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PRESERVING FREEDOM FROM THE PACIFIC NORTHWEST



GUARDIAN WEEKEND
A Museum Day preview, 3C

ALSO INSIDE
Fun day on the water, 10A

JBLM NORTHWEST
guardian
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JBLM LOGISTICS READINESS CENTER

WW II veteran honored with jeep ride

Former Army private recounts day his ship was torpedoed, killing 800

BY RUTH KINGSLAND
Northwest Guardian

Ninety-four-year-old Henning "Don" Johnson of Longview, Wash., beamed with pride as he was met by a crowd of applauding service members and civilians outside the Joint Base Lewis-McChord Logistics Readiness Center the morning of Sept. 7. A large American flag spread out across the center's wall behind them.

Johnson, a World War II veteran, refused an offered wheelchair, choosing instead to stand with support of his walker as he made his way from his grandson's car to a military jeep parked in front of the enthusiastic crowd.

The Sept. 7 honor came 73 years after Johnson was one of relatively few survivors of Operation/Exercise Tiger — what started out as a rehearsal for the D-Day invasion of Normandy — and turned into an attack against U.S. forces that killed nearly 800 service members.

"God was looking out for me," Johnson said, as he retold a bit about sliding down a rope outside his ship, which was sinking after it was torpedoed that April day in 1944.

SEE JEEP, 10A



RUTH KINGSLAND Northwest Guardian

Jesse Carlson, right, helps Henning "Don" Johnson, 94, of Longview, Wash., prepare for an honorary jeep ride at the Logistics Readiness Center Sept. 7.

ON THE FIRELINE



SPC. ADELINE WITHERSPOON 20th Public Affairs Detachment

U.S. Army Soldiers, assigned to 23rd Brigade Engineer Battalion, 1st Brigade, 2nd Infantry Division, complete initial tactical training with civilian firefighters working with the U.S. Forest Service in the Umpqua National Forest, Umpqua North Complex, Oregon, Sept. 8. The Soldiers practiced deploying emergency fire shelters. A fire shelter is a wild firefighter's last line of defense, and is made of an outer layer of aluminum foil that reflects heat away from the shelter.



Service members train to fight wild fires in the Umpqua National Forest, Umpqua North Complex, Oregon, Sept. 8.



A U.S. Army Soldier, assigned to 23rd Brigade Engineer Battalion, 1st Brigade, 2nd Infantry Division, wipes the sweat from his brow.

AIR FORCE BALL

Airmen celebrate 70 years of history

Paying honor to Air Force heritage

BY MASTER SGT. SHANDA DE ANDA
62nd Airlift Wing Public Affairs

In honor of the Air Force's 70th birthday Monday, McChord Field Airmen, families and community partners celebrated its heritage Sept. 8 at the Air Force Association's Air Force Ball in Lakewood.

The heritage of excellence continues through current missions, like McChord Field's support of 40 percent of the organic strategic airlift for Air Mobility Command, which launches aircraft every 2.8 minutes, and the individual contributions of Airmen — Airmen like the Air Force Ball guest speakers Capt. Dick Nelms and Staff Sgt. Keaton, from the 22nd Special Tactics Squadron.

Nelms stressed that, above all else, you must tame your fear. At the height of World War II, Nelms was stationed at Royal Air Force Ravensdon, England, and flew 35 combat missions as a first pilot in a period of six months. The environment was known to be a hostile one, but going through the threat was not an option — it was the job.

"We would be flying along on

SEE HISTORY, 10A

MCCHORD FIELD HOUSING BLOCK PARTY

McChord residents treated to free food, games

BY RUTH KINGSLAND
Northwest Guardian

Free food, games, raffles and fellowship were the theme of the day Saturday as a few hundred service members and their families enjoyed the second annual McChord Field Housing Block Party at Carter Lake Elementary School.

Many parents and children walked, rode bicycles, skateboarded or pushed strollers to the neighborhood event aimed at enhanced family readiness, spiritual resiliency and community bonding. The event was sponsored by the Joint Base Lewis-McChord Religious Support Office and the McChord Field Chapel.

"Free food is always good when you've got four kids," said Maj. David Thompson, 62nd Maintenance Squadron, as his children, Simon, 9; Emi, 6; Cece, 8; and Mary, 3, chomped on hotdogs and chips before

SEE PARTY, 10A



SCOTT HANSEN Northwest Guardian

1st Lt. Darryl Holland, middle, helps Rylee Gillespie, 6, adjust the spotlight in his patrol car at the McChord Field Housing Block Party Saturday.

CENTENNIAL CORNER



U.S. Army Photo

Lt. Gen. Norman Schwarzkopf, right, hands over his Jeep to the Lewis Army Museum in 1987.

SCHWARZKOPF'S REIGN

General Norman Schwarzkopf was stationed at Fort Lewis twice. First, in 1976, as a colonel commanding the 1st Brigade of the 9th Infantry Division. Schwarzkopf returned to Fort Lewis a lieutenant general in 1986 to command I Corps. Following his command of I Corps, he was given a fourth star and command of United States Central Command for Desert Storm.

REDEFINING YOUR FUTURE SYMPOSIUM



RUTH KINGSLAND Northwest Guardian

Vanessa Morbeck, right, listens and takes notes as speaker Victoria Woodard shares her thoughts on transitioning and success in the civilian world during the first of a two-day bi-annual Redefining Your Future Symposium at the Washington National Guard Readiness Center on Lewis Main Sept. 6.

Preparing for a new life

BY RUTH KINGSLAND
Northwest Guardian

They came from homes, units and battalions from across the country and close to the installation. They left with a changed outlook and some major empowerment.

About 40 women and a few men attended the Redefining Your Future Symposium at the National Guard Aviation Readiness Center on Lewis Main Sept. 6 and 7.

The biannual event is coordinated through a partnership of Redefining Your Future, LLC, Service Member For Life-Transition Assistance Program, Camo2Commerce and the Washington State National Guard. Speakers from various walks of life shared experiences and points of view in an effort to show transitioning service members and military spouses a bit of what to expect in civilian life.

"I'm not taking you anywhere I haven't been," said Shellie Willis, founder and chief executive officer of Redefining Your Future, LLC, as she shared her story during a portion of the two-day event.

The event had a theme of "Summit" and each speaker had a letter of the word to focus on. Willis' was the M in Me. Attendees learned about finance, how to dress for interviews and have a vision for the future. At the end of the two-day event, they walked — or danced — a red carpet of success.

Many of those who signed up for the event were first-time attendees, including Sgt. Maj. Sondra Phillips, with the U.S. Army John F. Kennedy Special Warfare Center and School at Fort Bragg, N.C. Phillips said she attended the event because she's friends with Willis and knew it would be a positive learning experience for her.



Courtesy photo

Participants pose for a photo at the Redefining Your Future Symposium at the Washington National Guard Readiness Center Sept. 7.

"We don't have anything like this for women at Fort Bragg," she said.

Phillips is retiring next June after two decades in the military and said she is a bit nervous about transitioning to civilian life.

"I'm not afraid of retiring, but after doing this (military life) for 20-plus years it's scary," she said. "I left the comfort of mom's home when I joined the military, and now I'm leaving the comfort of the military, where I'm told what to do and how to dress. It's different for a man; they can just put on a jacket and go to an interview."

Vanessa Morbeck, who medically retired from the Army last year, attended the event for the second time. She attended a similar symposium in the spring.

Morbeck is dealing with homelessness, a divorce and a 3-year-old daughter in the state system.

Despite her stressors, Morbeck said the Redefining Your Future Symposium offered her hope, encouragement and empowerment.

"It's been a very tough transition, but this is a great program," she said. "There's so much motivation. It has given me direction and purpose and let me know that if I need them, these women are here to support me."

2017 JBLM FAMILY READINESS GROUP SYMPOSIUM

Event to offer networking, resources

BY DEAN SIEMON
Northwest Guardian

Joint Base Lewis-McChord's Armed Forces Community Service will host the 2017 JBLM Family Readiness Group Symposium Sept. 26 from 9 a.m. to noon at the American Lake Conference Center on Lewis North.

The event is open to company commanders, first sergeants and leaders, liaisons and advisers from all JBLM FRGs to network and learn about programs and resources available on the installation. The main purpose of the symposium is to provide valuable resource information to all FRG representatives throughout JBLM.

The online registration deadline is Monday at 5 p.m. Visit tinyurl.com/y738amef to register. The event is free to attend.

"(We're) filling your tool chest with resources that can assist the family members and service members," said Pamela Allen, mobilization and deployment programs manager for JBLM AFCS.

There will be about seven resource representatives at the symposium to provide information about various service options for JBLM families. Resources represented will include fun and entertainment groups like the JBLM Outdoor Recreation and Leisure Travel Services.

Representatives will also talk about JBLM's Employee Assistance Program, AFCS' Substance Abuse Prevention program and Madigan Army Medical Center's support for new parents and other services.



RUTH KINGSLAND Northwest Guardian / 2016

Madeline Lanza, left, wife of Lt. Gen. Stephen Lanza, former I Corps commanding general, shares her thoughts during the 2016 JBLM Family Readiness Group at the American Lake Conference Center on Lewis North.

"(We'll discuss) how to handle certain situations and what some of the challenges are," Allen said. "It is uniform for all FRGs. There's a commonality, and they're not in this alone."

FRG members, as well as the company commanders and first sergeants, will be seated at various tables at the American Lake Conference Center. The resource representatives will then go to each table in what Allen described is similar to "speed dating."

Additionally, Allen said the symposium is a chance for FRG members to learn from each other about JBLM. She said it is sometimes surprising that there are plenty of people on JBLM — regardless of how long they've been here — who do not know about all of the resources available.

"We can't just focus on the new people (coming into JBLM)," Allen said. "For everybody, it's a good venue."

The doors will open at 8 a.m. for breakfast and sign-in, with the symposium's presentations beginning around 9 a.m. Child care will be provided, but the children must be registered through JBLM Child and Youth Services. Parents must supply food or formula, along with diapers, if necessary.

For more information, contact Darlene Pacheco, AFCS mobilization and deployment specialist, at 253-967-3397 or by email at darlene.t.pacheco.civ@mail.mil.

Dean Siemon: 253-477-0235, @deansiemon

NEWS IN BRIEF

JBLM's 2017 Hispanic Heritage Month Observance held Tuesday

The 2017 Hispanic Heritage Month Observance on Joint Base Lewis-McChord will be held Tuesday from 11:30 a.m. to 12:30 p.m. at French Theater on Lewis Main. Colonel Juan Vega, Army Cyber Institute instructor at the U.S. Military Academy, West Point, N.Y., will be the event's guest speaker.

The theme for this year's event is "Heritage, Diversity, Integrity, and Honor." The event is being put on by the 62nd Medical Brigade. The Americas' I Corps Band will perform live music at the free event.

Everyone with access to the base is invited to attend.

— 62ND MEDICAL BRIGADE

Veteran business workshop in Lacey scheduled for Wednesday

The Thurston Economic Development Council and Lacey Veterans Services Hub have partnered to host a free Veteran Business Workshop Wednesday from 6 to 8 p.m. The workshop is designed to provide information and insight on how to start and operate a veteran owned business in Washington state and what resources, trainings and funding programs are available.

The workshop will feature Daryl Murrow, Business Growth Coach at the Thurston Economic Development Council, who is an Air Force Veteran and has started and run several businesses; Christine Buckley, Business coach at the Washington Center for Women in Businesses who has owned businesses in Washington, California and Spain; Keith Looker, Manager of the Lacey Veterans Services Hub and 32-year Army veteran; and George Sharp, Veteran Microenterprise program outreach coordinator at the Thurston Economic Development Council and former business owner.

For more information visit tinyurl.com/y9x5zvzu.

— THURSTON ECONOMIC DEVELOPMENT COUNCIL

JBLM commissaries patrons can save on their emergency supplies

National Preparedness Month in September emphasizes the importance of planning for unexpected emergencies — natural or manmade. From April through Oct. 31, the Defense Commissary Agency's severe weather preparedness promotional package offers various items for survival kits at reduced prices on both Joint Base Lewis-McChord commissaries.

This package includes: beef jerky and other assorted meat snacks, soup and chili mixes, canned goods, powdered milk, cereals, batteries, airtight bags, weather-ready flashlights, tape (all-weather, heavy-duty shipping and duct), first-aid kits, lighters, matches, lanterns, candles, hand sanitizer and antibacterial wipes.

Specific promotional items may vary from store to store. Preparedness Month coincides with the peak activity for hurricanes in the United States.

For more information, commissary patrons can go to tinyurl.com/ydyvxapv to learn more about disaster preparedness resources for emergencies.

— DEFENSE COMMISSARY AGENCY

The Commanding General Golf Scramble is Friday on McChord

The Commanding General Golf Scramble is at Whispering Firs Golf Course on McChord Field Friday with a 1 p.m. shotgun start. The four-person scramble costs $35 per person and includes the price of a golf cart.

After Friday's scramble, the next Commanding General Golf Scramble will be Oct. 13 at Eagles Pride Golf Course on Lewis Main.

For more information, call Whispering Firs at 253-982-2124 or Eagles Pride at 253-967-6522.

— JBLM FAMILY AND MORALE, WELFARE AND RECREATION.

NAF holds hiring fair for JBLM CYS Sept. 26 at Eagles Pride

Joint Base Lewis-McChord's Nonappropriated Funds' Human Resources Office is sponsoring a JBLM Child Youth Services Recruitment Fair Sept. 26 at Eagles Pride Golf Course. CYS is currently recruiting for the position of child and youth program assistants (for child development centers, school-age care; before/after-school and camps).

Recruitment schedule of events is as follows:

- 8 to 10 a.m. — Applicants submit applications and resumes;
- 9:45 a.m. to 3 p.m. — CYS facility managers conduct initial interviews and NAF HR extends tentative job offers

Interested applicants should bring their Social Security card, birth certificate or passport and four references (names and phone numbers). Applicants need to submit two paper applications. Tentative job offers will also be extended at this hiring event, as well as all background checks. Download DA Form 3433 at tinyurl.com/ydgjs4pm.

Applicants must:

- be at least 18 years old,
- be able to lift 40 pounds,
- have a high school diploma,
- be able to communicate in English,
- have favorable completion of pre-employment and background checks.

Hourly rates of pay based on qualifications:

CYPA: Entry, $12.40; Skill, $13.53; Target: $15.19.

For more information, contact Kimberly Fallen, Employment Readiness manager Armed Forces Community Service on JBLM, at 253-982-9675.

— JBLM CHILD YOUTH SERVICES

I CORPS COURTS-MARTIAL

U.S. V. SPECIALIST DAUGHERTY, 555TH ENGR. BDE.

On Aug. 2, Spc. Curtis M. Daugherty, 555th Engineer Brigade, was convicted of assault and false official statements. Daugherty was sentenced to be reduced to the grade of private (E-1), to be confined for 40 days and to be discharged from the service with a bad-conduct discharge.

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

Page Three

QUOTE OF THE WEEK

"Instead of retreat, the tragedy of 9-11 produced in us an unyielding resolve. Instead of hopelessness, mourning turned into action. And we have strengthened our commitment to the idea that the freedom of many should never be endangered by the hatred of a few."

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

ALSO INSIDE



SCOTT HANSEN Northwest Guardian

FUN RUN: Nancy Bamford, left, and Beth Wagner help Wagner's son Roland, 2, at the JBLM Salmon Run on McChord Field. **See story, 1B**

NWGUARDIAN.COM

● **Hurricane Irma relief:** The Department of Defense has initiated operations in Florida in response to Hurricane Irma and also continued response operations in the Virgin Islands and Puerto Rico, according to a DOD statement issued Tuesday. Joint Task Force-Leeward Islands arrived in the eastern Caribbean Tuesday to start providing humanitarian assistance, to include water, sanitation, logistics support, movement of relief personnel and humanitarian commodities.

● **Air Force One:** The Air Force awarded a contract modification for just under $600 million to Boeing Tuesday for preliminary design efforts for the next presidential aircraft. The modification includes the design to incorporate a mission communication system, electrical power upgrades, a medical facility, an executive interior, a self-defense system and autonomous ground operations capabilities into two Boeing 747-8s. These aircraft will replace the aging VC-25A (747-200). Under this contract action, Boeing and their suppliers will complete the initial design of the future Air Force One.



1ST SPECIAL FORCES GROUP (AIRBORNE)

March for physical, spiritual health

BY STAFF SGT. ADAM MUNOZ
1st Special Forces Group (Airborne)

The air was dense with a hazy smoke and vehicles were dusted in a light chalky ash from nearby wildfires when nearly 75 Soldiers from the 1st Special Forces Group (Airborne) began their road march for life with empty rucksacks.

In keeping with the Army's suicide prevention theme for the month of September, Headquarters and Headquarters Company, 1st SFG participated in a ruck for life road march Sept. 8 on Joint Base Lewis-McChord to bring awareness for the value of life and promote resiliency within its organization.

"We wanted to do something different than what has become the typical PowerPoint lecture on suicide prevention," said Staff Sgt. Apollo Stoewer, the HHC, 1st SFG's religious affairs specialist. "This gives us the chance to celebrate life's challenges and recognize the need for resilience."

After the first mile, Soldiers placed a sandbag in their previously empty packs as the chaplain explained the symbolism of the weight all service members carry on their backs — that all pick up burdens along life's path.

Shouldering the now heavier packs, the Soldiers carried their new burden another mile where they added yet another sandbag to their load. Stepping off with packs weighing close to 50 pounds, the Soldiers' spirits were high and everyone was determined to finish.

"This is great, I see what the chaplain did here," said Spc. Joseph Monreal, an HHC, 1st SFG human resources specialist. I'd much rather do this than sit through another PowerPoint class."

That's precisely what the planners of the event were hoping to hear from those who attended it.

"Soldiers and their leaders appreciate something a little more out of the box," said Chaplain (Maj.) Chris Rusack. "We designed this type of event to engage on a whole different level. Nothing reinforces a positive message better than some good physical exertion and even a little pain. It's not something they're likely to soon forget."



STAFF SGT. ADAM MUNOZ 1st Special Forces Group (Airborne)



ABOVE: Soldiers from the Headquarters and Headquarters Company, 1st Special Forces Group (Airborne) carry a stretcher laden with weight they collected along their Ruck For Life road march at Joint Base Lewis-McChord Sept. 8.

LEFT: Members of the Headquarters and Headquarters Company, 1st Special Forces Group (Airborne) embark on their Ruck For Life road march.

> "We designed this type of event to engage on a whole different level. Nothing reinforces a positive message better than some good physical exertion and even a little pain."
>
> **Chaplain (Maj.) Chris Rusack**
> 1st Special Forces Group (Airborne)

As the Soldiers marched through mile three, they loaded prepositioned stretchers with their collected weights and shared carrying their burdens. Rusack said that some burdens should not be carried alone and can be made easier when shared with others.

"Bringing everyone together and working as a team and supporting each other is how we get through tough events in life, you can't do it alone," said Staff Sgt. Joshua Avila, a supply specialist with HHC, 1st SFG.

The Soldiers, and many family members gathered for a free barbecue after the road march.

Colonel Guillaume Beaurpere, the 1st SFG commander, thanked the Soldiers for their recent hard work and congratulated them on their innovative approach to completing the required training.

The commander spoke about the relationship between resilience to readiness.

"Our job is a tough one," Beaurpere said. "I need all of you mentally and physically sound to meet the demands of protecting our country."

7TH INFANTRY DIVISION

7th ID Soldiers celebrate Nisei Luncheon

BY LT. COL. FREDRICK WILLIAMS
7th Infantry Division Public Affairs

SEATTLE — Members of Task Force Bayonet and Japanese Ground Self-Defense Forces gathered together for the Fifth annual Nisei Luncheon Sunday in Seattle to celebrate the Japan-U.S. alliance and to honor Nisei veterans.

