMY RENNER ELIZABETH OLSEN

WIND RIVER

FROM THE WRITER OF 'SICARIO' & 'HELL OR HIGH WATER'

RESTRICTED
R

WRITTEN & DIRECTED BY TAYLOR SHERIDAN

A FILM OF THE YEAR

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TICKETS ON SALE

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

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

"THE SOUND OF MUSIC"

Wednesday through Sept. 11.
Paramount Theatre, Seattle.
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CRYSTAL GAYLE 8 p.m. Sept.
8. Tulalip Casino.

LOOSE ENDS 8 p.m. Sept. 9,
Temple Theatre, Tacoma.

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

BILL ENGVALL Sept. 9.
Tulalip Casino. Ticketmaster.

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

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

DONALD FAGEN AND THE NIGHTFLYERS 7:30 p.m. Para-
mount Theatre, Seattle.

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 BLACKOUT TOUR 7 p.m. Sept.
16. Paramount Theater, 911 Pine
St., Seattle.

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

FROM PAGE 3C RUN

A few different course options start at Heritage Hill and conclude near the display aircraft. The first run will be the 1K Smolt Run at 10:45 a.m., reserved for younger runners.

The 12K runners will begin at 11:15 a.m., followed by the 5K runners at 11:30 a.m. Along with the meal, runners will receive a custom finisher medal.

The event has historically attracted hundreds of service members, retirees, family members and civilians. Unlike many of the fun runs, the JBLM Salmon Run will feature a 12K (7.45-mile course) for those who want to try a different challenge from the usual 5K (3.1 mile option).

Because it's a fun run, it's a good opportunity for runners to get their feet wet with something a little longer.

"They can go out there, run the 7 miles and see how they do," Hatch said. "There's a time clock, but it's not a timed event where you have to finish in a specific period of time."

Another aspect that makes the Salmon Run unique is that it takes place on the McChord

If you go

What: JBLM Salmon Run

When: Sept. 9. Race bib pick-up opens at 9 a.m. 1K Smolt Run at 10:45 a.m.; 12K at 11:15 a.m.; 5K at 11:30 a.m.

Where: Heritage Hill on McChord Field

More online:
jblmmwr.com/races

Field side of the joint installation. Most of the events on the 2017 JBLM race calendar have been hosted on Lewis Main.

Hatch said there are some members of JBLM's community who may not have seen the picnic ground that features aircraft from the past that now call McChord Field home. JBLM runs also encourage Air Force

families to see what's on the Army side of the base.

"People sometimes stay on their own side, but (these runs) open up everything that is available on both sides here on Joint Base Lewis-McChord," Hatch said.

The early-bird registration period has passed, but runners can still sign up during the event's late registration period that concludes Wednesday at 11:59 p.m. The fee for runners with military ID is \$15 for the 1K youth run, \$30 for the 5K and \$35 for the 12K.

Runners without a military affiliation will be charged \$20 for the 1K, \$35 for the 5K and \$45 for the 12K. Unlike the early registration period, there is no guarantee

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runners will be able to get a special Salmon Run T-shirt.

For anyone who is still interested and misses the Wednesday deadline, there is the day-of registration option where the prices will go up. Runners with military affiliation pay \$20 for the 1K, \$35 for the 5K and \$40 for the

12K; those without will be charged \$25, \$40 and \$50 respectively.

For more information about the race and other upcoming events, visit jblmmwr.com/races.

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