



GUARDIAN WEEKEND
Fall Flea Market preview, 3C

ALSO INSIDE
Soldiers battle wildfires, 3A

JBLM NORTHWEST

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WESTERN AIR DEFENSE SECTOR

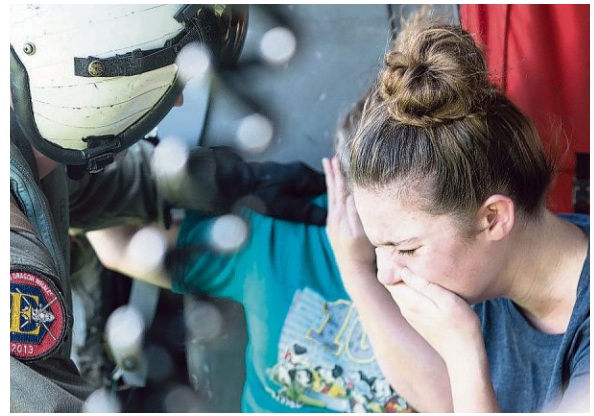
Airmen aid hurricane rescue efforts

Western Air Defense Sector assists with vast communication network

BY MASTER SGT. RYC CYR AND KIMBERLY BURKE
Western Air Defense Sector
The Western Air Defense Sector on Joint Base Lewis-McChord diligently worked with dozens of agencies and first responders in direct support of search and rescue operations in the Houston area following the wake of destruction left by Hur-

ricane Harvey since Aug. 30. "The WADS is normally tasked with the air defense of North America for (North American Aerospace Defense Command)," said Col. Gregor Leist, WADS commander. "But by utilizing air battle management command and control skills, an extensive network of radio and telephone communication, radar

and data link equipment and ingenuity and innovation, the Washington Air National Guardsmen of team BIGFOOT put their expertise to use to save over 800 people from rising flood waters." On Aug. 30, military authorities scrambled an Airborne Warning And Control System surveillance aircraft from Tinker Air Force Base, Okla., to the Houston area. "The mission was for sit-



A Navy helicopter crew, assisted by the Western Air Defense Sector, helped rescue 14 people and four dogs during Hurricane Harvey Aug. 31.

SEE WADS, 10A

PETTY OFFICER 1ST CLASS CHRISTOPHER LINDAHL, U.S. Navy Photo

CAMP LEWIS' 100TH ANNIVERSARY AT JOINT BASE LEWIS-MCCHORD

HONORING JBLM HISTORY



SCOTT HANSEN Northwest Guardian

Ribbon-cutting participants (from middle left) Col. Nicole Lucas, Thomas Morgan, Erik Flint, Ginger King Shaw and Command Sgt. Maj. Richard Mulryan celebrate after officially reopening the newly renovated Lewis Army Museum to visitors on Lewis North Aug. 31.

Museum opens after yearlong renovation

BY RUTH KINGSLAND
Northwest Guardian

As a finale to a month of events to honor Camp Lewis' 100th anniversary at Joint Base Lewis-McChord, the Lewis Army Museum reopened its doors with a ceremony and ribbon-cutting event Aug. 31 after an extensive, yearlong renovation. "Today is the day — for the last couple weeks, we've been talking about the history

SEE MUSEUM, 10A



Charlotte Medlock, middle left, of Lakewood, and Susan McConnell, of Lacey, get a closer look at the newly dedicated Boulevard of Remembrance plaque outside the Lewis Army Museum on Lewis North Aug. 31.

SEE I CORPS, 10A

CENTENNIAL CORNER



U.S. Army Photo / 1968

Advanced Infantry Training Soldiers marshal in a UH-1 helicopter near a mock-up village on Fort Lewis in 1968.