"It's pronounced NEE-SEY," said Dale Watanabe, executive director of the Japan-America Society of the State of Washington. "It means second generation in Japanese."

During World War II, many Japanese-American Soldiers, or Niseis, had to prove their loyalty to the United States by fighting against the Axis powers abroad, even though their families back home were confined in internment camps and faced racial prejudice, following the Japanese attack on Pearl Harbor in 1941.

One long-time supporter of the luncheon and advocate of telling the Nisei story in attendance was Washington State Representative Sharon Tomiko Santos.

"As an elected official of Japanese-American ancestry, I am deeply aware that I could not serve in this capacity, if not for the incredible sacrifices and service of the Nisei veterans and other Japanese-American warriors who defended our Constitution with their lives," Santos said. "I attend this event to acknowledge this fact."

The Japan-America Society of the state of Washington, in cooperation with the Nisei Veterans Committee, Sasakawa USA, and the Japan U.S. Military Program have hosted this event between Task Force Bayonet and their guests from the Japanese Ground Self Defense Force for the past five years during Exercise Rising Thunder.

Exercise Rising Thunder is an annual, bilateral exercise hosted by Task Force Bayonet at the Yakima Training Center designed to help build on the strong military alliance the two countries have enjoyed for more than 71 years.

Major General Willard Burleson, 7th Infantry Division commanding general, was one of four speakers for the luncheon this year.

"It is always incredibly humbling to join veterans at events like this," Burleson said. "Events like these help us, who are currently serving, understand the importance of the sacrifice of those who came before us."

This year's exercise runs from Sept. 5 to 22 and is being facilitated by the 2nd Battalion, 3rd Infantry Regiment, 1st Brigade, 2nd Infantry Division.

"This was an outstanding event," said Lt. Col. Chris Nunn, 2-3 Inf. battalion commander. "This event, along with our participation in Exercise Rising Thunder, allows us to remember the contributions of the Nisei veterans and helps my Soldiers gain a better understanding of our Japanese counterparts."



DALE WATANABE Japan-America Society of the State of Washington

Maj. Gen. Willard Burleson, 7th Infantry Division commanding general, speaks at the annual Nisei Luncheon at the Nisei Veterans Memorial Hall in Seattle Sunday.

Each year during the luncheon, veterans of the 442nd Regimental Combat Team, a unit composed entirely of American Soldiers of Japanese ancestry, who fought in World War II, are honored.

Although the number of World War II era Nisei veterans are dwindling, some veterans still make it their "business" to attend the annual luncheon, like 92 year-old, Tosh Tokunaga. He has been a member of the Nisei Veterans Committee since it started in 1946.

Tokunaga' unit, the 442nd RCT, is recognized to be the most decorated unit for its size and length of service in the history of the U.S. military. In less than two years of combat, the unit earned more than 18,000 awards, including 9,486 Purple Hearts, 4,000 Bronze Stars and 21 Medals of Honor.

Ironically, some of the men of the unit were among the first Allied troops to participate in the liberation of the Nazi concentration camp at Dachau, while their own families, were still imprisoned in internment camps in the U.S.

Tokunaga, who was a corporal during his time in service, said he transferred to the 82nd Airborne Division when the racial restrictions were lifted and Japanese-Americans were allowed to become paratroopers.

"I am very proud to have served (my country)," Tokunaga 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

How are you going to help your child succeed in school this year?

"Read every night, or have them read to you. Comic book or 'War and Peace.' Best thing you can do."

— MATT BOUMA

"Encourage them to keep doing their best, and remind them if they start to let their grades fall about their potential and staying on it. If you are staying on it, the task isn't as daunting. It's when you let those tasks get ahead of you that makes catching up difficult."

— AMY SALAS

"I adopted the sink or swim. Either the teenager has figured out how to be responsible, or she fails."

— LORI GREEN

"Guidance and encouragement. A child doesn't succeed on his own; it's the parents'/guardians' responsibility to help them succeed. Encouraging them along the way is nourishment not only for their minds, but it gives them the self-confidence they need to succeed not just this school year, but to succeed in life. Success isn't a short-term goal!"

— DONNA REYES

Next week's question

Looking back, what was the best part of your summer?

VIEW FROM THE TOP



PFC. ETHAN VALETSKI 5th Mobile Public Affairs Detachment

The Regional Health Command-Pacific's Best Medic Competition put competitors in a demanding, continuous and realistic simulated operational environment designed to physically and mentally challenge each Soldier and test their readiness, tactical medical proficiency and leadership skills in August.

Major medical contest helps maintain readiness

BY COMMAND SGT. MAJ. RICHARD WATSON III
Regional Health Command-Pacific

Maintaining a ready, medical force is an Army Medicine mission that is closely aligned with the military's top priority of readiness for our nation's fighting force. A few weeks ago, I traveled to Joint Base Lewis-McChord to observe just that — readiness training in action during Regional Health Command-Pacific's Best Medic competition.

Watson

Along with our partners from I Corps, 7th Infantry Division, 593rd Expeditionary Sustainment Command, 62nd Medical Brigade and Madigan Army Medical Center, Army medics from across the Pacific — Alaska, Hawaii, Washington, Korea and Japan — were tested on their Soldier tasks, medical proficiency and leadership skills.

The Best Medic Competition — and similar competitions like the Best Warrior, Soldier and Noncommissioned Officer of the Year — develop our fighting force and prepare them for the ever-changing challenges the future may bring.

In many ways, these competitions are also about testing and increasing the resiliency of our Soldiers. They are also designed to be physically and mentally challenging in a demanding, simulated operational environment. We see how far we can push competitors, while looking for who can maintain proficiency under a high amount of stress.

This prepares Soldiers for austere environments while identifying the best of the best.

This year's Pacific Best Medic was 2nd Lt. Adam Schafer from Regional Health Command-Pacific's 65th Medical Brigade located in Korea. Schafer, along with RHC-P runner up Sgt. Ryan Harpster, from Bassett Army Community Hospital, are scheduled to represent the region at the U.S. Army Medical Command competition, the 2017 CSM Jack L. Clark Jr. Best Medic Competition in October at Camp Bullis, Texas.

We wish him the best of luck and know he will represent himself, his unit and RHC-P well. He has been tested, and he will continue to train and maintain his medical proficiency.

Schafer is an example of the thousands of Soldiers who volunteer to serve our nation. Those who then volunteer to participate in events like the Best Medic exhibit that same spirit of volunteerism and service when they sign up to challenge themselves with these types of competitions.

It is often said, "90 percent of success is showing up." Once our Soldiers are in these grueling environments, they show grit; they show perseverance; and they demonstrate a passion for their profession. They want to prove to themselves and their leadership that — to borrow an old Army slogan — they can "be all you can be."

Soldiers in Army Medicine have a mission like no other. They provide sustained health services and research in support of the total force to enable readiness and conserve the fighting strength while caring for our Soldiers for life and families.

It is paramount to our mission to identify the best Soldiers to help us maintain readiness and ensure delivery of high-quality care on the battlefield and on the home front.

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



5th Mobile Public Affairs Detachment

Soldiers of the 5th Mobile Public Affairs Detachment at Joint Base Lewis-McChord deployed to the Florida region in support of U.S. Army relief and recovery efforts from Hurricane Irma Sunday. The team of photographers, journalists and videographers will document the Army's support to the victims.

THIS WEEK IN HISTORY

Sept. 15, 1914: First trenches are dug on the Western Front.

Sept. 16, 1620: Mayflower departs England.

Sept. 17, 1787: U.S. Constitution signed.

Sept. 18, 1973: Former President Carter files report on UFO sighting.

Sept. 19, 1995: Unabomber manifesto published.

Sept. 20, 1565: First European battle on American soil.

Sept. 21, 1961: 5th Special Forces Group is activated at Fort Bragg, N.C.

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2017 FORD
FOCUS SEL
HEATED SEATS & MIRRORS, ALL WEATHER MATS, SONY SOUND SYS, AUTO CLIMATE, BACKUP CAMERA, REMOTE ENTRY, SYNC 3 W/TOUCHSCREEN, 17" ALLOYS.
STK#L17686, VIN#HL260756, THIS ONE
UPGRADED TRANSMISSION
MSRP.....$23,090
LWF DISCOUNT.....-$2159
FORD REBATE.....-$4000
$6,159 OFF
$16,931



2017 FORD
ESCAPE TITANIUM 4WD
ECOBOOST, ACTIVE PARK ASSIST, HEATED LEATHER SEATS, PANO MOONROOF, VOICE NAVIGATION, TRAILER TOW PACK, BACKUP CAMERA & SENSORS.
STK#L17626, VIN#HUE55262, THIS ONE
27 MPG HWY!
MSRP.....$38,550
LWF DISCOUNT.....-$4125
FORD REBATE.....-$4000
$8,125 OFF
$30,425



2017 FORD
FUSION PLATINUM
PUSH BUTTON START, ACTIVE PARK ASSIST, LANE KEEPING W/COLLISION WARNING, SYNC W/NAV, HEATED LEATHER SEATS, REMOTE START, PWR MOONROOF.
STK#L17101, VIN#HR229870, THIS ONE
AWD!
MSRP.....$40,605
LWF DISCOUNT.....-$4,378
FORD REBATE.....-$3650
$10,028 OFF
$30,577



2017 FORD
F-150 CREW 4X4 XLT
ECOBOOST, BACKUP CAMERA, PWR SLIDING REAR WINDOW, SPORT APPEARANE PKG, 20" WHEELS, SYNC 3 W/BLUETOOTH, REMOTE START, SATELLITE RADIO.
STK#L17532, VIN#HKD90177, THIS ONE
OVER 100 F-SERIES AVAILABLE!
MSRP.....$48,460
LWF DISCOUNT.....-$5750
FORD REBATE.....-$4050
TRADE IN ASSIST...-$2250
$12,050 OFF
$36,410



2017 FORD
EDGE SPORT AWD
NAV, BLIS, HEATED FRONT & REAR LEATHER SEATS, PANORAMIC MOONROOF, ADAPTIVE CRUISE, PUSH BUTTON START, BACKUP CAMERA W/PARK ASSIST.
STK#L17407, VIN#HBB52538, THIS ONE
315 HP!
MSRP.....$47,980
LWF DISCOUNT.....-$4512
FORD REBATE.....-$4500
$9,012 OFF
$38,968



2017 FORD
EXPLORER PLATINUM 4WD
REMOTE START W/PUSH BUTTON START, HEATED & COOLED LEATHER SEATS, NAV, SATELLITE RADIO, ADAPTIVE CRUISE, PARK ASSIST, PANO MOONROOF.
STK#L17365, VIN#HGC06229, THIS ONE
SEATS 7!
MSRP.....$54,300
LWF DISCOUNT.....-$4600
FORD REBATE.....-$3500
$8,100 OFF
$46,200

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2000 MERCURY MOUNTAINEER $3,997
AWD, LTHR, AUTO, ROOF, ALLOYS, STK#LT3270.....



2005 PONTIAC GRAND PRIX $5,495
GT, AUTO, ROOF, LTHR, ALLOYS, STK#LT3327.....



2008 FORD ESCAPE $7,857
LTD, 4X4, LTHR, AUTO, ROOF, STK#LT3325.....



2005 FORD F-150 $10,872
KING RANCH, CREW CAB, 4X4, LTHR, BOARDS, ALLOYS, STK#LT3309....

FEATURED VEHICLES AT 11503 PACIFIC HWY SW



2010 FORD F-150 $20,693
KING RANCH, CREW, LTHR, 4X4, ALLOYS, STK#L17678B...



2014 NISSAN TITAN $28,791
PRO 4X, CREW, ALLOYS, 4X4, TOW, AC, CD, STK#LL4228.....



2013 GMC SIERRA $29,594
CREW, SLE, 4X4, ALLOYS, TOW, AC, CD, STK#LL4440.....



2015 FORD F-150 $35,692
XLT, CREW, ECOBOOST, 4X4, PS, ALLOYS, STK#LL4576.....

1999 BUICK LESABRE $1,999
PW, PL, AC, TILT, CRUISE, STK#LT3246.....

2000 MERCURY MOUNTAINEER $2,995
AWD, PW, PL, LTHR, SUNROOF, ALLOY WHEELS, TOW PKG, STK#LT3270....

2006 CHEV AVEO $3,989
AC, PWR STEERING, TILT WHEEL, STK#LT3267.....

2001 CHRYSLER SEBRING $4,797
1 OWNER, PW, PL, SUNROOF, PREMIUM WHEELS , STK#LT3269.....

2005 PONTIAC GRAND PRIX $5,991
AUTO, MOON ROOF, ALLOY WHEELS, REAR SPOILER, PWR SEAT, PW, PL, STK#LL4438A.....

2008 SATURN ASTRA $6,888
PW, PL, ALLOY WHEELS, CRUISE CONTROL, STK#L17379D....

2010 KIA OPTIMA LX $6,990
AUTO, PW, PL, CRUISE, TILT, AC, STK#LL4444B.....

2011 MAZDA MAZDA 2 SPORT $6,993
PW, PL, AC, KEYLESS ENTRY, TILT, PWR STEERING, STK#LL4511A.....

2007 PONTIAC GRAND PRIX $6,997
GT, AUTO, PW, PL, AC,CD, STK#L17697AA.....

2013 NISSAN VERSA $7,843
AC, PW,PL, TILT, ALLOY WHEELS, REAR SPOILER, STK#LT3202A....

2012 NISSAN VERSA $7,955
ALLOY WHEELS, AC, PW, PL, TILT, CRUISE, STK#L17612B.

2009 DODGE JOURNEY $7,966
SXT, PW, PL, ALLOY WHEELS, 3RD ROW SEAT, FOG LIGHTS, STK#LT3223....

2009 FORD FOCUS SES $7,996
REAR SPOILER, ALLOY WHEELS, TILT, AC, PW, PL, CRUISE, STK#L17373C...

2008 CHRYSLER TOWN & COUNTRY $8,977
LIMITED, NAV, LTHR, PW, PL, CRUISE, PWR SLIDING DRS, FOR LIGHTS, STK#LT3281.....

2010 FORD TAURUS $8,980
LIMITED, LTHR, PWR SEAT, PREMIUM WHEELS, PW, PL, STK#LL4350A.....

2008 FORD ESCAPE $9,495
LIMITED, LTHR, PWR SEAT, ALLOY WHEELS, MOON ROOF, ROOF RACK, TILT, CRUISE, STK#L17570A.....

2016 HYUNDAI ACCENT $9,541
SPORT, TILT, CRUISE, PW, PL, AC, STK#LL4392.....

2015 HYUNDAI ACCENT $9,982
GLS, PW, PL, AC, TILT, STK#LL4414 .....

2012 HONDA FIT $9,984
AUTO, SPORT, PW, PL, ALLOY WHEELS, SPOILER, CRUISE, TILT, STK#LL4514.....

2011 FORD FUSION $10,381
SEL, MOON ROOF, ALLOY WHEELS, PL, PW, LTHR, AC, STK#L17579AA...

2013 CHEVROLET MALIBU $10,990
ALLOY WHEELS, AC, PW, PL, TILT, CRUISE, STK#LL4208B ..

2016 KIA RIO $10,994
AC, TILT, AUTO, STK#LL4377.....

2010 CHEVROLET IMPALA $10,995
ALLOY WHEELS, FOG LIGHTS, LTHR, PW, PL, CRUISE, STK#LT3273.....

2015 FORD FIESTA $10,996
SE, AUTO, PW, PL, AC, CD, STK#LT3296.....

2005 FORD F-150 KING RANCH $10,996
LTHR, PW, PL, TILT, CRUISE, TOW PKG, RUNNING BOARDS, ALLOY WHEELS, STK#LT3309.....

2006 HUMMER H-3 $10,998
5SPD, 4X4, LIFT, PW, PL, ALLOYS, STK#LT3315.....

2007 LEXUS ES 350 $11,696
MOON ROOF, LTHR, DUAL PWR SEATS, NAV, PW, PL, STK#LT3163....

2012 NISSAN ALTIMA $11,788
2.5 S , CRUISE, TILT, PW, PL, CRUISE, TILT, KEYLESS ENTRY, STK#LL4339A.....

2012 HYUNDAI TUCSON $11,789
GLS, ALLOY WHEELS, HEATED SEATS, CRUISE CONTROL, PW, PL, STK#LL4409A.....

2016 CHEVROLET IMPALA $11,812
PW, PL, AC, TILT, CRUISE, NAV, STK#LT3125.....

2013 DODGE JOURNEY $11,866
3RD SEAT, KEYLESS ENTRY, AC, PW, PL, TILT, CRUISE, STK#LT3278.....

2013 FORD C-MAX $11,867
AC, PW, PL, CRUISE, TILT, REAR SPOILER, ALLOY WHEELS, STK#LT3759A.....

2013 HYUNDAI ELANTRA $11,868
ALLOY WHEELS, FOG LIGHTS, MOON ROOF, PWR SEAT, HEATED SEAT, PW , STK#LL4453A.....

2014 FORD FIESTA SE $11,888
PW, PL, CRUISE, TILT, AC, AUTO, REAR SPOILER, STK#LL4571 ...

2012 MINI COOPER $11,899
AUTO, PW, PL, LTHR, PANORAMA ROOF, CRUISE, TILT, STK#LL4463A.....

2015 FORD FOCUS $12,111
PW, PL, TILT, CRUISE, REAR SPOILER, ALLOY WHEELS, AC, STK#L17396A.....

2016 DODGE DART $12,222
SXT, PW, PL, CRUISE, TILT, UCONNECT, ALLOY WHEELS, STK#LL4557.....

2016 FORD FOCUS $12,223
ALLOY WHEELS, AC, PW, PL, TILT, CRUISE, BLUETOOTH, STK#LL4449.....

2015 CHEV CRUZE $12,555
PREMIUM WHEELS, PW, PL, KEYLESS ENTRY, CRUISE, TILT, STK#LT3136...

2011 NISSAN MAXIMA $12,888
DUAL PWR SEATS, MOON ROOF, PW, PL, CRUISE, TILT, AC, STK#LT3279.....

2016 FORD FOCUS $12,991
AUTO, ALLOY WHEELS, PW, PL, AC, SYNC, TILT, CRUISE, STK#LL4443.....

2013 HONDA FIT $12,993
1 OWNER LOCAL TRADE, LOW MILES, PW, PL, AC, TILT, CRUISE, STK#L17602A.....

2014 FORD FOCUS $13,683
ELECTRIC NAV, ALLOY WHEELS, REAR SPOILER, HEATED SEATS, BACK UP CAMERA, PW, PL, STK#LL4501.....

2014 SCION TC $13,900
MONOGRAM AUTO, AC, PW, PL, PANORAMA ROOF, TILT, CRUISE, 1 OWNER, STK#LL4370.....

2014 TOYOTA COROLLA $13,983
LE, AC, PW, PL, CRUISE, TILT, STK#LT3241A.....

2011 FORD F-150 $13,989
XLT, 4X4, TOW PKG, ALLOY WHEELS, AC, PW, PL, TILT, CRUISE, STK#LT3219.....

2015 FORD FUSION $14,444
1 OWNER, DUAL PWR SEATS, SYNC, PW, PL, CRUISE, TILT, STK#LL4360A ...

2016 FORD FOCUS $14,774
LTHR, PWR SEAT, HEATED SEAT, AC, CRUISE, TILT, BACK UP CAMERA, STK#LL4442.....

2016 FORD FOCUS $14,881
TITANIUM, LTHR, PW, PL, SYNC, PREMIUM WHEELS, AC, STK#LL4452.....

2008 HONDA CRV EX-L $14,886
LTHR, TILT, CRUISE, PW, PL, MOON ROOF, AC, PWR SEAT, STK#LL4517.....

2015 NISSAN ALTIMA $14,888
PW, PL, AC, TILT, CRUISE, STK#LL4425B.....

2014 VOLKSWAGEN CC SPORT $14,914
FOG LIGHTS, ALLOY WHEELS, NAV, HEATED SEATS, DUAL PWR SEATS, STK#LT4498 ..

2017 KIA FORTE $14,951
PW, PL, ALLOY WHEELS, CRUISE, TILT, PWR SEAT , STK#LT3263....

2011 TOYOTA RAV 4 $15,333
LIMITED 4WD, LTHR, MOON ROOF, ROOF RACKS, AC PW, PL, STK#LL4363A....

2014 KIA EXCLAIM $15,399
CRUISE, TILT, AC, PW, PL, LEYLESS ENTRY, STK#LT3257....

2016 FORD FUSION $15,552
1 OWNER, LTHR, MOON ROOF, PREMIUM WHEELS, PW, PL, STK#LL4489.....

2016 JEEP RENEGADE $15,567
1 OWNER, AC, PW, PL, TILT, UCONNECT, STK#LL4419.....

2007 CHEV TAHOE $15,572
SLE, 3RD ROW SEAT, TOW PKG, PW, PL, ROOF RACK, STK#LT3221.....

2014 DODGE CARAVAN $16,886
1 OWNER, SXT, ALLOY WHEELS, PWR SLIDING DOORS, QUAD SEATING, UCONNECT, AC, STK#LT3147.....

2013 DODGE RAM 1500 $16,933
AC, CRUISE, TILT, UCONNECT, BED LINER, TOW PKG, 20" INCH WHEELS, STK#LL4332.....

2015 FORD MUSTANG $16,992
ALLOY WHEELS, BACK UP CAMERA, PL, PW, AC, CRUISE, STK#LT3284....

2015 CHEVROLET CAMARO $17,778
PREMIUM WHEELS, REAR SPOILER, FOG LIGHTS, LTHR, DUAL PWR SEATS, NAV, STK#LL4391.....

2016 FORD ESCAPE $17,842
1 OWNER, ALLOY WHEELS, REAR SPOILER, PWR SEAT, SYNC, AC, PW, PL, STK#LL4451....

2014 VOLKSWAGEN GTI $17,956
WOLFSBURG EDITION, SPOILER, PREMIUM WHEELS, PW, PL, AC, STK#LL4506.....

2010 FORD F-150 $20,646
KING RANCH, LTHR, TOW PKG, ALLOY WHEELS, HEATED SEATS, COOLED SEATS, STK#LT3769.....

2014 FORD EXPLORER $20,888
XLT, PW, PL, TOW PKG, ALLOY WHEELS, PW, PL, STK#LT3220.....

2010 FORD F-150 $22,755
XLT, 4X4, TOW PKG, ALLOY WHEELS, AC, PW, PL, TILT, CRUISE, STK#LT3234.....

2014 JEEP WRANGLER $22,991
SPORT, 4X4, HARD TOP, PREMIUM WHEELS, RUNNING BOARDS, FOG LIGHTS, TILT, CRUISE, STK#LL4398.....

2012 FORD MUSTANG $23,990
SUPER CHARGER, REAR SPOILER, FOG LIGHTS, AC, PW, PL, MUST SEE , STK#LL4461A.....

2010 DODGE RAM 1500 $24,949
4X4, PW, PL, BED LINER, 20" WHEELS, CRUISE, AC, TILT, STK#LL4496.....

2016 HONDA ACCORD EX-L $24,955
NAV, MOON ROOF, SPOILER, 1 OWNER LOCAL TRADE, [WR WINDOWS, PL, STK#LL4384.....

2009 FORD F-250 $26,444
LARIAT, 4X4, 6.4 DIESEL, BED LINER, TOW PKG, LTHR, DUAL PWR SEATS, HEATED SEATS, STK#LL4493.....

2013 FORD EXPLORER $26,992
LIMITED, 3RD ROW SEAT, LTHR, DUAL PANEL ROOF, NAV, AC, ADAPTIVE CRUISE, STK#LL4582.....

2011 GMC SIERRA $26,993
SLT, TOW PKG, BED LINER, LTHR, HEATED SEATS, DUAL PWR SEATS, FOG LIGHTS, AC, STK#LL4505....

2014 FORD F-150 $27,992
XLT, PW, PL, ALLOY WHEELS, SYNC, CRUISE, AC, TILT, TOW PKG, STK#LL4411 .....

2008 DODGE RAM 3500 $28,555
LARAMIE, 6.7 DIESEL, LTHR, HEATED SEATS, DUAL PWR SEATS, TILT, CRUISE, TOW PKG, BED LINER, STK#LL4491...

2014 NISSAN TITAN $28,777
PRO-4X, LOW MILES, TOW PKG, ALLOY WHEELS, PW, PL, AC, TILT, STK#LL4228...

2011 FORD F-150 LARIET $28,962
PW, PL, CRUISE, TILT, LTHR, MOON ROOF, RUNNING BOARDS, TOW PKG, STK#LL4592...

2013 GMC SIERRA 2500 HD $29,448
ALLOY WHEELS, TOW PKG, BED LINER, PWR SEAT, PW, PL, STK#LL4440.....

2015 FORD F-150 $31,493
XLT, ECOBOOST, ALLOY WHEELS, TOW PKG, SYNC, TILT, PW, PL, 4X4, STK#LL4490.....

2014 FORD F-150 $31,995
FX4, 4X, LTHR, MOON ROOF, TOW PKG, DUAL PWR SEATS, HEATED SEATS, COOLED SEATS, NAV, STK#LL4494.....

2014 FORD F-150 $32,333
STX, ALLOY WHEELS, TOW PKG, HARD TONNEAU COVER, RUNNING BOARDS, SYNC, 4X4, STK#L17165A.....

2014 FORD F-150 $32,555
4X4, LARIET, PWR SLIDING REAR WINDOW, BED LINER, LTHR, MOON ROOF, NAV, STK#LL4405.....

2016 FORD F-150 $32,994
4X4, XLT, ALLOY WHEELS, TOW PKG, BED LINER, PWR SEATS, PW, PL, STK#LL4471.....

2016 FORD F-150 $33,784
4X4, XLT, ECOBOOST, TOW PKG, RUNNING BOARDS, PWR SEAT, AC, PW, PL, STK#LL4491.....

2014 FORD F-150 $33,881
4X4, LARIET, LTHR, NAV MOON ROOF, DUAL PWR SEATS, FOG LIGHTS, SYNC, 20" WHEELS, STK#LL4415.....

2012 FORD F-150 PLATINUM $33,981
LTHR, TOW PKG, RUNNING BOARDS, HEATED & COOLED SEATS, NAV, DVD SYSTEM, STK#LL4577....

2015 FORD F-150 $35,627
4X4, TOW PKG, ALLOY WHEELS, DUAL PWR SEATS, BACK UP CAMERA, PW, PL, STK#LL4570...

2012 FORD F-350 $35,992
4X4, LARIET, RUNNING BOARDS, BED LINER, LTHR, DUAL PWR SEATS, PWR SLIDING REAR WINDOW, STK#LT3229A.....

2015 FORD F-150 $39,785
LARIAT, CREW, 4X4, NAV, LTHR, STK#LL4381 .....

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PARTS & SERVICE DIRECTOR

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NATIONAL LIBRARY CARD SIGN-UP MONTH

Book Patch, McChord libraries' new clubs

Clubs designed to introduce the books to youth

BY DEAN SIEMON
Northwest Guardian

Two libraries on Joint Base Lewis-McChord are offering new monthly book clubs for children that start this month.

Book Patch Library, on Lewis Main, will start its new Snack and Chat Book Club for children in grades three to five Sept. 22 from 6 to 7:30 p.m. Each club meeting will focus on a special theme, and September's is "mystery."

Unlike some book clubs that have a specific title predetermined, kids will be able to select a book in the mystery genre to read for the upcoming club meeting. Isabel Mora-Shafer, library technician at Book Patch Library, said it's a chance for the library to utilize books that are currently offered, along with the titles coming in soon.

Mora-Shafer also noted that kids will have a chance to delve into new series and books with the monthly theme system.

"They explore a genre they may not have gone into before," Mora-Shafer said.

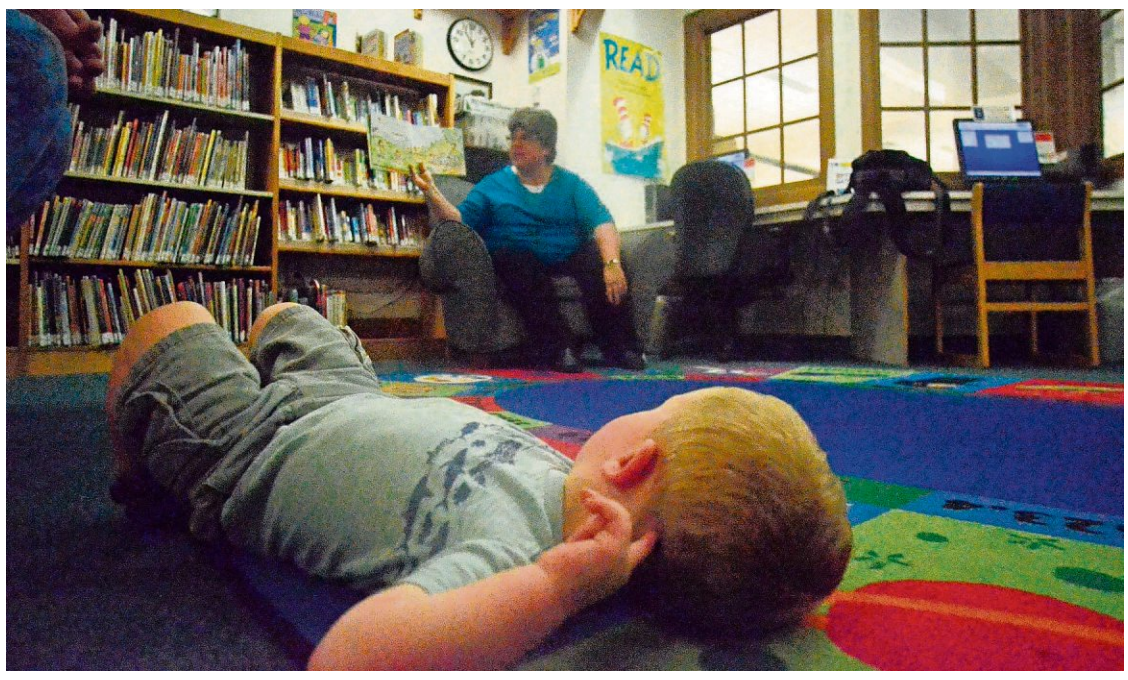
Mora-Shafer said she hopes the library will be able to learn about the types of books the kids are interested in — a "win-win" situation in her eyes. The Snack and Chat Book Club's future dates are scheduled for Oct. 19, horror; Nov. 9, historical fiction; and Dec. 8, humor.

Book Patch Library will also begin a new club for children in kindergarten through second grade: the Teeny Weeny Read-Along Book Club.

The first club meeting is Sept. 28 at 6 p.m., with future meetings scheduled for Oct. 26, Nov. 28 and Dec. 19. Mora-Shafer will select two books to read to the children before hosting a question-and-answer session after each reading.

"If they get a question right, they'll get a teeny-weeny prize," Mora-Shafer said. "Plus, we'll have food and drinks."

The McChord Field Library will begin hosting its own Kids' Book Club starting Wednesday at 4 p.m. Future meetings will take place on the third Wednesday of every month.





DEAN SIEMON Northwest Guardian

ABOVE: Christian "CJ" Mohlenhoff, 23 months, lays down while Mary Lengel, McChord Field Library technician, reads at the McChord Field Library Sept. 7.

LEFT: Mary Lengel, McChord Field Library technician, reads "Because Your Grandparents Love You," by Andrew Clements and R.W. Alley

Children in grades three to five can begin checking out copies of the club's first book, "City of Ember" by Jeanne DuPrau, provided by the Pierce County Library System.

Mary Lengel, McChord Field Library technician, said the idea of developing a children's book club came from multiple inquiries from parents who homeschool their kids.

> "When you get one request, that's something to look at. But when you get three or four different people requesting the same thing, that's a need."
>
> **Mary Lengel**
> McChord Field Library technician

"When you get one request, that's something to look at," Lengel said. "But when you get three or four different people requesting the same thing, that's a need."

Lengel said the book will focus on topics relevant to today's society regarding the environment. She added that October's book has already been selected to focus on bullying — "How to Eat Fried Words," by Thomas Rockwell.

The McChord Field Library also recently began a Teen Book Club, which had its first meeting Sept. 6. The club will meet the first Wednesday of every month at 4 p.m.

While JBLM's libraries are opening up new book clubs, September is an ideal month to get a library card on the installation. This month is National Library Card Sign-Up Month, and new library patrons at any JBLM library — kids, teens and adults — can select one free book donated by Half Price Books.

"It's a book they don't ever have to bring back," Lengel said.

Dean Siemon: 253-477-0235, @deansiemon

DEFENSE COMMISSARY AGENCY

New mobile-friendly app for commissaries is now live

DeCA addresses users visiting via mobile devices

BY KEVIN ROBINSON
Defense Commissary Agency

Commissaries.com has a new look with an updated and mobile-friendly design that gives patrons easier access to benefit information and sales events on the two commissaries on Joint Base Lewis-McChord from their smartphone or tablet.

"Over half of our patrons already use their mobile devices for accessing our current website," said Ronald Kelly, chief of corporate communications for the Defense Commissary Agency. "So, the time is right for us to move to a platform that allows patrons on the go an easier connection to all the online features that help them get the most from their benefit."

Based on commissaries.com data, there has been an average of 300,000 visits per month to the website so far in fiscal 2017. The top five viewed pages are the home page, Commissary Rewards Card page, the Savings Aisle, Store Locator page and Sales and Events. More than 60 percent of the visits to commissaries.com come from a smartphone or tablet.

Enhancements to the website include:

- Improved store pages that use your location to find your nearest store, including an option to select your default store and see its address, hours and other essential information all on one page
- A new "Savings Center" that collects all deals and events, such as the current sales flier and savings aisle information, in an easy-to-use card format
- A new "Healthy Living" section, featuring guest articles, "Thinking Outside the Box" recipes and other essential information that promote health and wellness for patrons and their families.
- Recipes can now be searched on the page by type, main ingredient or category, such as a "Holiday" recipe, "20-Minute Meal" or "Dietitian Approved" to make finding that essential part of your meal quick and easy.

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The recent launch of commissary brand items in our stores give you greater options to save on quality products. They go by the names Freedom's Choice, HomeBase and TopCare and are equal to or lower in price compared to commercial grocery stores.

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By Ken Blondin
RE*USA NW
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TITUS-WILL PRICE **$17,285**

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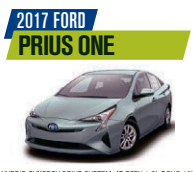


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TFS Rebate ..... -$1,500
TWT Discount ..... -$1,845
OTHER REBATES MAY APPLY:
Military Appreciation ..... -$500
TITUS-WILL PRICE **$33,048**

THIS ONE, STK #T72105, VIN #5TFUM5F18HX071324

2017 TOYOTA TACOMA SR5 4X4 DOUBLE CAB



3.5L V6, AUTO, ENTUNE AUDIO PLUS W/CONNCTD NAV APP SCOUT GPS LINK, REAR BACKUP CAMERA

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TWT Discount ..... -$1,784
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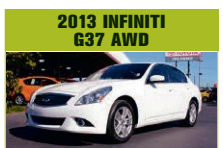
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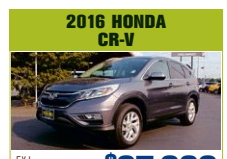
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STK #W9009
$34,994

2015 LEXUS RX 350 F-SPORT



NAVI, LEATHER, SUNROOF
STK #W9025
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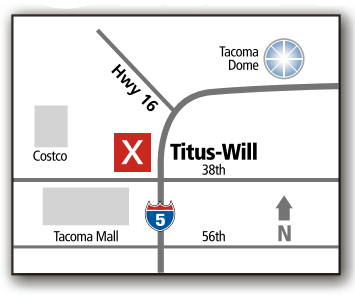
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Health Beat

MADIGAN SHOUT OUT

When 2nd Lt. Sarah Acklen noticed that her coworker was acting oddly and felt dizzy and lightheaded, Acklen accompanied her to a break room.

A few minutes later, the coworker had seizures.

Acklen immediately called the charge nurse for help, activating a cardiac arrest response team.

After the coworker was safe and stable, she was sent to the emergency room for overnight monitoring. Acklen made sure to check in on her coworker often during her recovery.

Acklen's compassion and



commitment shines through, not only in her work as a nurse, but in her actions as a coworker.

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: uhcmilitarywest.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: mamc.amedd.army.mil

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

Fisher House: 253-964-9283

MADIGAN ARMY MEDICAL CENTER

Transition to electronic records

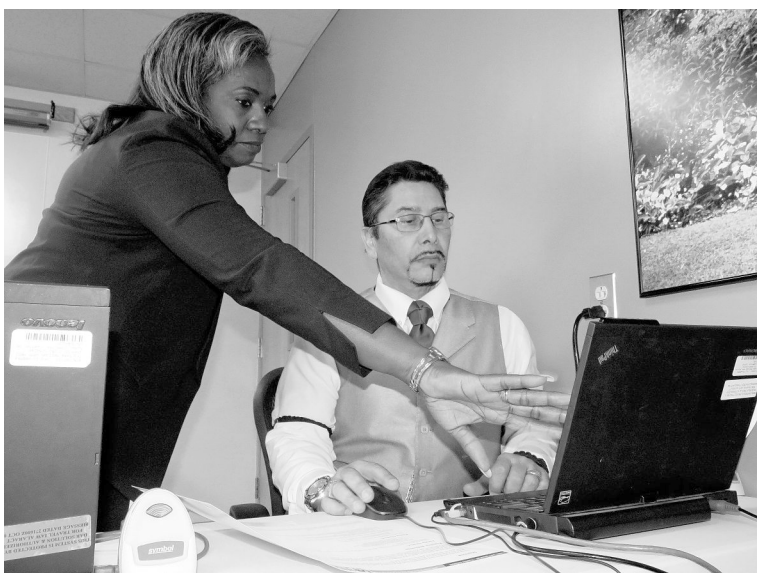
BY SUZANNE OVEL
Madigan Public Affairs

On Oct. 21, Madigan Army Medical Center will become the first large military hospital to transition to the Department of Defense's unified electronic health record, MHS GENESIS.

The $4.3 billion system will, for the first time, enable all military branches to use one electronic health record. By the time that MHS GENESIS is fully implemented throughout all of the DOD, patients' records will be accessible at any military treatment facility regardless of branch.

Madigan is a part of the first wave of military treatment facilities to begin using this new system, joining other military bases in the state — Fairchild Air Force Base, Naval Hospital Oak Harbor and Naval Hospital Bremerton — as the pilot sites for MHS GENESIS.

"Madigan was selected because we have a tri-service representation in this area with a large active-duty population as well," said Col. Eric Shry, Madigan's site lead for MHS GENESIS. "We also have a history of forward-looking activities in the area of informatics and health information technology, leading things forward such as DOD (and Veterans Affairs) interoperability, new and emerging technologies, and technologies that



SUZANNE OVEL Madigan Public Affairs

Trainer Felicia Dailey, left, teaches Johnny Crespo how to use MHS GENESIS, the Department of Defense's new electronic health record.

impact medical care delivery for corpsmen, medics and forward-deployed medical personnel in all three services."

With MHS GENESIS, patient safety will improve as records are more easily shared between providers. Through the Joint Legacy Viewer, a program compatible with MHS GENESIS, providers at the Department of Veterans Affairs and some community providers will be able to also view DOD patients' records.