JBLM STREET DEDICATIONS

Streets renamed for three Medal of Honor recipients

BY DEAN SIEMON
Northwest Guardian

Three Medal of Honor recipients from the World War II era were honored with street dedications between 2nd and 3rd Division drives of Lewis Main Aug. 31 on Joint Base Lewis-McChord. A ceremony took place to memorialize 1st Lt. Arnold Bjorklund, Col. Orville Bloch and 1st Lt. Victor Kandle. For Kandle's family, dedicating Kandle Avenue represents a homecoming of sorts. The lieu-

tenant was born on his grandmother's homestead near Roy in 1921. That property became part of JBLM in 1941 as part of the land acquisition for the Rainier Training Area. "It seemed very appropriate," said Terry Kandle, the lieutenant's son. Kandle was awarded the Medal of Honor May 5, 1945, for leading a charge Oct. 9, 1944, that destroyed three enemy

SEE STREETS, 10A



DEAN SIEMON Northwest Guardian

Terry Kandle, left, and David Kandle, the sons of World War II Medal of Honor recipient 1st Lt. Victor Kandle, unveil a new street sign Aug. 31

SEND OFF FOR VIETNAM

Between 1966 and 1971, thousands of Advanced Infantry Training Soldiers practiced skills designed to prepare them for combat in Vietnam. In 1968, Fort Lewis built mock Vietnamese villages and a scale Vietnam-type firebase in the post's South Rainier Training Area. Of the millions of men who served in the Army during the Vietnam War, hundreds of thousands underwent either basic or advanced infantry training, or both, at Fort Lewis.

JBLM CENTENNIAL BUS TOUR



SCOTT HANSEN Northwest Guardian

Erik Flint, left, director of the Lewis Army Museum, leads one of four free Camp Lewis and Joint Base Lewis-McChord Centennial Bus Tours of the joint base Saturday.

Free tours offer visitors taste of old Camp Lewis

BY RUTH KINGSLAND
Northwest Guardian

Former President Dwight D. Eisenhower lived at 2310 Clarke Street on Lewis Main, back when he was a lieutenant colonel in 1940. Just two years later, he would become a four-star general.

The metal buildings along Pendleton Avenue, which now house the Lewis Thrift Store and a few other useful facilities, were once horse stables and munitions storage buildings.

Early Camp Lewis history such as this was shared with a few hundred people who filled buses Saturday for the Centennial Bus Tour. The event was hosted by the Lewis Army Museum and the Directorate of Public Works resources program in connection with the Joint Base Lewis-McChord and Camp Lewis Centennial.

This was a first of its kind bus tour of the installation. Seats for the four bus tours filled quickly, according to Erik Flint, museum director. Flint acted as a guide on the tours.

"A camp is a temporary installation," Flint said as he began the tour by explaining the

difference between a camp and a fort.

Camp Lewis — which was named for explorer and Army Capt. Meriwether Lewis — originally was named Camp Lewis in 1917. The Army made it a permanent post, Fort Lewis, in 1927. In 2010, the installation combined with McChord Field to become Joint Base Lewis-McChord.

Flint also spoke of the historic Liberty Gate, the massive rock and wood structure that originally stood near the now DuPont gate, prior to the 1957 construction of Interstate 5, which bisected the base and many cities along the new interstate.

When the main gate opened, the structure was moved, rock by rock, to its current location alongside the more secure drive through gate.

At one point, Flint, who is currently an Army Reservist and served previously on active duty with the 7th Infantry Division and I Corps, lived in the former enlisted men's barracks and other housing on Lewis Main. He shared some laughs with Korean War veteran and then-Sgt. 1st Class Lloyd Jorgenson, 80, of Aberdeen, who also had

memories of the barracks while he was stationed at the installation.

"I always pass by the museum and was glad to be part of the tour, I enjoyed it a lot," Jorgenson said.

The Camp Lewis Cemetery was the last stop on the tour and offered a chance for many to marvel at the scenery and peaceful surroundings.

Tanya Schoen, 25, and her brother, Matthew, 18, live in Lacey and lived at JBLM as children. Now, Matthew is a biology student at South Puget Sound Community College and Tanya is studying archeology at Western Washington University in Bellingham, Wash.

"Our dad was stationed here 10 years ago, and I really thought I knew a lot about the base back then," she said. "But, we're definitely seeing the older architecture and learning a lot we didn't know."

There are no plans presently for additional bus tours, but dates could be added in the future, Flint said.

"We had such a great response," he said. "It's obvious people want to take the tours and learn more."

'AMERICA'S GOT TALENT'

Air Force trio's musical journey continues

BY STAFF SGT.
CHRISTOPHER GROSS
*14th Flying Training Wing
Public Affairs*

COLUMBUS AIR FORCE BASE, Miss. — Three members of the 14th Student Squadron at Columbus Air Force Base, Miss., are now in the semifinals of "America's Got Talent," a nationally televised talent competition.