While many of the changes of MHS GENESIS will be behind the scenes, patients will notice the new Patient Portal, which replaces the secure messaging found in RelayHealth and many of the functions found on Tricare Online such as accessing test results and setting up medical appointments. Madigan patients will also be able to view provider notes and request prescription renewals online as well.

Patients will also be able to see and verify their patient contact information in the Patient Portal. The contact information found there, and used throughout MHS GENESIS, is automatically pulled from Defense Enrollment Eligibility Reporting System; if patients need to update their patient contact information, they can visit the DEERS website at tricare.mil/deers.

Once Madigan transitions to MHS GENESIS, patients will be able to start using the Patient Portal, found at patientportal.mhsgenesis.health.mil. They can sign in through either their common access cards, their MyPay passwords or their DOD self-service logon passwords. If patients don't have CACs or MyPay passwords, they can create DOD self-service logon accounts to use the Patient Portal.

Shry believes patients will come away impressed when they begin using the Patient Portal.

"This is one of the largest health record vendors in the entire world, and so this is just something that is very well developed over a long period of time, and it is so much better integrated into the records so that the information that they receive is much richer," he said.

As Madigan transitions to MHS GENESIS, the staff will be putting some extra effort into becoming experts with the new system. During the first few weeks after the Oct. 21 transition, the pace at Madigan may slow down as it adopts MHS GENESIS, so leadership is asking for the help of patients to make the transition smoother.

Madigan's outpatient appointments will be temporarily reduced at first, so patients are asked to schedule preventive exams and regular checkups before Oct. 21, if possible. In addition, the wait times at the lab and pharmacy may increase during this time, so patients may want to complete any lab tests before then and ask their pharmacists about how to make the transition easier, such as getting their routine prescriptions refilled beforehand.

Finally, if patients get referrals that are valid past Oct. 21, they may ask for hard copies of their referrals just to make the transition easier.

Madigan expects to be back to full capacity after a few weeks; following Madigan, other DOD health care sites will begin their transition to MHS GENESIS.

"As MHS GENESIS becomes more widespread, medical providers will have a single way of communicating across the whole DOD," Shry said. "Patients' health information won't be held in one location, but instead it will be available everywhere they are."

NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

Follow '5210 rule' to improve kids' health

BY WESLEY ELLIOTT
Army Medicine

In the United States today, more than 12.7 million U.S. children and teenagers are classified as overweight or obese.

September is National Childhood Obesity Awareness Month to bring attention to the facts that childhood obesity is a health issue that puts children at risk for health problems. Some of those health problems are type 2 diabetes, high blood pressure, heart disease and stroke, but they could be preventable through lifestyle changes.

Lieutenant Colonel (Dr.) John Oberlin, an Army pediatric endocrinologist, said that "we focus on childhood obesity to prevent what is referred to as premature adult diseases in children."

According to the Centers for Disease Control and Prevention, the key to achieving and maintaining a healthy weight isn't short-term dietary changes; it's about a lifestyle that includes healthy eating and regular physical activity. Change your children's eating style by making small changes over time.

"I recommend that my patients follow the '5210 rule' in regards to healthy weight control; eat five servings of vegetables or fruit, get two hours or less of screen time on electronic devices per day, one hour of physical activity and zero sweetened beverages such as sodas or juice," Oberlin said.

He explained that the 5210 rule is fairly universal, but his clinic has added nine to the rule to represent the nine hours of recommended sleep per night. When people are properly rested they make better decisions and tend to avoid unhealthy lifestyle choices, he said.



SGT. DANIEL SCHROEDER 5th Mobile Public Affairs Detachment / 2015

Children work on kicking the ball away from their goal during a soccer game at JBLM in 2015. Studies show kids who are active in their youth stay active as they mature.

Healthy eating habits are a key factor for maintain a healthy weight, and the ChooseMyPlate.gov website can assist with finding nutritional information of foods, tracking calorie intake, planning meals and finding healthy recipes.

Physical activity is important, and children learn behaviors from their parents, so be active, walk around the neighborhood, go on a bike ride or play basketball at the park. Demonstrate the behaviors you want your child to emulate and establish your child's healthy behaviors early.

Oberlin recommends that despite the struggle to limit the time we all spend on electronic devices, parents should look for creative ways to manage the time or use apps and games to get kids outside.

"If your child wants more than the two hours of screen time you can let your child earn the extra time by doing healthy activities such as outside play or eating more healthy foods," Oberlin said. "It's better if it's a family activity with the parents involved. We are looking to change the way people view healthy living to something enjoyable instead of an unpleasant thing you have to do."

SUICIDE PREVENTION MONTH

Stopping suicide is everyone's battle; not just one

BY PETER HOLSTEIN
Air Force Surgeon General Office

September is Suicide Prevention Month, a time for Americans to build awareness and help understand suicide in our culture. More than 40,000 Americans lose their life due to suicide each year, and research shows that rates in the military and the general population are very close.

The loss of any one person to suicide is a tragedy, and that is why the Air Force is committed to the goal of zero suicides.

Making progress toward this goal requires buy in from everyone in the Air Force, and the other branches in the Department of Defense, from its most senior leaders to junior enlisted. Everyone has a role to play in prevention. The most basic, and often most effective, way to prevent suicide is to make sure that our family members, friends, coworkers and anyone else in our life feel connected and a have sense of belonging in the world.

"To combat something as complicated as suicide, we need leaders at every level involved," said Lt. Col. Alicia Matteson, the Air Force suicide prevention program manager. "We need the front line supervisors, all the way up to squadron, group and wing commanders involved and being connected to their Airmen."

Risks for suicide include people with substance abuse problems, those experiencing loss or guilt, feelings of isolation, and those undergoing stress, both professionally or in their personal life. This is why it is important for commanders at every level to know the Airmen they supervise, and connect to them enough to know if they have experienced an event in their life that might increase their risk for suicide.

"If suddenly someone comes in and they're looking exhausted, or they exhibit signs of depression or mood swings, then ask," said Dr. Jeffrey Greenberg with the Air Force Suicide Prevention Program. "It may be nothing, and that's fine, but it is still important to demonstrate to someone that you are concerned about what's going on with them. We want to increase that, the connection between Airmen."

Building connections helps sustain emotional strength, and creates a sense of belonging that fortifies against suicidal thoughts. This sense of belonging, whether it is to a unit, a family, a friend group, or something else entirely, helps sustain people when times get tough.

"You can't control the world to stop bad things from happening. Emotional stresses are part of the reality of life," Greenberg said. "When bad things happen, it causes a strong emotional response — anger, fear, anxiety, sadness or anything. That's normal. We need to help our Airmen develop the tools to manage those feelings."

This commitment to connection is backed by the Air Force's adoption of the ACE method, which stands for Ask, Care, Escort. These three steps can guide people when confronted with someone contemplating suicide. The Air Force Suicide Prevention website — tinyurl.com/ycdle9nj — has more information on ACE and other resources to help prevent and respond to suicide.

If you, or someone you know, needs immediate help, call the Veterans Crisis Line and speak to a counselor by dialing 800-273-TALK (8255) and pressing 1.

Every life lost to a suicide is tragic, but together we can make a real difference. Building bonds with the people around us, even by simple gestures and friendly comments are important, and can sustain people in the face of adversity.

"Every Airmen's job is to look out for each other," Matteson said. "That's what it means to be a wingman, and it's the culture change we need to prevent the tragedy of suicide."

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

Rising Thunder

Soldiers from 1st Brigade, 2nd Infantry Division train at Yakima Training Center during Exercise Rising Thunder 2017 with the Japanese Ground Self Defense Force Sept. 7. These snipers are sharing experience and best practices with each other as they engage targets up to 1,000 meters away.

SGT. 1ST CLASS JUSTIN PUETZ
7th Infantry Division 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.

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

AIR FORCE BIRTHDAY AT THE CLUB

Celebrate the 70th birthday of the U.S. Air Force Friday from 3 to 4 p.m. at the Club at McChord Field. Enjoy appetizers, drink specials, birthday cake, special guest speakers, activities and more. You could win an Air Force birthday cooler bag or Air Force birthday T-shirt. The event is free for Club members and $5 for others. Not a member? Join and you'll be entered to win $10,000, plus you'll get discounts and deals across Joint Base Lewis-McChord. Find details at JBLMmwr.com. The Club is located at 700 Barnes Blvd.

2017 OKTOBERFEST AND FLEA MARKET

Immerse yourself in fun at the 2017 Oktoberfest and Flea Market Saturday in Family and Morale, Welfare and Recreation's Fest Tent on Lewis Main. The Flea Market, full of gently used treasures, crafts and homemade goodies, is from 11 a.m. to 5 p.m. Oktoberfest lasts from 2 to 10 p.m. and includes authentic German food, entertainment, games, prizes, costume contest and more. German brews are available for ages 21 and older with valid ID. The Fest Tent is next to Bowl Arena Lanes, 2200 Liggett Ave. For more information, visit JBLMmwr.com/oktoberfest.

SELL, BUY TREASURES AT FALL FLEA MARKET

Make some quick cash by selling your gently used items, or come to buy unique treasures at the annual Joint Base Lewis-McChord Fall Flea Market Saturday 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.

ARMY, AIR FORCE PCS MOVE WORKSHOPS

Joint Base Lewis-McChord's Armed Forces Community Service hosts a First PCS Move workshop Mondays 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 jblmafcs checkappointments.com.

JBLM NEWCOMERS' ORIENTATION BRIEF

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

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 to Lewis-McChord Communities. 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 are 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.

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 Thursday.

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.

WIN PRIZES FOR TRIVIA AT THE BREWHOUSE

Are you good at trivia? Test your knowledge at Samuel Adams Brewhouse's free Trivia Night Sept. 22 from 7 to 9 p.m. for fun and prizes. Enjoy happy hour specials from 6 to 8 p.m. Sam Adams is located at 2400 Bitar Ave. and Division at Lewis Main. For more information, call 253-964-2012.

PLAY BUNCO AT THE BREWHOUSE

Like to play Bunco? Grab some friends or make some new ones at Bunco at the Brewhouse Sept. 23 from 6 to 10 p.m. The buy-in per person is $10. Sam Adams Brewhouse is located at 2400 Bitar Ave. and Division on Lewis Main. For more information, call 253-964-2012.

STRENGTHS/NEEDS 2017 ASSESSMENT

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

NEW FALL HOURS AT SAMUEL ADAMS

Samuel Adams Brewhouse's new fall hours deliver the best sports viewing combined with bar games and specials.

- Sunday from 1 to 10 p.m.
- Monday from 4 to 10 p.m.
- Tuesday-Wednesday closed
- Thursday from 4 to 10 p.m.
- Friday from 4 p.m. to midnight
- Saturday from 4 to 11 p.m.

Sam Adams is located at 2400 Bitar Ave. and Division at Lewis Main. For more information, call 253-964-2012.

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

SKIES*Unlimited* 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 of need include gymnastics, karate, dance, art, music, boxing, theater and more. Interested? For more information, call 253-966-3539 or email cindy.j.arnold.naf@mail.mil.

MOVING RESOURCES AVAILABLE ONLINE

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

GET THE BEST DEALS ON TEXTBOOKS

The next college quarter starts soon. You don't have to 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 the bookstore 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 jblmmwr.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/gl5g3sq.

YOUTH SWIMMING LESSONS AVAILABLE

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

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 the OPR for the use of all space heaters on JBLM. Contact Eric Waehling at 253-966-1772, eric.r.waehling.civ@mail.mil or Amin Sakhawat at 253-966-9011, sakhawat.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:

Land Management Informational Session Friday starting 11 a.m. at the Hawk Transition Center. Come learn the skills necessary to start your career with the U.S. Forest Service. Students train for 12 weeks, working alongside wilderness rangers in the great outdoors. Upon successful completion of the program, student will have the opportunity to network with hiring managers and avoid using USA Jobs. Dates are Sept. 25-Dec 15. For more information, email sojourner.thomas.ctr@mail.mil.

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

Hawk Job Fair take place Mondays (except DONSAs 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.

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

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

Afterburner Sept. 26 at Hawk Transition Center from 8 a.m. to 4 p.m., we'll recognize the commitment, dedication and loyalty of our service men and women during Military Transition Seminars. Each seminar is a strategic career planning experience designed specifically for exiting veterans and based on the nationally acclaimed veteran transition guide, Down Range. Seminars are created and delivered by veterans who made the successful transition to civilian careers, and they include tactical job search skills that focus on the pathway to a civilian career as opposed to just a job. For more information, visit afterburner.com/veteran-outreach.

Keeping a Career on the Move Military Spouse Symposium Sept. 26 at Hawk Transition Center from 9 a.m. to 2 p.m. this full-day professional development education symposium is designed especially for military spouses and is presented by MOAA Spouse Programs in partnership with the Hiring Our Heroes Military Spouse Program, with support from USAA. The event kicks off with a panel and question/answer session addressing issues related to military spouse employment. Attendees will learn how to stand out in a crowd with the perfect elevator pitch, how to build a top-notch resume and how to utilize LinkedIn. The event is free and open to all spouses of active duty, reserve, National Guard, retirees, veterans and Gold Star spouses. A complementary lunch is included. For more information, visit tinyurl.com/y8rz5hco.

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 Oct. 9. Email kmyers@esd.wa.gov, or call 253-552-2547.

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

AGRICULTURE POLICY EXPERT IN LACEY

Washington State Department of Ecology — Salary: $51,504 to $67,584 annually. The Water Quality Program is currently looking for an agriculture policy expert to support this mission by developing and implementing policies to address nonpoint pollution generated by agriculture practices, and working directly with state and federal conservation and agriculture agencies, and individual landowners, to make sure that Washington's water quality objectives are met. This position is located in the headquarters building in Lacey. For more information, visit tinyurl.com/yc2zrodf.

CDL DRIVERS AND WAREHOUSE TO DRIVER

Pacific Coast Fruit Company — Salary: DOQ. Pacific Coast Fruit Company, a large, independent family owned produce distribution center in Oregon and Washington is looking for hard working, positive and team-oriented Class A and B drivers to join our transportation team in Kent, Wash. Don't have your CDL? We can help at no cost to you through the warehouse to driver program. For more information, visit pcfruit.com/contact-us/employment/ or send your resume to jobs@pcfruit.com.

FOOFARAW MILITARY APPRECIATION DAY

Service members cruise to private island

BY PAMELA KULOKAS
Northwest Guardian

Slurping an oyster and chasing it with beer — it's a rite of passage for guests arriving at Foofaraw, the military appreciation day put on by the Olympia Yacht Club, Thurston County Chamber of Commerce and Chehalis Tribe the first Friday after Labor Day for the last 55 years.

About 200 service members from Joint Base Lewis-McChord and other military installations in Washington state were treated to a day of relaxation Sept. 8 at the Olympia Yacht Club's private island near Harstine Island — reached by pleasure cruise up Budd Inlet in 42 yachts owned by club members.

Navy Chief Petty Officer James Dorce of Naval Station Everett said it didn't take much to convince him to hop on board for Foofaraw, after he received the invitation from his command.

"They had me at yachts and private island," Dorce said with a laugh, as he proudly wore his Foofaraw T-shirt.



SONG JOHNSON JBLM Public Affairs

A rousing game of tug-of-war is a tradition at every Foofaraw — the military appreciation event hosted annually by the Olympia Chamber of Commerce and the Olympia Yacht Club.

Upon arriving at Island Home, the oyster and the beer consumed, service members were invited to eat, drink and enjoy games of horseshoe, ladder ball and corn hole as well as a potato car race, similar to the the Cub Scouts' Pinewood Derby.

The smell of fresh salmon baking over alder wood and grilled chicken wafted through the air as pop tunes spun by a deejay pumped up the mood. David Schaffert, chamber president and CEO, said it was a privilege for the community to provide Foofaraw for service members.

"We really hope you enjoy it and have a chance to decompress from what you do in your daily lives and your mission," he said to the guests of honor. "Thank you for the calling that you've chosen."

As they waited for lunch to be ready, service members from various branches intermingled, sipping ciders and beers, with nothing to do but relax.

First time Foofarite, Petty Officer 2nd Class Anton Sriphatthanakoon of Naval Air Station Whidbey Island, Wash., met Staff Sgt. Joseph O'Dell, of 2nd Brigade Support Battalion, 2nd Brigade, 2nd Infantry Division, as the two chatted with Don Secena, head cook of the Chehalis Tribe.

It's therapeutic to prepare the fish in the traditional way — threading it through cedar spikes and slow cooking it over alder wood — Secena said, as he talked with Sriphatthanakoon and O'Dell.

"I love to cook at home," Sriphatthanakoon said. "I compare this cooking to where I'm from and everywhere else I visit. This is very interesting; it's so simple. It's really opened up my mind, and I learned a lot."

The opportunity to network was not just for service members. Chamber representatives and local business owners also were on hand to thank the military personally.

"I respect the military a great deal; they are under appreciated," said Bill Sloane, Olympia Yacht Club commodore. "It's awesome that they can relax. They're in no danger here. This is complete relaxation; that's the whole point of Foofaraw."

Colonel Eric Tobiason, of Regional Health Command-Pacific, said the Foofaraw experience was phenomenal.

"Thank you for the overwhelming support of our military community," he said to the hosts. "Our ability to execute our mission is dependent on our families being taken care of in our local communities. What we've seen today is outstanding community support. It gives us peace of mind to allow us to do our mission."

FROM PAGE 1A

JEEP

He and a buddy swam about 300 yards to the nearest lifeboat and spent five hours in the water before being rescued by British allies.

Johnson was honored at JBLM after his grandson, Brock Mulder, of Salem, Ore., contacted JBLM Public Affairs about his granddad's longtime wish to ride in a military jeep again.

"Dad is just so excited," said Arlyce Gibbs, 63, of Grand Forks, N.D.

She and her older brother, Don Johnson, a Vietnam veteran and missionary living in Diriamba, Nicaragua, traveled with Mulder to JBLM to be with their father for the event. The siblings' sister — Mulder's mother — Arleen Yeager, of Lynden, Wash., wasn't able to attend the event.

The elder Johnson has seven grandchildren and 15 great grandsons. His wife of 63 years, Lolly, passed away.

Johnson was born in Minneapolis in May 1923. He joined the U.S. Army June 8, 1943, and was honorably discharged Nov. 22, 1945.

The details of Exercise Tiger were classified as secret, so information wasn't released until the mid 1980s. Johnson has lived with the memories of that fateful day for several decades.

Many of the men who died jumped into the water of the English Channel after they realized the ship was sinking. Johnson said he told his friend to slide down the rope instead, which may be why the two lived. Gasoline on the ship ignited the water near the ship and many



RUTH KINGSLAND Northwest Guardian

Scott Shield, right, presents Henning "Don" Johnson with a certificate of appreciation for Johnson's service during World War II Sept. 7.

Soldiers were burned alive. Johnson and his friend, and others, were able to jump clear of the inferno on the water.

After he was rescued, Johnson went on to serve in logistics and helped move Gen. George Patton and his Third Army east.

Johnson has lived in the Kelso-Longview area since 1953.

In addition to riding in the military jeep at JBLM, Johnson got to see some of the advances in military weaponry and had lunch at a dining facility, where he met with a few service members, including Command Sgt. Maj. Richard Mulryan, JBLM garrison command sergeant major, who presented Johnson with a garrison coin.

Captain Schuyler Wessels, an Army Reservist with the Army Sustainment Command-Reserve Element, JBLM Detachment, said he was excited to meet and have lunch with Johnson.

"It's my first time to meet a World War II veteran; I've been to speeches and all, but never met one in person," Wessels said. "It's an honor."

FROM PAGE 1A

PARTY

participating in organized games at the event.

The three older children took turns inside large plastic, inflated Zorb balls, which look much like a hamster ball. Mary stayed close to grandparents, Dave and Lois Thompson, of St. Louis, Mo., who were in town for the week visiting four of their 18 grandchildren.

"It's nice they have events like this," Lois said.

The Thompson children are home-schooled, so the block party was a good opportunity for the kids to play and get to know their neighbors.

"I've seen seven or eight families from our neighborhood," David Thompson said.

April Johns and her 7-year-old daughter, Isabella, 10-year-old son, Jack, and husband, Staff Sgt. Trevor Johns, moved to Joint Base Lewis-McChord from Wright-Patterson Air Force Base, Ohio, in the middle of August.

Johns said her family was a bit stressed moving and getting the kids ready for the start of the school year at Carter Lake Elementary, so the block party offered a way to relax and get to know other military families.



SCOTT HANSEN Northwest Guardian

JBLM children play with Body Zorb Balls during the McChord Field Housing Block Party at Carter Lake Elementary School Saturday.

Isabella enjoyed creating crafts at the event, such as a stuffed bear she drew a face for. She added premade eyes and buttons for his shirt before adding his name "Ed" on a small purse, which she also decorated.

"I painted a rock, too, and rode in the plastic ball," Isabella said, a big smile on her face. "I'm having fun."

Shelton Griffin, a volunteer with McChord Field Chapel, and his wife, 1st Sgt. Adriana Griffin, 361st Recruiting Squadron, spent much of the three-hour event helping young children use the Zorb balls — one of the event's most popular activities.

"It's fun for the kids, and they get to meet and make new friends. We really had a lot of fun."

Tasha Morales
on the McChord Field Housing Block Party

"You have to stand up and put your arms through here," Griffin told 6-year-old, Gustavo Diaz, as the youth readied to play in the Zorb.

Gustavo's mom, military spouse, Tasha Morales, helped push her son's Zorb as the boy laughed and ran toward another of the about a dozen balls. Gustavo is a home-schooled first-grader and has a 5-year-old brother, Emmanuel, who also enjoyed the block party with their mom.

"It's fun for the kids, and they get to meet and make new friends," Morales said. "We really had a lot of fun."

FROM PAGE 1A

HISTORY

a bombing run and it would be nice and quiet, when suddenly the sky would start exploding around you ... when one was close, you go through the concussion and feel the little pieces of metal (shrapnel) punching holes into the aluminum skin of your aircraft," Nelms said. "They were trying to kill you."

The fear was real and it had to be controlled, especially when you would see a plane in your formation go down.

"On a mission to Berlin, I saw five of our 8th Air Force formation aircraft go down, and we took flack for almost a half hour continuously ... with that sickening sound of pieces of metal going through the plane," Nelms said. "We (8th Air Force) had 30,000 men killed, thousands injured or taken prisoner of war.



Courtesy Photo

Retired Capt. Dick Nelms, guest speaker at the Air Force Ball in Lakewood, talks about combat in World War II Sept. 8.

"But we also had a few thousand, like me, that made it home, and we're kinda proud of the irreparable damage we did to Hitler's war machine."

Although a different war machine and era, Keaton's experience is similar to Nelms in that training had to trump fear and doubt for success. Keaton's experiences stem from integration with ground forces, including Army Special Operations forces and Navy SEAL teams.

"My job is to control all aspects of air integration into combat," Keaton said. "Mainly this means the integration of close air support of overhead aircraft, controlling medevacs and controlling exfiltration and infiltration."

In 2016, Keaton's team was asked to clear a town occupied and fortified by the adversary for three years. They set up a forward operating base within a few kilometers to stage out of.

"They were aware of us and ready, although we linked up with 100 of the best Afghan fighters, they had the tactical advantage," Keaton said.

Airpower was his only option because of fortified positions, which helped so his team was able to proceed. Another attack ensued — the next option was another 500-pound bomb that was not low collateral.

"The 30 seconds it took for the bombs to fall were the longest 30 seconds of my life," Keaton said. "I have never been more relieved than when my guys said they were OK.

"Exposing yourself to save someone is easy; performing your job in the worse conditions is not. No matter the era or your role in war, the mindset and decisions are the same — trust is what makes it successful ... different services, different jobs, different aircraft all rely on you to do your job, successfully."

● *Editor's note: Due to the mission of Special Operations service members, some members of the 22nd STS prefer not to use their full names.*

Sports

JBLM YOUTH PHEASANT HUNT

Young hunters to get introduction to sport

Annual event a good opportunity to learn from experienced hunters

BY DEAN SIEMON
Northwest Guardian

Children who have an interest in the sport of hunting will have the opportunity to make their mark in the annual Joint Base Lewis-McChord Youth Pheasant Hunt Sept. 23 and 24 at Training Area 12 on Lewis Main.

Staff from Washington state's JBLM Pheasant Releasers program have approximately 300 live birds to be released into the area. Children will have the chance to go out into the field with an experienced guide in an effort to catch one.

Seeing first-time hunters be able to shoot their first pheasant is something that is just as memorable for Bill Ostrander, president of the JBLM Pheasants Releasers program, as when he first started the youth hunt 38 years ago.

"My adrenaline starts pumping," Ostrander said. "You get excited to see the kids get excited."

Some experienced hunters also bring their experienced bird dogs for the youth hunters who do not have hunting dogs of their own. Ostrander said he prefers the youths to have their own firearms with them, but there will be a few available for rent for both days of hunting.

The JBLM Youth Pheasant Hunt has been a labor of love for Ostrander, who will step down from president-related responsibilities. He said he hopes to still be involved because of the joy he gets watching kids discover their interest in hunting.

Ostrander has even allowed some of the early bird arrivals to

SEE HUNT, 2B



SCOTT HANSEN Northwest Guardian/2016

Guide Jim Cooper, right, examines a pheasant with Josef Utkin, 12, of Roy, during the 2016 JBLM Youth Pheasant Hunt on Training Area 12.

JBLM SALMON RUN



SCOTT HANSEN Northwest Guardian

5K participants near the finish line at the JBLM Salmon Run on McChord Field Saturday. Runners received a salmon dinner for their efforts.

NOTHING LIKE A FUN RUN BEFORE DINNER

Runners earn salmon dinner for their efforts

BY DEAN SIEMON
Northwest Guardian

Army spouse Meredith Thompson had motivation to complete the 12K course during the Joint Base Lewis-McChord Salmon Run Saturday at Heritage Hill on McChord Field — not only because medals and salmon dinners were provided to all of the 12K (7.4 miles), 5K (3.1 miles) and kids' 1K finishers.

She knew her children — Melissa, 10, and Sam, 8 — were waiting at the finish line to cheer her on. Both were giving her hugs as she was the first person to finish the 12K with a time of 51 minutes and four seconds.

"I was looking forward to it the whole race," Thompson said. "That's what kept me going. Salmon is a bonus; I can never turn down a good salmon."

SEE SALMON, 2B



Jeff Brown, of the Outdoor Sports Channel, prepares King Salmon for race participants during the annual JBLM Salmon Run on McChord Field Saturday.

ON THE SCHEDULE

SPORTING CLAYS MONTHLY CONTEST SET FOR OCT. 7
Recreational: The Joint Base Lewis-McChord Skeet and Trap Range on Lewis Main will host the monthly Sporting Clays shooting competition Oct. 7 at 10:30 a.m. Registration starts at 9 a.m. and cost is $35 per person. Competition includes 10 stations with 100 clay targets that simulate unpredictability of live-quarry shooting. For more information about the competition, call the Skeet and Trap Range at 253-967-7056.

ANNUAL JBLM ZOMBIE RUN WILL TAKE PLACE OCT. 14
Races: Sign up now for the fourth annual Joint Base Lewis-McChord Zombie Apocalypse 5K Run set for 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. Register by Oct. 2 at 11:59 p.m. to pay $10 for the 1K and $25 for the 5K with valid military ID. Cost will be $15 for the 1K and $30 for the 5K for those without a military ID. 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 Oct. 26 only. For more information about the Zombie Run, 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 set to take place Oct. 20 at Family and Morale, Welfare and Recreation's Fest Tent on Lewis Main. Registration is open the day of the event at 5:30 a.m. Race begins at 6 a.m. Open to JBLM active-duty service members only. For more information, visit jblmmwr.com/intramural or call the JBLM Intramural Sports Office at 253-967-4768.

COMMANDER'S CUP SWIM MEET SET FOR NOV. 7-9
Intramural: The Joint Base Lewis-McChord Intramural Sports office will host a representative meeting for the JBLM Commander's Cup Swim Meet scheduled Nov. 7-9 at Soldiers Field House at 6 a.m. The meeting itself will take place Oct. 25 at 6 p.m. at Nelson Recreation Center. Open to active duty attached to JBLM only. Events include medley relay, freestyle, backstroke, individual medley, backstroke, breaststroke and freestyle relay in various distances. For more information, visit jblmmwr.com/intramural or call the JBLM Intramural Sports Office at 253-967-4768.

TEAM RED, WHITE AND BLUE

Veterans begin 4,600-mile cycling journey across America

BY DONNIE STARLING
Team, Red, White and Blue

SEATTLE — The fourth iteration of Team Red, White and Blue's Old Glory Relay started at sunrise Monday morning at CenturyLink Stadium in Seattle.

Monday, the 16th anniversary of 9-11, marked the start of a cross-country journey that will feature hundreds of veterans participating from all branches and eras of service.

More than 70 teams, which include veterans and their supporters, will carry a single American flag over 4,600 miles in 62 days from Seattle to Tampa, Fla. Since leaving Monday through Veterans Day, the teams will be running, walking and cycling with an American flag across each leg of the relay in their mission to bring the flag home to Team RWB's national headquarters in Florida.

Special guests at the start in Seattle included:

- Former Secretary of Defense Robert Gates,
- Kevin Johnson, CEO of Starbucks,
- Seattle Sounders FC retired players Zach Scott and Marcus Hahnemann,
- J.J. Pinter, executive director of Team RWB,
- Brennan Mullaney, deputy director of Team RWB.

"We are beyond excited to

SEE CYCLING, 2B



Paragon Media

Andrew Quamme rides through Lakewood during the Old Glory Relay Tuesday. The event is part of a relay from Seattle to Tampa, Fla.

FROM PAGE 1B

HUNT

go out with some of the certified releasers to let the birds loose into the training area.

"They get a big kick out of that," Ostrander said. "It depends on the kid, but if they want to, we'll let them release some of the birds."

Children wanting to sign up for the youth hunt need to have a valid hunting license for Washington state. This would also require completing the state's hunter education course, which can be found online with the Washington State Department of Fish and Wildlife at wdfw.wa.gov/hunting.

Ostrander said although he prefers children to be ages 10 and older for the education course, children as young as 8 have passed the course.

"As long as they can handle the weapon and pass the class, we'll let them in," Ostrander said. "But we're real strict on safety."

Along with a valid hunting licenses, youth hunters must bring a parent or guardian and have an orange vest and hat for going into the field. The event includes a free lunch for the youth hunters and their parents or guardians.

Remaining pheasants will be available for a special senior hunt Sept. 27. Last year's youth hunt had between 40 and 50 kids participating. Ostrander said it's uncertain how many birds will be available for the senior hunt.

"Usually it depends on how many kids we've got there," Ostrander said. "I can save 60 to 100 for the senior hunt."

For more information about the youth hunt, or to be a volunteer, call Ostrander at 253-847-3979.

Dean Siemon: 253-477-0235, @deansiemon

If you go

What: JBLM Youth Pheasant Hunt

When: Sept. 23-24 at 7 a.m.

Where: Training Area 12, East Gate Road, Lewis Main



SCOTT HANSEN Northwest Guardian/2016

Volunteer Jim Cooper, left, and his dog Lillie help guide Josef Utkin, 12, of Roy, during the 2016 JBLM Youth Pheasant Hunt on Training Area 12. The 2017 Youth Pheasant Hunt is scheduled for Sept. 23 and 24.

FROM PAGE 1B

SALMON

The top male 12K runner was John Seaton, a senior airman with the 627th Civil Engineer Squadron on McChord Field. He had a time of 54:30 for his first run on JBLM in 2017.

"(The time is) about what I figured," Seaton said. "I was surprised at my placement."

All 190 runners received a custom-made medal in the shape of a salmon for the annual fun run on McChord Field. It was the second time the Salmon Run took place at Heritage Hill, which provides families a chance to see a variety of aircraft displayed near the start/finish line.

While sometimes a common scene for families stationed at McChord Field, it's a unique setting for Army families who may not always have the chance to see the other side of the installation.

"Especially events like this on McChord really bridge the JBLM community," said. Lt. Col. Ben McKenzie, commander of the 627th Force Support Squadron, and deputy director of the Directorate of Family and Morale, Welfare and Recreation.

McKenzie was also a runner with the fastest 5K time of 22:25 — a little slower than his projected 20-minute pace.

The event also saw military youths participating in the kids' 1K Smolt Run — an option for kids to complete a race without having to dedicate themselves to a full 3-mile course.

Near the end of the Smolt Run, families saw Christopher Bennett, 3, run back to the final stretch to encourage Roland Wagner, 2, to finish the event strong, holding his hand along the way.

Roland's parents said they were happy to see someone provide encouragement. Christopher's parents added that it's part of a passion for helping other people.

"He's a caring person; big kids, little kids, it doesn't matter," said Sgt. Jessica Bennett of Headquarters and Headquarters Battalion, I Corps.

The main event of the fun run was the freshly prepared salmon dinner for all race participants. The meal was prepared by volunteers from the Sportsman Channel's "Hunt.Fish.Feed." outreach program, which usually does nationwide tours to serve hungry communities.

Coming to JBLM was a unique opportunity for the program to give to a military community with partners from Comcast. Volunteers began cooking the salmon hours before the runs began with food provided by the Nisqually Market.

"We feed military, homeless shelters and homeless military," said Scott Leysath, executive chef and star of The Sporting Chef. "We'll do 15 of these (kinds of events)."

Dean Siemon: 253-477-0235, @deansiemon



SCOTT HANSEN Northwest Guardian

Nancy Bamford, left, and Beth Wagner help Wagner's son Roland, 2, finish the children's 1K during the Salmon Run on McChord Field Saturday.







ABOVE: Craig Arnold, of Spanaway, carries his son Gavin, 4, across the 5K finish line during the annual JBLM Salmon Run on McChord Field Saturday.

ABOVE LEFT: Ben McKenzie nears the 5K finish line during the annual JBLM Salmon Run on McChord Field Saturday.

AT LEFT: Bri Herdich, left, of Roy, nears the finish line with her four-legged running companions Abby, 11, right, and Marky Mark, 6 months, left, during the annual JBLM Salmon Run on McChord Field Saturday.

FROM PAGE 1B

CYCLING

start the Old Glory Relay, which is an important national event for the Team Red, White and Blue community," Pinter said. "It's the fourth time we're crossing the country, and it just gets better every time thanks to the amazing group of veterans, supporters, sponsors and communities engaged along the course. This journey aims to send a message that our country is stronger and better when we're unified, connected and helping veterans transition for success."

The Old Glory Relay is a one-of-a-kind experience filled with unity, patriotism and pride as teams safely complete their assigned daily relay legs between the times of sunrise and sunset. Following the kickoff in Seattle, Old Glory moved south to Lakewood where the route will take them along the West Coast through the Cascade Range before crossing the Golden Gate Bridge and through San Francisco.

Continuing south, Old Glory will connect Team RWB Eagles and supporters in Los Angeles and San Diego before heading eastward through the desert landscapes of Arizona and New Mexico and crossing San Antonio and Houston.

For the final stretch, the relay will cross the Florida Panhandle before finishing in Tampa, home of Team Red, White and Blue's National Firebase, with a fitting retreat celebration at the Westfield Brandon mall.

For more information and to access the full list of cities, visit oldgloryrelay.org.



Paragon Media

Andrew Quamme, left, and Chris Schmitt prepare to ride through Lakewood as part of the Old Glory Relay Tuesday. The relay is part of a 4,600-mile relay from Seattle to Tampa, Fla.



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Saturday, Sept. 16
11 a.m. – 5 p.m.

MWR Fest Tent
2200 Liggett Ave. at Lewis Main

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Saturday, Sept. 30 | 2–8 p.m.
Club at McChord Field
$12 per person
includes wine tasting and wine glass

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$50 Includes freshly baked French baguette, assorted crackers, cheeses, salami, smoked salmon, dried dates, fresh berries and dark chocolate.

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This event is for ages 21 and older

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BOOK PATCH LIBRARY

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Thursday Sept. 28	Thursday Oct. 26
Tuesday Nov. 28	Tuesday Dec. 19

Listen and read along with our awesome books! Then, enjoy some activities, crafts and snacks and teeny-weeny prizes!
No registration required.
For more info, call 253-967-5533.

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LIBRARY CARD SIGN-UP MONTH



September is National Library Card Sign-Up month!



Sign up for a library account and get a free book during September courtesy of Half Price Books. Open to kids, teens and adults at the Grandstaff, Book Patch and McChord libraries. While supplies last.



Grandstaff Library	Book Patch Library	McChord Library
JBLM-Lewis Main	JBLM-Lewis Main	JBLM-McChord Field
2109 Pendleton Ave	Inside Grandstaff Library	851 Lincoln Blvd
253-967-5889	253-967-5533	253-982-3454

Joint Base Lewis-McChord Libraries
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Grandstaff Library
ADULT COOKBOOK CLUB!

Each monthly meeting has a theme: Check out a book from our cookbook display to make a recipe related to that theme. Bring your book and yummy dish to our meeting and share with the group.
No registration required.

Meetings will take place from 6–7 p.m. on the following dates:

Friday, Sept. 29
Cooks all day while the cook's away–Crockpot Time

Friday, Oct. 27
Celebrity Chefs

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Western Washington Traveling Skeet League 2017 Schedule

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

For entry details, call 253-967-7056

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Participate in at least 8 of 10 shoots to be eligible for the grand prize (a free six-month shooting pass).

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SATURDAY, SEPT. 23
1–2:30 P.M. • ALL AGES
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Calling all Padawans and Jedi Knights! The Empire is invading McChord Library and you're invited! Participate in a Star Wars-themed costume parade and enjoy food, crafts, storytime, special guest appearances and more from your favorite galaxy far, far away!