When the competition started in March, all 16 members of the cappella group, named In the Stairwell, were cadets at the U.S. Air Force Academy in Colorado Springs, Colo. But since then, five members have graduated and are now commissioned second lieutenants.

Ryan Douglas, Colin Klopp and John Testerman, all second lieutenants assigned to 14th STUS, said the journey has been a whirlwind of emotions, and their success has definitely exceeded their expectations.

"It seems surreal, because our entire time at the academy, In the Stairwell has just been a club that we're a part of that we just go have fun after a hard day of school and activities," Douglas said, one of the group's baritone. "And now all of a sudden it's taking this form where we're actually performing on national television ... we just seem so surprised that it has taken such a roll."

The group survived three rounds of competition so far, the auditions, judge cuts and the first round of the live shows. All three rounds have taken place in California, and In the Stairwell will appear in the live semifinals show Tuesday at 8 p.m. on KING-TV in the Seattle-Tacoma area.

The show has been the biggest stage the group has performed



Courtesy of NBC

In the Stairwell perform during a recent "America's Got Talent" show and is scheduled to perform live at the semifinals broadcast on KING-TV Tuesday at 8 p.m.

on, and they said this has definitely been a nerve-wracking experience.

Klopp, one of the group's tenors, said making the jump from judge cuts to the live show was one of the more tense moments.

"It's kind of hard to comprehend, because you think you're just singing to the 3,000 people," Klopp said. "But then you think about all the times you've watched 'America's Got Talent' and how everyone watches it around the U.S. (I'm) like, 'Wow this is being seen everywhere by everyone right now, I don't want to trip,' ... I already know the notes, we've sang this so many times. I'm trying to look good and not fall."

Representing a force of almost 660,000 active-duty, Reserve, Guard and civilian Airmen, Testerman said the group was ready for the challenge.

"The high pressure situations that the (Air Force Academy) puts us through definitely prepared us for the high pressure situations that 'America's Got Talent' put us through," Testerman said, one of In the Stairwell's tenors.

Testerman said the cadets at the academy have also been very supportive of the group. He said the academy has put on viewing parties and cadets have mentioned how cool it's been to see themselves represented on the national stage.

After the show, Douglas, Klopp and Testerman will resume their pilot training. They have already been assigned to classes and will start Initial Flight Training, a four-week course, at the academy as early as mid-September. Afterward, the three will begin Specialized Undergraduate Pilot Training at Columbus Air Force Base.

Douglas said he and the other four second lieutenants feel very fortunate to be going out on such a high note and begin what they initially joined the Air Force to do.

"I'm just happy we have this opportunity," Douglas said. "It's a good way to go out."

If In the Stairwell wins, a Las Vegas show will most likely be out of the picture, but the \$1 million prize will be disbursed as a donation and go toward funding for In the Stairwell and other cadet clubs.

NEWS IN BRIEF

The Mounts Road construction project underway for some relief

If you commute south of Joint Base Lewis-McChord — between Mounts Road and Center Drive — you've likely already seen or slowed down for construction along the Interstate 5 corridor.

The construction is part of a \$495 million corridor improvement project — between Mounts Road to the south and Thorne Lane on the north — and is expected to provide significant congestion relief for service members and other commuters near Joint Base Lewis-McChord.

"It is expected the traffic congestion along the I-5 corridor will be reduced and overall mobility should be improved," said Dan Sacks, project manager, Seattle District, U.S. Army Corps of Engineers. "There will still be congestion during certain times of the day, but motorists should see a great improvement once the project is completed."

The road construction in the Mounts Road area of I-5 will widen and add an auxiliary lane Northbound on the freeway until later stages of the project are completed.

Other portions of the project include: North End Construction, scheduled to begin in 2018, which would rebuild the Thorne Lane and Berkley Street interchanges and add a fourth lane in each direction from Thorne Lane to Steilacoom-DuPont Road; and, South End Construction, scheduled to begin in 2020, which builds improvements between Mounts road and Steilacoom-DuPont Road.

Current construction on the Mounts Road to Center Drive portion of the project began this summer and will continue as other aspects of the project begin in various phases. The first phase is scheduled to be complete by the end of October.