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253-982-3454
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Thursday, Nov. 9 - Historical Fiction
Friday, Dec. 8 - Humor

Grades 3–5

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JBLM CHILD & YOUTH SERVICES

RECRUITING FAIR





TUESDAY, SEPT. 26

EAGLES PRIDE GOLF COURSE
OFF I-5 AT EXIT 116

Child & Youth Program Assistants
(for child development centers, school-age care; before/after-school & camps)

8–10 a.m.
Applicants submit applications and resumès

9:45 a.m.–3 p.m.
CYS facility managers conduct initial interviews & NAF HR may extend tentative job offers

QUALIFICATIONS, PAY BANDS & PAPER APPLICATION: FB.COM/JBLMCYS

Washington STATE FAIR | DO THE PUYALLUP!
SEPTEMBER 1–24
CLOSED TUESDAYS & SEPT. 6



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Any Thursday Get BOGO Gate Admission
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9/14 • **Beach Boys, 7:30PM**
9/21 • **Modest Mouse with Built to Spill, 7:30PM**
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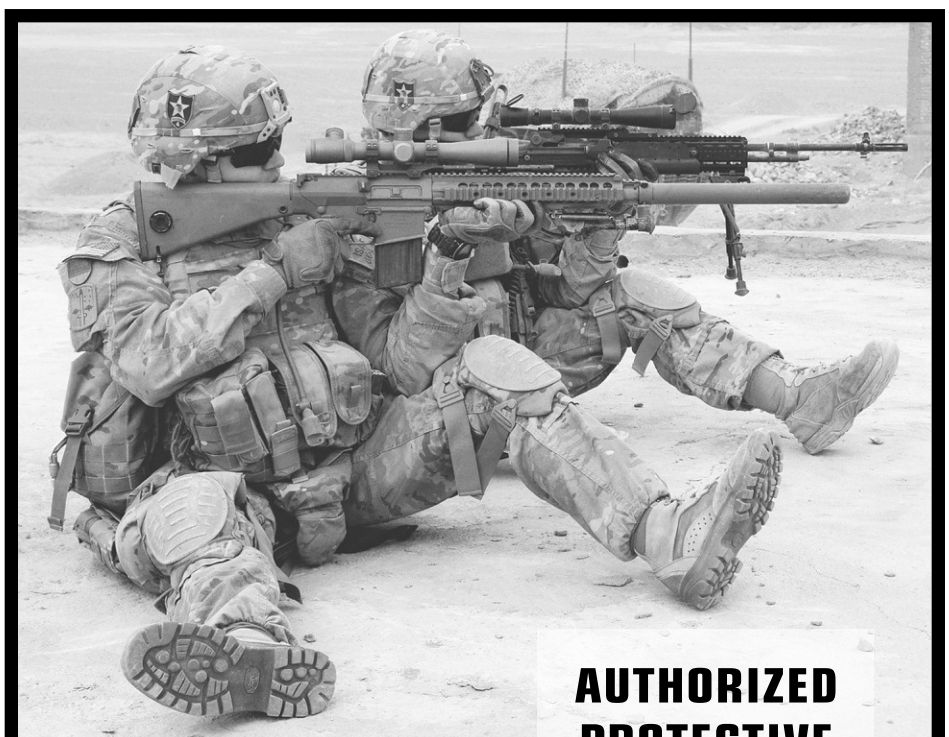
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Tacoma Mall
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Washington STATE FAIR
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SEPT. 1–24
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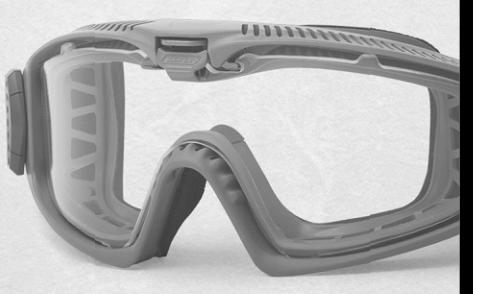
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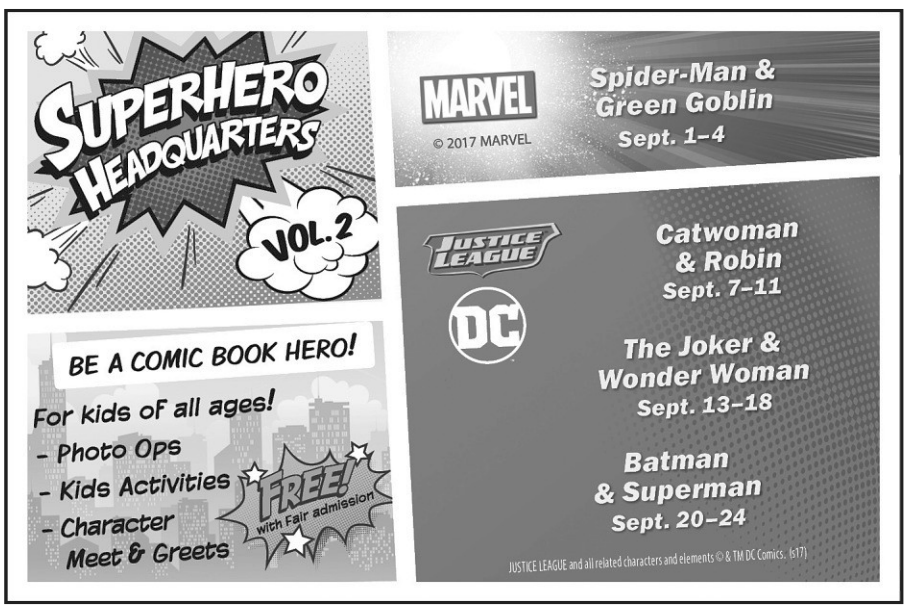
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Seattle Cider Co

Pumpkin Spice Hard Cider

This semi-sweet cider is copper in color and perfect for fall. Fermented with cinnamon, nutmeg, allspice and cloves, it offers hints of the season's favorite spices followed by a touch of pumpkin. Try pairing this delicious cider with some BBQ ribs or buffalo wings!

Also available in 16oz can

$7.99

Fremont Brewing

Field to Ferment Fresh Hop Pale Ale

We brew this fresh hop ale throughout the entire hop harvest in Yakima highlighting different hop varieties as they are harvested. Field to Ferment represents a colossal collaboration between the brewery and our hop farmers. We will make countless trips between the fields in Yakima and the brewery in Fremont, loaded with tens of thousands of pounds of fresh, juicy hops. Nothing is fresher, nothing is better for a brewer. So, please do enjoy this beer absolutely fresh, and enjoy the adventure this beer represents.

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SEPT. 20 | 4 P.M.
McCHORD LIBRARY

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Stop by the McChord Library beginning Sept. 6 to register and get a copy of this month's book "City of Ember" by Jeanne DuPrau.



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SECTION C

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



COVER STORY

A LEARNING EXPERIENCE

Here's your chance to explore local museums free of charge, 3C

FOR THE WEEK OF SEPTEMBER 15-21

15

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

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

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

16

OKTOBERFEST AND FLEA MARKET Family and MWR's Fest Tent and Freedom Park area. Flea Market starts 11 a.m. Oktoberfest is 2 to 10 p.m.

SAMUEL ADAMS BREWHOUSE 4 p.m. to midnight. Watch your favorite college sports right here with appetizers and brew.

17

SAMUEL ADAMS BREWHOUSE 1 to 10 p.m. Football on big screens all day. Taste signature brews and sample delicious menu items.

WHISPERING FIRS AND EAGLES PRIDE Enjoy family golf after 2 p.m. $30 includes nine holes, cart, rental clubs, range balls and hot dog with soda.

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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.

18

STRIKE ZONE AT SOUNDERS LANES 9 a.m. to 8 p.m. Chicken cordon bleu for $8.25.

McCHORD GRILL 11 a.m. to 1 p.m. Dine at the grill with a huge salad bar, pasta made to order, fresh, never frozen, grilled burgers and sandwiches with fries.

STRIKE ZONE CAFÉ AT BOWL ARENA LANES 11 a.m. to 10:30 p.m. Soup and sandwich daily specials.

19

STRIKE ZONE AT SOUNDERS LANES 9 a.m. to 8 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.

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

20

McCHORD GRILL 11 a.m. to 1 p.m. Dine at the grill with a huge salad bar, pasta made to order, fresh, never frozen, grilled burgers and sandwiches with fries.

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

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 8 p.m. Spaghetti and meatballs for $8.25.

21

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

McCHORD PUB Order appetizers, chili and hearty sandwiches from the pub menu to go along with your favorite drinks.

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 8 p.m. Jaegerschnitzel for $8.25.

AT THE MOVIES

Carey Theater on Lewis Main

The Hitman's Bodyguard (R)
Friday at 7 p.m.
The Nut Job 2: Nutty By Nature (PG)
Saturday at 12 p.m.
The Dark Tower (PG-13)
Saturday at 4 p.m.
The Hitman's Bodyguard (R)
Saturday at 8 p.m.
The Nut Job 2: Nutty By Nature (PG)
Sunday at 12 p.m.
The Dark Tower (PG-13)
Sunday at 4 p.m.
The Hitman's Bodyguard (R)
Sunday at 8 p.m.

MOVIE TIMES

For movie times, contact your local theater.

TACOMA AREA

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REGAL LAKEWOOD STADIUM 15: 844-462-7342 411#
CENTURY POINT RUSTON AND XD: Not available by phone, online cinemark.com

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LONGSTON PLACE: 253-770-9901
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REGAL TALL FIRS 10: 253-891-5445

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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

YELM

YELM CINEMAS: 360-400-3456

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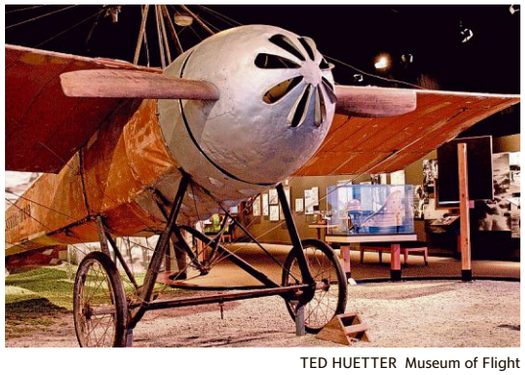
Lionsgate Films

Ryan Reynolds, left, and Samuel L. Jackson star in the new Lionsgate Films release, "The Hitman's Bodyguard."



Lisa Monet Photography

The Children's Museum of Tacoma will offer a special Steam Studio during Museum Live Day, with activities that integrate science, technology, engineering and math.



TED HUETTER Museum of Flight

The Caproni CA.20, from the early 20th century, is one of several military aircraft currently on display inside the Museum of Flight in Seattle.

MUSEUM DAY LIVE

IT'S TIME TO EXPLORE

BY DEAN SIEMON
Northwest Guardian

Several museums across the United States, including some near Joint Base Lewis-McChord, are participating in Museum Live Day! — an annual event when institutions will accept a free ticket provided online through the Smithsonian Magazine.

One participating organization with some exciting new exhibits is the Museum of Flight in Seattle. The museum recently opened its Apollo moon landing exhibit — highlighting items from the race to space that first began in the 1960s.

SEE LIVE, 9C

SEPTEMBER 16-17

NORTH CASCADE PHOTOGRAPHY TRIP

The North Cascades range in the northwestern corner of Washington state contain some of the most rugged and inaccessible mountains in the lower 48. Mount Terror, Eldorado, Forbidden Peak, Mount Despair and Mount Fury are some of the foreboding names of the peaks lurking in this steep, practically inaccessible corner of wilderness. Also known as the American Alps, the range boasts deep valleys, old growth forests, soaring pinnacles, uncounted waterfalls and the highest concentration of glaciers in the U.S. outside of Alaska. The Skagit River drains the western slopes, powering three huge dams as its glacial-fed waters plunge down from the high peaks soon slowing and meandering through the lush farm lands of Skagit Valley. Participants will provide the following: camera lens, filters, a tripod, extra batteries and memory cards, water, snacks, sleeping bag and any other food or beverages. JBLM Outdoor Recreation will provide transportation, dinner on the first night and breakfast on the next day, a tent and a sleeping mat. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. **$200.**

SEPTEMBER 17

MOUNTAIN BIKING TECHNIQUES CLINIC

Experience the thrill of mountain biking. The class will start by addressing proper bike fit and making any necessary adjustments to your bike. Instructors will demonstrate riding techniques, including body and pedal position, shifting, braking, climbing, descending and navigating minor obstacles on the trail. The course will also go over important communication skills and mountain biking trail etiquette with the aim of keeping multi-use trails open and safe for everyone. And finally, all these new skills will be practiced on a great trail ride. Bring appropriate clothing and footwear, water and food. Minimum age: 14. Children younger than 18 must be accompanied by an adult. The clinic will provide helmets, full suspension mountain bikes and hardtail 29R mountain bike, instruction and transportation. Depart from the Northwest Adventure Center at Lewis North at 8:30 a.m. **$45.**

SEPTEMBER 19

SIGN UP FOR THE SEA KAYAK SKILL CLASS

The Sea Kayak Skills Class offers five levels of our two-hour kayak instruction. Level one teaches proper paddling techniques and how to buddy rescue. The second level covers edging maneuvers and self-rescue. The third level is about master recovery techniques and muscle memory exercises for the roll. The fourth class will cover multi-day kayak trip prep and T-rescue. The fifth class will focus on learning kayak roll. Start at any time and master as many of the five levels as you would like. After the fifth level, students can continue to perfect their roll. Minimum Age: 12. Children ages 17 and younger must be accompanied by an adult. Meet at the Kimbro Pool at 7:30 p.m. Preregistration required. **$35.**

SEPTEMBER 22

INTRODUCTION TO ROCK CLIMBING

The first day of this two-part course will take place at the Northwest Adventure Center on Lewis North. The second day will be an indoor rock wall session at an off-base gym; participants will meet at the Northwest Adventure Center for a shuttle bus. The third day takes place on the next weekend for an outdoor session. The class will cover equipment for rock climbing, basic rock climbing movement and positions, anchor setup, rating systems, climbing styles, rope systems, an introduction to sport climbing and more. No experience is required to participate. Minimum age: 14. Younger than 18 must be accompanied by an adult. Meet at the Northwest Adventure Center at 8 a.m. Email jblmalpineclub@gmail.com for questions. **$200.**

SEE OUT, 8C



JBLM Outdoor Recreation / 2016

The JBLM Northwest Adventure Center will host a Wilderness First Aid course Sept. 23. The course is designed for trip leaders, camp staff, outdoor enthusiasts and individuals working in remote locations.





EVENTS

COMMUNITY

Alzheimer's Caregiver Conference 8:30 a.m. to 1 p.m. Saturday. Emmanuel Lutheran Church, 1315 N. Stevens St., Tacoma. "The Dementia Whisperer" Laura Wayman shares the secrets to providing effective care to a loved one with Alzheimer's/dementia. Break out sessions included on a variety of related caregiving topics. Free; RSVP at 253-798-8787 or alzheimersconferencetacoma.eventbrite.com.

Community Kids Day 10 a.m. to 2 p.m. Saturday. Lakewold Gardens, 12317 Gravelly Lake Drive SW, Lakewood. Featuring a wide variety of entertainment and activities for kids of all ages. $1 or donation of a canned good to support Emergency Food Network. 253-584-4106, lakewoldgardens.org.

Hops and Crops Music and Beer Festival Noon to 6 p.m. Saturday. Mary Olson Farm, 28728 Green River Road, Auburn. Bands, beer and more. $20. $10 gate only non-drinker tickets. 253-288-7433, wrvmuseum.org/hopsandcrops.html.

Nitro Circus Live 7 p.m. Saturday. Safeco Field, 1250 First Ave. S., Seattle. $25-$99 Ticketmaster.

Pioneer Days Festival Noon to 5 p.m. Saturday. Job Carr Cabin Museum, 2350 N. 30th St., Tacoma. Offering many fun hands-on activities and games for children. Pay as you can. 253-627-5405. jobcarrmuseum.org/cabin-events.

Tacoma Moon Festival 2 to 7 p.m. Saturday. Chinese Reconciliation Park, 1741 N. Shuster Parkway, Tacoma. Enjoy music, dance and culture. Free.

Tacoma Yacht Club's Open House 2 to 4 p.m. Sunday. Tacoma Yacht Club, 5401 Yacht Club Road, Tacoma. Free. 253-752-3555, tacomayachtclub.org.

Museum Fun Days — International Dot Day 10 a.m. to 5 p.m. Monday through Sept. 22. Children's Museum of Tacoma, 1501 Pacific Ave., Tacoma. Kids can create collaborative dot inspired artwork and read the story every hour while possibly wearing dotted clothes. 253-627-6031, playtacoma.org/programs.

Tacoma Mountaineers' Open House 7 to 9 p.m. Thursday. Tacoma Mountaineers, 2302 N. 30th St., Tacoma. Event will have representatives from several activities including hiking, climbing and more offer multi-media presentations covering their most memorable field trips, classes, courses and outings of the last several months. Free.



Courtesy Lisa Monet Photography

The Children's Museum of Tacoma will host a series of activities for International Dot Day starting Monday and continuing through Sept. 22.

BabyFest! Seattle's Biggest Baby Shower 10 a.m. to 5 p.m. Sept. 23. Seattle Center, 305 Harrison St., Seattle. $20 per person, $30 per couple and children free. 360-514-0767, babyfestnw.com.

Carstar Hi-Tech Collision Classic Car and Truck Show 8 a.m. to 3 p.m. Sept. 23. Sprinker Recreation Center, 14824 C Street S., Tacoma. Food vendors, car vendors and many many classic cars to view. $15 vehicle registrations through Monday. $20 day of show. 253-798-4000, piercecounty.wa.org/parks.

Celebrate the Construction of Tacoma's New Eastside Community Center 2 to 4 p.m. Sept. 23. First Creek Middle School, 1801 E. 56th St., Tacoma. Enjoy music, dance, drumming and spoken word performances by Tacoma-area youth, plus recreation activities for young and old. Free. 253-305-1092, imagineeastside-.org.

Historic Fort Steilacoom: Museum Day Live 10 a.m. to 4 p.m. Sept. 23. Historic Fort Steilacoom, 9601 Steilacoom Blvd. SW, Lakewood. Living historians live and work as Soldiers, officers, their wives, children and friends. Free. 253-582-5838, historicfortsteilacoom.org.

Korean ChuSeok Festival 11 a.m. to 6 p.m. Sept. 23. Asia Pacific Cultural Center, 4851 South Tacoma Way, Tacoma. Learning about what ChuSeok is by participating many hands-on activities with family oriented atmosphere. Free. 253-383-3900, apcc.org.

National Alpaca Farm Days 10 a.m. to 4 p.m. Sept. 23. La Vida Alpaca, 15631 159th Lane SE, Yelm. Hosting the Alpaca Ranchers of the Northwest farms. There will be alpacas of all colors and types on display. Free 360-894-1273, arow.org/FarmDaysOpenHouse/Default.asp.

Rebel Junk Crafted 10 a.m. Sept. 23. Tacoma Dome, 2727 E. D St., Tacoma. Children ages 12 and under are free with paid adult. $8. Ticketmaster.

Sound Stories: A Veteran Maritime Heritage Cruise 1 p.m. Sept. 23. Gig Harbor Boat Shop, 3805 Harborview Drive, Gig Harbor. See Puget Sound sights through the eyes of an experienced ships pilot or commercial fishing skipper. All excursions depart the Maritime Pier in Gig Harbor at 1 p.m. and return at approximately 5 p.m. Must be 18 or older. 253-857-9344, gigharborboatshop.org/veteran-sound-stories.

The Greater Tacoma Peace Prize and Annual Laureate Recognition Banquet 5:30 to 10 p.m. Sept. 28. Scandinavian Cultural Center, 122nd S. Park Ave., Tacoma. Evening will honor 2017 Peace Prize Laureate, Pennye Nixon, founder of Etta Projects. $60 single; $450 table of eight. 253-988-6825.

FILM

"Pershing's Last Patriot," presented by Lakewood Historical Society 6 to 8 p.m. Sept. 26. Lakewood Library, 6300 Wildaire Road SW, Lakewood. View documentary about Frank Woodruff Buckles, the last American veteran of World War I. Discussion following movie led by Alan Archambault, military historian. Free. 253-682-3480, lakewoodhistorical.org.

Meaningful Movies Tacoma 6:30 to 9 p.m. Sept. 28. The Grand Cinema, 606 S. Fawcett Ave., Tacoma. The film was two years in the making, with more than forty voices advocating for reform, including: activists, health policy experts, economists, physicians, nurses, patients, business and labor leaders. Following the film there will be a panel discussion. Free. 206-948-8309, meaningfulmovies.org.

TALKS

Jim Wallis: Race, Privilege and the Bridge to a New America 7 p.m. Saturday. Marion Oliver McCaw Hall, 321 Mercer St., Seattle. New York Times best selling author, activist and theologian. $20 reserved seat, $10 reserved seat for student/low income. 425-771-6971, treacylevine.org/jim-wallis.

Conversation Cafe in Puyallup 6:30 to 8:30 p.m. Monday. Mama Stortini's, 3207 E. Main Ave., Puyallup. Talk about controversial topics in a safe place Sponsored by League of Women Voters of Tacoma-Pierce County, AAUW, NAACP, RAD. Free. 253-272-1495, tacomapiercelwv.org, 253-845-7569.

"The Crisis of Identity Facing Native Americans and Indigenous" 7:30 p.m. Sept. 18. University of Puget Sound — Schneebeck Concert Hall, 1500 N. Warner St., Tacoma. With author N. Scott Momaday. Free. 253-756-3700.

Northwest Passenger Trains 10:30 a.m. to 12:30 p.m. Monday. Pacific Lutheran University, 12180 Park Ave. S., Tacoma. Railroad enthusiast Eric Zeigler will give an illustrated talk on the history of passenger travel, with a focus on how it has grown in recent decades. $15. 253-241-4166, plu.edu/liferoadscholar.

AARP Presents: Living Longer, Living Smarter 3:30 to 5 p.m. Tuesday. Village Green Retirement Campus, 35419 First Ave. S., Federal Way. Join us and discover how you can better prepare for your future. This is a free educational forum, not a sales presentation. Free. 253-838-3700.

Azamara: Stay Longer, Experience More 2:30 to 3:30 p.m. Tuesday. Cruise and Travel Presented by AAA, 1801 S. Union Ave., Tacoma. Evening events showcase local culture in authentic venues. Free. 253-756-3034 AAA.com.

"Challenging the Algorithsm of Oppression" 4 to 6 p.m. Thursday. University of Puget Sound, 1500 N. Warner St., Tacoma. Presented by Dr. Safiya Noble, faculty member at the University of Southern California Annenberg School of Communication. Free. 253-879-3100.

Travels in Morocco with Pat O'Connor 7 to 8:30 p.m. Thursday. Parkland/Spanaway Library, 13718 Pacific Ave. S., Tacoma. Immersive travel photography show. Free. 253-548-3304, piercecountylibrary.org/calendar.

SEE EVENTS, 10C





ON SALE THIS WEEK

BOB SEGER AND THE SILVER BULLET BAND plays Nov. 11 at KeyArena, Seattle. Tickets go on sale Saturday.

ALREADY ON SALE

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

GOO GOO DOLLS 6 p.m. Friday. Chateau Ste Michelle Winery, Woodinville.

AARON NEVILLE 8 p.m. Friday and Saturday. Skagit Valley Casino $55-$65.

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

CHRIS ROCK: TOTAL BLACKOUT TOUR 7 p.m. Saturday. Paramount Theater, 911 Pine St., Seattle.

ABOVE AND BEYOND 4 p.m. Saturday. Gorge Amphitheatre, George.

JIM GAFFIGAN 8 p.m. Saturday. KeyArena, Seattle. $31.75-$65.75.

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

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

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

JIM NORTON 7:30 p.m. Sept. 22. Neptune Theatre, Seattle. $44 and up.

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

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

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

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

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

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

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

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

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

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

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

WWE SMACKDOWN LIVE 4:45 p.m. Oct. 17 to KeyArena in Seattle.

JACK DEJOHNETTE Oct. 19. The Moore Theatre, 1932 Second Ave., Seattle. $33 and up.

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

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

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

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

QUEEN LATIFAH Nov. 4. Emerald Queen Casino, Tacoma.

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

JAY Z - 4:44 TOUR Dec. 13. Key Arena, Seattle. Ticketmaster.

CIRQUE DREAMS HOLIDAZE Dec. 22. Paramount Theatre, 911 Pine St., Seattle. stgpresents.org.

HARLEM GLOBETROTTERS Dec. 29. KeyArena, Seattle. Ticketmaster.

KATY PERRY 7:30 p.m. Feb. 3. Tacoma Dome, 2727 E. D St., Tacoma. $50.50-$200.50.



AMY HARRIS Invision/AP

Bob Seger and the Silver Bullet Band is scheduled to perform at KeyArena in Seattle Nov. 11.


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* A portion of every sale will be helping Children here in the Northwest and abroad.

artstix

SEPT 8 THROUGH OCT 8, 2017 • FRI & SAT 8PM • SUN AT 2PM

Lakewood Playhouse

WAIT UNTIL DARK

Lakewood Playhouse 5729 Lakewood Towne Center Blvd SW, Lakewood, WA 98496

A blind woman targeted by con men must wait until dark to play out the chilling conclusion to this thriller. LAKEWOOD: Shop, Eat, Play, Stay!

Ticket Info: Adults: $26
Seniors/Military: $23 Students/Educators: $20 Groups of 10 or more: $18 (253) 588-0042 or online www.lakewoodplayhouse.org

FRI/SAT AT 7:30PM & SUN AT 2:00PM • SEP 15-OCT 1, 2017 PAY WHAT YOU CAN THU, SEP 28, 2017 AT 7:30PM.

Tacoma Little Theatre

RUMORS

Tacoma Little Theatre 210 N I Street Tacoma, WA 98403

Neil Simon's Rumors is a first-rate farce packed with broad physical comedy, the great playwright's trademark wit and plenty of high-octane, door-slamming energy.

Ticket Info: $24 (Adult) $22 (Sr/St/Mi) $20 (Children 12 and under)
www.tacomalittletheatre.com 253-272-2281

SEPTEMBER 16 SATURDAY 4-8PM

Stadium Historic District Business Association

STADIUM ART, WINE, AND BEER WALK

Stadium Business District

25 venues serving wine, beer, tasty samplings and showcasing local artists.

Ticket Info: $25 in advance, $35 at event. Available at door or online at www.stadiumartwineandbeerwalk.com. Also available at Stadium Thriftway, Columbia Bank Stadium Branch, Rankos' Pharmacy, King's Books, Cartozian Fine Flooring & Rugs and Carpe Diem Massage.

SEPTEMBER 16 SATURDAY 4:00PM

Classical Tuesdays in Old Town

PIONEER DAYS FESTIVAL IN OLD TOWN

Old Town Park, 2350 N 30th St., Tacoma

Brass Band Northwest returns to celebrate Tacoma's early days and to start up the 13th Season of Classical Tuesdays in Old Town

Ticket Info: FREE/all ages welcome: 253-752-2135 or http://classicaltuesdays.blogspot.com

SEP 22-OCT 15 • FRI & SAT 7:30PM • SUN 2PM; SAT OCT 7 & 14 2PM

Tacoma Musical Playhouse

FOOTLOOSE THE MUSICAL

7116 6th Ave, Tacoma WA 98406

Kick off your Sunday shoes and cut loose as the explosive rock'n'roll musical Footloose bursts onto the Tacoma Musical Playhouse stage.

Ticket Info: Adult: $31: Senior/Military/ Students: $29, Children: $22, Groups of 10 or more: $27 ' All seating is reserved

SEPTEMBER 15 FRIDAY 7:30 P.M.

Immanuel Presbyterian Church

JOYCE MAYNARD: THE BEST OF US



901 North J Street Tacoma WA

Conversation - Book Signing - Reception
"In this touching memoir, Maynard chronicles her second marriage. She beautifully renders the joy of falling in love later in life and the pain of watching her husband die of pancreatic cancer. Maynard's heartfelt story will resonate with those who have lost loved ones..." -Publishers Weekly

Ticket Info: free 253.627.8371 ipctacoma.org

SEPTEMBER 28 THURSDAY 10:00AM - 4:45PM

Pacific Lutheran University, Lutheran Studies

SING! 500 YEARS OF FAITH, REFORM AND LIBERATION

Anderson University Center, Regency Room

7th Lutheran Studies Conference: The role of song in Faith, Reform and Liberation.
https://www.plu.edu/lutheran-studies-conference/

Ticket Info: Free to the Public

SEPTEMBER 16 SATURDAY 7PM

Broadway Center on the Road and Immanuel Blues Vespers

DANNY O'KEEFE



901 N. J Street Tacoma WA 98403

"Look in the dictionary under "singer songwriter" and you'll see a picture of Danny O'Keefe. His is the complete package: a strong performer with a batch of amazing songs. His guitar and voice lead you beyond the ditty world, deep into the land of poetry." That's what folk/ bluegrass star Tim O'Brian says about Danny. Danny O Keefe's career dates back to his 1971 hit single "Good Time Charlie's Got the Blues." At this show Danny will be celebrating the release of his new CD: Home.

Ticket Info: FREE
253.627.8371 ipctacoma.org

SEPTEMBER 17 SUNDAY 5PM

Immanuel Presbyterian Church

BLUES VESPERS: DEAN REICHERT & FRIENDS



901 N. J Street Tacoma WA 98403

The never a dull moment, Dean Reichert & Friends, will play the summer out as we head into fall.
"Dean Reichert is an amazing guitarist. His solo technique is blistering with a bluesy soulful approach and he sings in the same soulful way... truly a world class musician."
Emilio Castillo - Bandleader for Tower of Power

Ticket Info: FREE
253.627.8371 ipctacoma.org

SEPTEMBER 22 FRIDAY 7 P.M.

UP for Arts

FALL ARTS & CONCERT SERIES



UP Civic/Library Atrium 3609 Market Square (36th and Bridgeport)

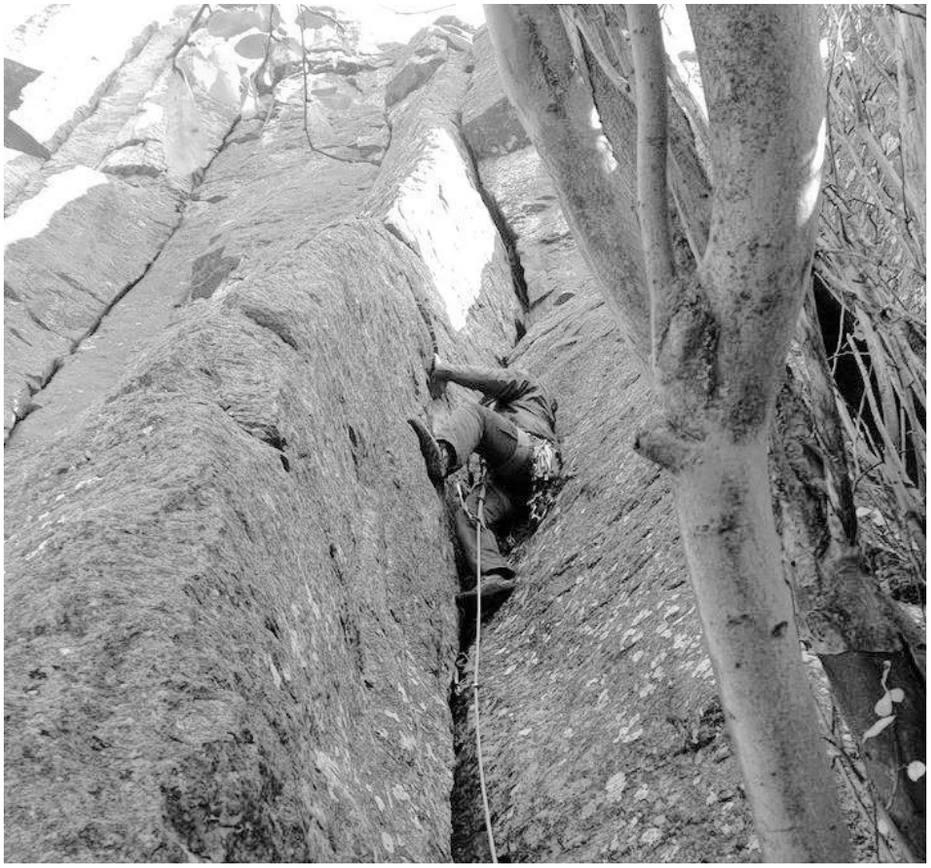
Music for Sopranos featuring Soprano Karen Early Evans, Bassist Chris Burns and Lawrence Bradley on clarinet performing music by Morton Gould, Paul Hindemith and local composer Deborah Anderson. Featured Artist: Ron Fuller - Woodworking

Ticket Info: Tickets available at the door. $15 adults, $5 students and free for UP for Art members. www.upforarts.org

Sponsored by The News Tribune and participating Art Groups

For advertising information, contact
Melissa Meissner 253.552.7061 • Fax 253.552.7057

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[thenewstribune.com]



JBLM Outdoor Recreation / 2016

The JBLM Northwest Adventure Center will offer a three-part rock climbing introduction course starting Sept. 22.

FROM PAGE 4C

OUT

TAKE YOGA PRACTICE TO SUNSET SETTING

Do some yoga practice in the outdoors with nature. Break down the barriers of normal practice, and change the expectations of what it should look like. Regardless whether someone is a lifelong yogi wanting a change of scenery, or someone has never said the word namaste, this is a perfect class for yoga. Bring appropriate clothing, yoga mat, water and food. Optional items to bring include sunscreen and a camera. Meet at the Northwest Adventure Center at 6 p.m. There is an option to purchase yoga equipment for the class. **$30.**

SEPTEMBER 23

LEARNING ABOUT WILDERNESS FIRST AID

The Wilderness First Aid course helps participants prepare for the unexpected. This fast-paced, hands-on training is designed to meet the needs of trip leaders, camp staff, outdoor enthusiasts and individuals working in remote locations. It will act as an introduction to caring for people who become ill or injured from from definitive medical care. Classroom lectures and demonstrations are combined with realistic scenarios where mock patients will challenge you to integrate your learning. All students are required to have current first aid, CPD and AED training before the WFA course date. Available to students the Friday before the class from 6 to 8 p.m. for an extra $25. Please bring a backpack packed with everything you would bring on a normal hiking trip, clothing you won't mind getting ruined and appropriate food for the day. The class will provide learning materials, instruction and a certification card by mail. Meet at the Northwest Adventure Center at 8 a.m. **$225.**

BICYCLE TRIP AT SNOQUALMIE TUNNEL

Ride through the Snoqualmie Tunnel, approximately 2 miles long, where the trip guides will snake the group around the hills and over the old train trestles on the way to Rattlesnake Lake. The best part is that everything is downhill for an easy ride. Total distance: 22.5 miles. Ride time: 3.5 hours. Minimum age: 14. Bring appropriate clothing and footwear, water and food. The course will provide guides, transportation, bikes, helmets, gloves and headlamp. Depart from the Northwest Adventure Center at 8:30 a.m. **$55.**

KAYAK DAY TRIP AT HOPE ISLAND

Enjoy a nice paddle and walk around Hope Island's beaches and tide pools. The island offers visitors the opportunity to see wildlife such as bald eagles, harbor seals and starfish. Paddling distance: 6 miles. Minimum age: 12. Bring appropriate clothing and footwear, water and food. The class will provide transportation, kayak, paddles, wetsuit, PFD, water booties, kayak skirt and instruction. Meet at the Northwest Adventure Center at 8:30 a.m. **$60.**

SEPTEMBER 24

BUNGEE JUMP AND/OR ZIPLINE ADVENTURE

For those who enjoy an adrenaline rush, this trip will not disappoint. Participants will head to the base of Mount St. Helens to bungee jump off the highest bungee bridge in the United States. There will also be a chance to zip line over the canyon for an adventure in the trees on seven different zip lines. Bungee jumpers get two jumps and a T-shirt. Minimum weight: 90 pounds. Bring appropriate clothing, closed-toed shoes, water and food. Transportation, two jumps or zip line tour and a Dangerous Sports Club T-shirt will be provided. Depart from the Northwest Adventure Center at 9 a.m. Preregister before Wednesday at 5 p.m. **$135.**

SEPTEMBER 30

SUNSET PHOTOGRAPH CLINIC IN SEATTLE

Head to Discovery Park in Seattle to catch the sunset over the Olympics. The class will be outside the entire evening with little cover, walking up to 3 miles with up to 600 feet of total elevation gain and loss. Please wear sturdy footwear to walk on muddy trails and some pavement. Bring a pack for personal items, food, water and extra layers of clothing for warmth. Also bring a camera, lenses and other camera-related equipment. Minimum age: 12. Younger than 18 must be accompanied by an adult. Depart from the Northwest Adventure Center at 4 p.m. or McChord's Adventures Unlimited at 4:15 p.m. **$60.**

OCTOBER 1

WATERFALL TOUR OF THE PACIFIC NORTHWEST

Explore one of the greatest concentration of waterfalls in the continental United States. The trip will go along the historic Columbia River Highway, which has an abundance of small waterfalls viewable from the road. There will be stops for at least five major waterfalls, including the world famous Multnomah Falls, which plunges more than 620 feet from its origins. There will be a lunch stop in Hood River, Ore. Depart from the Northwest Adventure Center at 8:30 a.m. Preregistration required. **$65** for ages 13 and older. **$40** for ages 5 to 12 and **$15** for ages 4 and younger.

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mother! (R)
Fri-Tue: 1:20, 4:00, 6:40, 9:15
Wed: 4:00, 6:40, 9:15
Thu: 1:20, 4:00, 6:40, 9:15

Crown Heights (R)
Fri: 2:00, 6:30
Sat-Sun: 11:40 AM, 2:00, 6:30
Mon-Thu: 2:00, 6:30

Columbus (NR)
Fri: 2:10, 4:30, 6:50, 9:10
Sat-Sun: 11:50 AM, 2:10, 4:30, 6:50, 9:10
Mon: 2:10, 4:30, 6:50, 9:10
Tue: 4:30, 6:50, 9:10; Wed: 2:10, 4:30, 9:10
Thu: 2:10, 4:30, 6:50, 9:10

Rumble: The Indians Who Rocked the World (NR)
Fri-Thu: 4:10, 8:45

The Big Sick (R)
Fri-Mon: 1:00, 3:40, 6:20, 9:00
Tue-Wed: 1:00, 3:40, 9:00
Thu: 1:00, 3:40, 6:20, 9:00

Babe (G)
FREE FAMILY FLICK: Sat: 10:00 AM

The Texas Chainsaw Massacre (R)
WEIRD ELEPHANT SERIES: Sat: 11:00

Pop Aye (NR)
TUESDAY FILM SERIES: Tue: 2:00, 6:30

To Sir, With Love (NR)
CLASSIC FILM SERIES: Wed: 1:45, 6:45

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FROM PAGE 3C

LIVE

The Museum of Flight offers the first public display of the F-1 rocket engines from Apollo 12 and 16, which were recently discovered in 2013 after being underwater for more than 40 years.

The exhibit, which first opened in May, shows a before and after with not only the resurfaced engine, but one that was originally planned to be used in the scratched Apollo 18 mission.

"What's nice about having the two is that it's easier to visualize where what goes on a real engine," said Ted Huetter, senior manager of public relations and promotions at the Museum of Flight. "It's easier to see these parts as they started out."

And while some restoration was done to the used engines to prevent further corrosion, Huetter said it was important for people to see how the engines were found after helping with the successful launches to the moon.

"They are mangled beauties; they are very sculptural," Huetter said.

The Apollo exhibit will also have several other items of importance, including an early spacesuit from Soviet Russia, a 1992 Russian Resurs 500 spacecraft, sections of the National Aeronautics and Space Administration's Houston Mission Control and the only Viking Mars lander on the planet.

The museum has additional exhibits with military artifacts that date as far back as the 1910s, with a Caproni CA.20 aircraft on display. Huetter said it was the first fighter airplane in history.

"All of the heavyweights that you see flying around today go back to that single airplane," Huetter said.

There are plenty of other aircraft from past military conflicts: World War I, World War II and the Vietnam War. Huetter said the museum also has displays of Russian and Japanese fighter planes.

Another option for military families is the Children's Museum of Tacoma. Unlike other museums in the area, manager Kat Stafford said theirs provides a unique, interactive experience for all patrons.

"The thing that makes us a little different than the art museum or the history museum is that (the Children's Museum of Tacoma) is designed for touch, feel and play," Stafford said.

Instead of using the term "exhibits," the museum offers "playscapes." Children are encouraged to interact with the exhibits through playing, with the belief that play is an elemental component of learning.

The Children's Museum of Tacoma will have a special Steam Studio ready for Museum Live Day, which focuses on activities integrating engineering, mathematics, science and technology.

"It's going to be a space where kids can make and design things that are age-appropriate, but still recognize that they are capable to take on these tools and these projects," Stafford said.