— RUTH KINGSLAND, NORTHWEST GUARDIAN

CG Golf Scramble set for Sept. 15 at Whispering Firs on McChord

The next Commanding General Golf Scramble will be at Whispering Firs Golf Course on McChord Field Sept. 15 with a 1 p.m. shotgun start. The four-person scramble costs \$35 per person and includes the price of a golf cart.

After the Sept. 15 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.

Two projects to impact McChord at Perimeter Road, Barnes Gate

A repaving project on Perimeter Road on McChord Field began Aug. 28 and will continue through Sept. 22 by Joint Base Lewis-McChord's Directorate of Public Works.

The City of Lakewood started Tuesday to make extensive improvements to the sewer network in the American Lakes Garden neighborhood resulting in the closure of 150th Street from Woodbrook Drive to Perimeter Road.

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

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

- **McChord Field Main Gate**
Gate remains open 24 hours a day, seven days a week.
- **Barnes Gate**
Will be closed until Sept. 22.
- **Woodbrook Housing Gate**
Now through Sept. 22: 5 a.m. to 7 p.m. weekdays.
Weekend hours will remain unchanged through construction.
- **East Gate**
Now to Sept. 22: 5 a.m. to 7 p.m. daily.
Sept. 23: Closed.
- **Commercial Vehicle Inspection Point**
Now to Sept. 24: Any commercial vehicle, or oversized vehicle, requiring access to McChord Field will need to enter the Lewis Main portion of JBLM and cross over to McChord Field via Unity Bridge.

The JBLM Public Works road improvement project is scheduled to be completed Sept. 22 and the Lakewood sewer improvement project is scheduled to be completed Sept. 30.

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

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

Military Child of the Year award applications for 2018 accepted

Through Dec. 4, Operation Homefront, a national nonprofit with the mission of building strong, stable, and secure military families, will accept nominations for the 2018 Military Child of the Year awards as well as applications for the 2018 Military Child of the Year Award for Innovation.

All awards will be presented at a recognition gala April 19.

The annual awards will recognize seven outstanding young people ages 13 to 18. Six of them will represent a branch of the armed forces for their scholarship, volunteerism, leadership, extracurricular involvement and other criteria while facing the challenges of military family life.

The seventh award is the Military Child of the Year Award for Innovation presented by global technology and consulting firm Booz Allen Hamilton. This award goes to a military child who has designed a bold and creative solution to address a local, regional or global challenge.

Anyone may nominate a favorite military child for a service branch Military Child of the Year Award at militarychildoftheyear.org and click the Nominate tab. Children and youth interested in the innovation award do not need to be nominated, and may apply directly on the same site.

On average, previous recipients have had at least one parent deploy for 18 months or longer and have relocated at least five times due to a parent's military assignments.

For more information, visit militarychildoftheyear.org.

— OPERATION HOMEFRONT

Exchange offers chance to win \$1,000 in gift cards sweepstakes

Joint Base Lewis-McChord exchange shoppers have the chance to win one of 10, \$100 gift cards during the M&M's Flavor Wheel sweepstakes now through Sept. 30.

Authorized shoppers age 18 and older may enter. The winner will be drawn at random on or about Oct. 6.

— ARMY AND AIR FORCE EXCHANGE SERVICE

Page Three

QUOTE OF THE WEEK

"Any threat to the United States, or its territories — including Guam — or our allies will be met with a massive military response — a response both effective and overwhelming. Kim Jong Un should take heed the United Nations Security Council's unified voice — all members unanimously agreed on the threat North Korea poses, and they remain unanimous in their commitment to the denuclearization of the Korean peninsula — because we are not looking to the total annihilation of a country — namely, North Korea."

Jim Mattis
Secretary of Defense

ALSO INSIDE



DEAN SIEMON Northwest Guardian

JBLM SOFTBALL: 22nd Special Tactics Squadron powers its way to the JBLM Commander's Cup Softball Championship. **See story, 1B**

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● **Canine root canal:** In a deployed environment, adequate medical care is crucial to ensuring people can execute the mission. Airmen need to be physically and mentally healthy or the mission could suffer. But what do you do when an Airman needs medical attention and isn't a person? This was a riddle that Army Capt. Margot Boucher, the 358th Medical Detachment officer in charge and veterinary doctor at the base Veterinary Treatment Facility, had to solve recently when Arthur, a military working dog valued at almost \$200,000, was brought to her clinic with a fractured tooth.