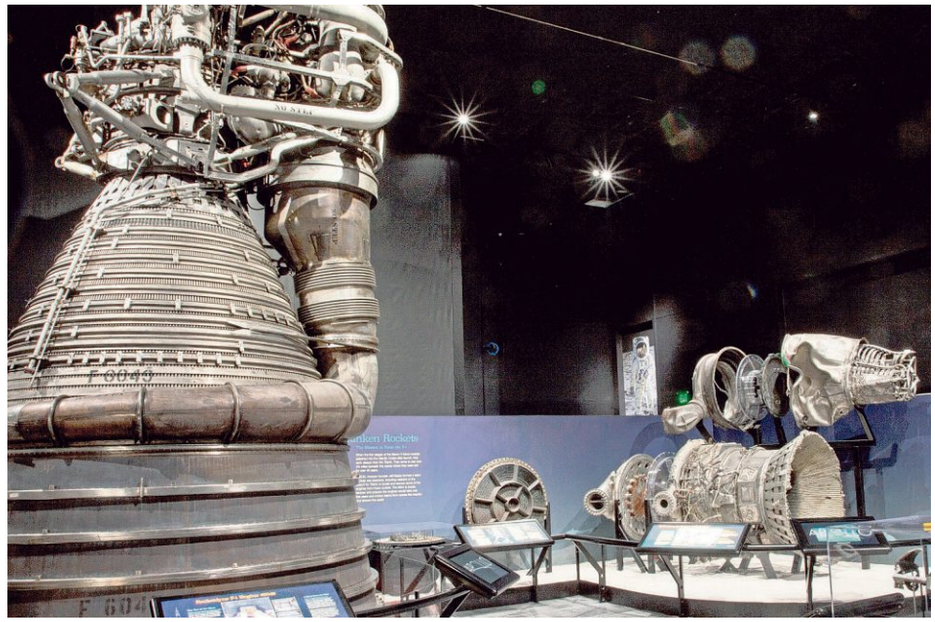
Other exhibits open during Museum Live Day include "Lines in the Studio," for exploring various kinds of lines found in daily life, and "Stir, Whisk, Measure and Pour in Water;" a kitchen-inspired gadget playscape.

Although the museum is geared toward children, Stafford said the hope is for parents to see that the activities are for them to participate in as well. Additionally, Stafford hopes people will see that the museum is a "pay as you will" museum.

"If you don't feel you can donate anything, that is OK," Stafford said. "If you want to donate $1,000, we would be OK with that, too."

The entire list of museums participating in Museum Live Day! — which include several in Tacoma and other parts of the Puget Sound area — can be found online through smithsonianmag.com/museumday.

Dean Siemon: 253-477-0235, @deansiemon



TED HUETTER Museum of Flight

The Museum of Flight's APOLLO exhibit includes remains of Apollo 12 and 16.

IF YOU GO

Museum of Flight: 9404 E. Marginal Way S., Seattle. 10 a.m. to 5 p.m. museumofflight.org. 206-764-5700.

Children's Museum of Tacoma: 1501 Pacific Ave., Tacoma. 10 a.m. to 5 p.m. playtacoma.org. 253-671-6031.

Historic Fort Steilacoom: 9601 Steilacoom Blvd. SW, Lakewood. 10 a.m. to 4 p.m. historicfortsteilacoom.org. 253-582-5838.

Fort Nisqually Living History Museum: 5400 North Pearl St., No. 11, Tacoma. 11 a.m. to 5 p.m. metroparkstacoma.org. 253-591-5339.

Tacoma Art Museum: 1701 Pacific Ave., Tacoma. 10 a.m. to 5 p.m. tacomaartmuseum.org. 253-272-4258.

Foss Waterway Seaport: 705 Dock St., Tacoma. 10 a.m. to 4 p.m. fosswaterwayseaport.org. 253-272-2750.

Museum of Glass: 1801 Dock St., Tacoma. 10 a.m. to 5 p.m. museumofglass.org. 253-284-4750.





FROM PAGE 5C

EVENTS

Elite Negotiation and Consensus Building: Rewriting Early Roman Imperialism 12:30 to 1:50 p.m. Sept. 28. University of Puget Sound, 1500 N. Warner St., Tacoma. Nicola Terrenato of the University of Michigan will deliver this year's Ridgway Lecture, sponsored by the Archaeological Institute of America. Free. 253-879-3100.

Medicare Education and Senior Resource SHIBA Event 9 to 11 a.m. Sept. 29. STAR Center, 3873 S. 66th St, Tacoma. Discussed will be Medicare parts A, B, C and D as well as other options available to Medicare beneficiaries. Free. 253-596-0918, insurance.wa.gov/shiba.

VOLKSSPORT/WALK

Capitol Volkksport Club 9 a.m. Thursday. Sumner Walk. Meet at 9 a.m. at the Martin Way Park 'n Ride to carpool or 9:45 a.m. at the Stafford Suites, 15519 62nd St. Ct. E., Sumner. This is an easy 10K walk with a 5K option. Next event is the Billy Frank Jr. Nisqually Wildlife Refuge Walk on Sept. 28. Meet at 9:45 a.m. at the Chevron Station, 10246 Martin Way E to register, then drive to the Refuge Visitors Center for a 10K walk with a 5K option. Entrance fee of $3 or free for Golden Eagle, Age, Access or Federal Duck Stamp holders. Free. capitolvolkssportclub.org.

Daffodil Valley Volkssport 9:15 a.m. Sept. 27. 3925 Steilacoom Drive. Steilacoom. Everyone must register before the walk. For more info go to meetup.com/south-sound-walkers. Free. 253-845-6592, daffodilvalleyvolkssport.com.

WORKSHOP

Citizenship Class Information Session 10 a.m. Friday. Tacoma Community House, 1314 S. L St., Tacoma. Free. 253-383-3951, piercecountylibrary.org/calendar.

All Things Medicare 1:30 to 4 p.m. Saturday. Parkland/Spanaway Library, 13718 Pacific Ave. S., Tacoma. Free. piercecountylibrary.org/calendar.

Beginning Genealogy 1 to 3 p.m. Tuesday. Heritage Quest Research Library, 1007 Main Street, Sumner. With Carolyn Pasquier, learn how to begin the search for your family history. You will learn the basics of genealogy. Everyone is welcome and you may attend this class as many times as you like. Free. 253-863-1806, hqrl.com.

Oh My Gosh — Now What? 6:30 to 7:30 p.m. Sept. 26. Sumner Library, 1116 Fryar Ave., Sumner. Part 2 — "How does the disease progress? What should I expect?" Take a look at the questions and the answers about dementia and Alzheimers. Free; No RSVP required. 253-798-4600, PierceADRC.org.



OWEN SWEENEY Invision/AP

Hank Williams, Jr. is scheduled to perform Saturday at the Washington State Fair in Puyallup.

MUSIC

CHRISTIAN

Casting Crowns 7:30 p.m. Monday. Washington State Fair and Events Center, 110 Ninth Ave. SW, Puyallup. thefair.com.

CLASSICAL

German Lopez 3 p.m. Sunday. Federal Way Performing Arts and Event Center, 31510 Peter von Reichbauer Way S., Federal Way. $39-$49. 253-835-7010, fwpaec.org.

The Legend of Zelda: Symphony of the Goddesses 8 p.m. Sept. 22. The Paramount Theatre, 911 Pine St., Seattle. Symphonic concert brings the video game to the concert hall. $45-$105. stgpresents.org.

The National Lutheran Choir presents "Una Sancta, the Reforming Church" 7:30 p.m. Sept. 28. Pacific Lutheran University Lagerquist Concert Hall, Wheeler St. South, Tacoma. Free. Guests must reserve ticket through PLU. 253-535-7621.

Collage 2017 7:30 p.m. Sept. 29. University of Puget Sound Schneebeck Concert Hall, 1500 N. Warner St., Tacoma. Faculty and student performances. 253-756-3700.

CONCERTS

UP for Arts Fall 2017 Arts and Concert Series 7 p.m. Sept. 22. University Place Civic/Library Atrium, 3609 Market Place, University Place. Music for Sopranos featuring Karen Early Evans, Bassist Chris Burns and Lawrence Bradley on clarinet. Featured Visual Artist Woodworker Ron Fuller. $15 adults; $5 students; free for UP for Art members. Tickets at door. upforarts.org.

COUNTRY

Hank Williams, Jr. 7:30 p.m. Saturday. Washington State Fair and Events Center, 110 Ninth Ave. DE, Puyallup. thefair.com.

Thomas Rhett 7:30 p.m. Wednesday. Washington State Fair and Events Center, 110 Ninth Ave. SW, Puyallup. thefair.com.

Jason Aldean 7:30 p.m. Sept. 24. Washington State Fair and Events Center, 110 Ninth Ave. SW, Puyallup. thefair.com.

JAZZ

Jacobsen Series: A Centennial Celebration of Jazz 7:30 p.m. Sept. 22. University of Puget Sound Schneebeck Concert Hall, 1500 N. Warner St., Tacoma. Tributes to Dizzy Gillespie, Ella Fitzgerald, and Thelonious Monk. $15 general, $10 seniors, military, student and Puget Sound faculty and staff. 253-756-3700.

ROCK

Grieve the Astronaut 8 to 10 p.m. Saturday. Auburn Avenue Theater, 10 Auburn Ave., Auburn. With special guests: Regan Lane, Krystle Pyette, Andy Miller and Miranda Kitchpanich. $20. 253-833-5678, eventbrite.com/e/grieve-the-astronaut-live-in-concert-tickets-36123411095.

Goo Goo Dolls 6 p.m. Friday. Chateau Ste. Michelle Winery, 14111 N.E. 145th St., Woodinville. $59.50-$85. Ticketmaster.

Modest Mouse 7:30 p.m. Thursday Washington State Fair and Events Center, 110 Ninth Ave. SW, Puyallup. thefair.com.

Jack Russell's Great White and the Born to Be Wild Tour 6 p.m. Sept. 23. Cultura Event Center, 5602 S. Washington St., Tacoma. $35-$60. 253-444-2314, tinyurl.com/y926mjsp.

Coldplay 7 p.m. Sept. 23. CenturyLink Field, 800 Occidental Ave. S. Seattle. $24.50-$220. Ticketmaster.

R&B

I Love the 90's 7:30 p.m. Friday. Washington State Fair and Events Center, 110 Ninth Ave. SW, Puyallup. thefair.com

Earth, Wind and Fire 7:30 p.m. Sept. 22. Washington State Fair and Events Center, 110 Ninth Ave. SW, Puyallup. thefair.com.

STANDARDS

Tom Jones 8 p.m. Sept. 23. The Paramount Theatre, 911 Pine St.,

SEE EVENTS, 11C





FROM PAGE 10C

EVENTS

Seattle. $41-$121. stgpresents.org.

NIGHTLIFE

FRIDAY

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

The Blue Note Lounge 7 to 9 p.m. 6008 Mt. Tacoma Drive SW, Lakewood. The Kareem Kandi Band. Free. 206-854-1817.

Emerald Queen I-5 Nightclub 9 p.m. 2024 E. 29th St., Tacoma. Notorious 253. 253-594-7777.

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

Forza Coffee Company, Tacoma 7 p.m. Forza Coffee Company 2209 N. Pearl St., Tacoma. Open mic. 253-7599320.

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

Jazzbones 9 p.m. 2803 Sixth Ave., Tacoma. The Spazmatics. 253-396-9169.

Louie G's 8 p.m. 5219 Pacific Highway E, Fife. Ded Electic, Nothing Sounds Good and Damn the Floot. $10. 253-926-9700.

Real Art Tacoma 8 p.m. Real Art Tacoma 5412 South Tacoma Way, Tacoma. "Who Wants to Rock with Caskey." $7-$10. realarttacoma.com.

The Social Bar and Grill 10 p.m. 1715 Dock St., Tacoma. Lounge Fridays with DJ Nelson Estrada. Free. 253-442-0874, thesocialbarandgrill.com.

Stonegate Restaurant Bar and Grill 9 p.m. 5421 South Tacoma Way. Felix Band. 253-473-2255.

The Swiss 9 p.m. 1904 S. Jefferson, Tacoma. The Pearls, James Coates and The Merry Way. 253-572-2821.

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

SATURDAY

Emerald Queen I-5 Nightclub 9 p.m. 2024 E. 29th St., Tacoma. Notorious 253. 253-594-7777.

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

Jazzbones 8:30 p.m. 2803 Sixth Ave., Tacoma. Presto :30 Album Release. 253-396-9169.

Louie G's 8 p.m. 5219 Pacific Highway E, Fife. Junkyard Jane's 20-Year Reunion. $10. 253-926-9700.

The Spar 9 p.m. 2121 N. 30th St., Tacoma. The Whirlies. 253-627-8215.

Stonegate Restaurant Bar and Grill 9 p.m. 5421 South Tacoma Way. Felix Band. 253-473-2255.

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

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

SUNDAY

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

Stonegate Restaurant Bar and Grill 8:30 p.m. 5421 South Tacoma Way. Country Roadhouse Jame with Dave Nichols. 253-473-2255.

MONDAY

Jazzbones 10 p.m. 2803 Sixth Ave., Tacoma. Rockaroake with a live band. 253-396-9169.

The Valley Pub 8 p.m. 1206 Puyallup Ave., Tacoma. The Damn Times with Blanco Bronco. 253-248-4265.

TUESDAY

Antique Sandwich Company 7 p.m. 5102 N. Pearl St, Tacoma. Open mic. 253-752-4069.

Daves of Milton alternate Tuesdays 7 p.m. 1502 11th Ave, Milton. Jerry Miller and CD Woodbury on alternate Tuesdays. 253-926-8707.

Dawson's Bar and Grill 8 p.m. 5443 South Tacoma Way, Tacoma. Leanne Trevalyan and Billy Stoops. 253-476-1421.

Great American Casino 9 p.m. 10117 South Tacoma Way, Lakewood. Karaoke with Virginia. 253-396-0500.

Jazzbones 9 p.m. 2803 Sixth Ave., Tacoma. Acoustic Showcase III. 253-396-9169.

Stonegate Restaurant Bar and Grill 8 p.m. 5421 South Tacoma Way. Blues Jam with Roger Williamson. 253-473-2255.

The Swiss 7 p.m. 1904 S. Jefferson, Tacoma. Open mic with Chuck Gay. 253-572-2821.

WEDNESDAY

Acme Tavern 8 p.m. 1310 Tacoma Ave. S., Tacoma. Mike's Movie Riff Off. No cover. 253-503-6712.

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

Jazzbones 9 p.m. 2803 Sixth Ave., Tacoma. The Barrett Martin Group and Jeff Angell from Walking Papers. 253-396-9169.

Robin Miller Standards 6 to 9 p.m. Joeseppi's Ristorante, 2207 N. Pearl St., Tacoma. 253-761-5555.

La Fondita Mexican Restaurant 7 to 8 p.m. 2620 N. Proctor St., Tacoma. Caliente Night Salsa Dancing. $15 for salsa lessons and cover, $10 cover only. 253-752-2878.

Stonegate Restaurant Bar and Grill 8 p.m. 5421 South Tacoma Way, Tacoma. Acoustic Jam with Leify Green. 253-473-2255.

Rock the Dock 8 p.m. 535 Dock St., Tacoma. Open mic with Verginia. 253-272-5004.

The Swiss Pub 6 p.m. 1904 S. Jefferson Ave., Tacoma. History Trivia Happy Hour with Historic Tacoma. Free. 253-272-3500, washingtonhistory.org.

THURSDAY

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

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2017-18 EVENTS

TACOMA'S THEATER DISTRICT
PANTAGES THEATER • RIALTO THEATER • THEATER ON THE SQUARE • TACOMA ARMORY

MUST SEE! FALL SHOWS

BROADWAY CENTER PRESENTS

The Capitol Steps

Sept. 23 • 7:30 p.m. • Pantages Theater

Tickets start at $19

Putting the mock in Democracy with lighthearted political satire.



BROADWAY CENTER PRESENTS

A NIGHT WITH Janis Joplin



Oct. 13 • 7:30 p.m.
Pantages Theater

Tickets start at $55

A musical evening honoring one of rock & roll's greatest female legends and fueled with favorite hits from "Me and Bobby McGee" to "Piece of My Heart" and "Mercedes Benz," and more!

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SYMPHONY TACOMA
SARAH IOANNIDES MUSIC DIRECTOR

Season Opening: Bernstein Centennial!

Oct. 21 • 7:30 p.m.
Pantages Theater

Tickets start at $19.50

Hear Bernstein works known for their message of unity and hope—including music from *West Side Story* and On the Waterfront. The 70-person Symphony Tacoma Voices and seven outstanding vocal soloists join the full Orchestra, conducted by Sarah Ioannides!

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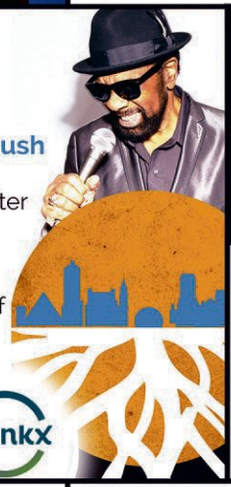
BROADWAY CENTER PRESENTS

Take Me to the River
Memphis Soul and Rhythm & Blues Revue
Featuring William Bell, Bobby Rush and Charlie Musselwhite

Oct. 22 • 7:30 p.m. • Pantages Theater

Tickets start at $19

All star Blues musicians take you on a concert journey through the soul of American music.



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BROADWAY CENTER PRESENTS

THE IMPROVISED SHAKESPEARE COMPANY

Nov. 3 • 7:30 p.m. • Pantages Theater
Tickets start at $19

A laugh-out-loud literary classic where a full Shakespearean masterpiece is improvised (from the audience's suggestions) right before your eyes!

"... one of the country's elite improv companies."
- THE NEW YORK TIMES

BROADWAY CENTER PRESENTS

the HIP-HOP Nutcracker

Nov. 12
3:00 & 7:30 p.m.
Pantages Theater

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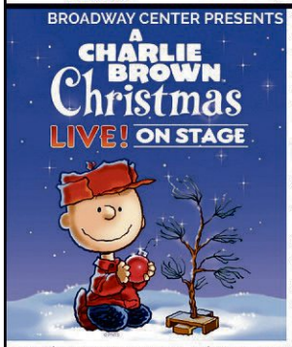
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BROADWAY CENTER PRESENTS

A CHARLIE BROWN Christmas LIVE! ON STAGE



Nov. 30
7:30 p.m.
Pantages Theater

Tickets start at $19

The television special comes to life in a stage adaptation featuring the Peanuts gang as they mount a play, save a tree, and discover the true meaning of Christmas.

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BROADWAY CENTER PRESENTS

SMC
SEATTLE MEN'S CHORUS

A Sassy Brassy Holiday

Dec. 9
3:00 & 7:30 p.m.
Rialto Theater

Tickets start at $19

Enjoy a concert of hearfelt holiday magic sprinkled with festive humor in this annual tradition!

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BROADWAY CENTER PRESENTS

A EVENING OF CLASSIC Lily Tomlin

Dec. 16
3:00 & 7:30 p.m.
Pantages Theater

Tickets start at $39

Your chance to see the celebrated comic legend bring all the favorite characters to the stage!



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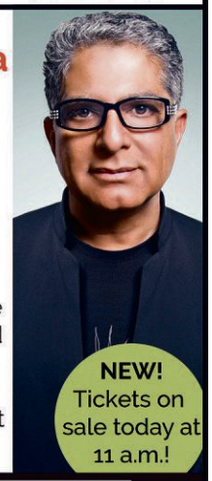
BROADWAY CENTER PRESENTS

Deepak Chopra
The Future of Wellbeing

Apr. 12 • 7:30 p.m.
Pantages Theater

Tickets start at $39

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