● **Bracing for Irma:** Hurricane Irma, a monster storm packing winds up to 185 mph, was hovering Wednesday over Caribbean islands as Florida National Guard



members began preparing for a possible hit and residents started evacuating. Air and Army National Guard members have been mobilized in the U.S. Virgin Islands and Puerto Rico, which are in the path of the Category 5 storm. In Florida, where Gov. Rick Scott mobilized 100 National Guard Soldiers and Airmen, all 7,000 Army and Air Guard members are to report for duty on Friday.

1ST BRIGADE, 2ND INFANTRY DIVISION

Ghost Soldiers build camaraderie

BY SPC. APOLONIA GASPAR
1st Brigade, 2nd Infantry
Division Public Affairs

It was a fun and exciting day for Soldiers of 1st Brigade, 2nd Infantry Division as they set aside their duties to take part in Ghost Field Day at the Regional Athletic Complex in Lacey Aug. 29.

It was the third annual family field day for the brigade with more than 5,000 people in attendance and about 50 vendors offering a variety of opportunities to Soldiers and their families.

"It feels great and it's a good thing to give back to the community," said Manny Harvey, manager at Lacey Total Nutrition.

The field day schedule for the Ghost Brigade families included youth activities, a deejay, raffle contests and a variety of sporting competitions. Children had the opportunity to play in inflatable bounce houses and hamster ball races as well as exercising their creativity at craft stations hosted by sponsors.

The Soldiers' sporting competitions involved softball, kickball, basketball and football in addition to a battalion



SPC. APOLONIA GASPAR U.S. Army photo

Families enjoy complimentary food and drinks during Ghost Field Day at the Regional Athletic Complex in Lacey Aug. 29. More than 5,000 people and about 50 vendors attended the event.

versus battalion tug-of-war contest.

With such a big event, Asso-

ciation of the United States Army and the City of Lacey had many volunteers and donations

that went into Ghost Field Day allowing everything offered to Soldiers and their families free

of charge. Volunteerism for the event went so far as to the City of Lacey Police directing traffic and ensuring a safe environment for everyone to enjoy the day.

"This event would not have happened without every single volunteer and every single donation," said Tina Torfin, City of Lacey AUSA Subchapter president. "The military does make up a big part of the community so it's good to keep a great relationship."

After a full day of food, fun and entertainment, Ghost Field Day exemplified the esprit de corps of the unit, uplifted spirits and further strengthened the partnership between the brigade and community.

"The third annual Ghost Brigade Field Day is great way to build the team and boost morale for the Soldiers after all the cumulative events for ghost week," said 1st Sgt. David George with 1st Bde., 2nd Inf. Div. Headquarters and Headquarters Company. "I think Ghost Brigade is a good family and we take a lot of pride in it. It's good to see the Soldiers with such great attitude because that's what makes a good unit."

JBLM FIRE AND EMERGENCY SERVICES

Civilians receive achievement medals

BY DEAN SIEMON
Northwest Guardian

Two civilian firefighters stationed on Joint Base Lewis-McChord were honored for their respective acts of service with the Army Achievement Medal Aug. 30 at JBLM Station 101. Both situations involved their ability to perform assistance while outside of duty hours.

The first incident happened on June 11 when Will Silva, an inspector for JBLM Fire and Emergency Services, was at O'Hare International Airport in Chicago. While getting food before his flight home from a family wedding, he noticed an elderly woman in distress.

Silva began by administering cardiopulmonary resuscitation, with the help of an automated external defibrillator.

"We knew there was a fire department on site, and it wouldn't take more than seven or eight minutes (for assistance to arrive)," Silva said.



DEAN SIEMON Northwest Guardian

Will Silva, left, and Paul Buckner, right, of JBLM Fire and Emergency Services, hold the Army Achievement Medals they received Aug. 30.

With support from a rescue swimmer who was an active member of the Coast Guard, Silva was able to do what he could until help arrived to transport the patient. Unfortunately, Silva learned that the woman passed away hours later.

"She did have several cardiac

incidents in the past several years," Silva said.

The second JBLM firefighter who was recognized was Paul Buckner, captain of JBLM Station 103, for his actions while at his Eatonville, Wash., home July 15. Buckner was playing a game of cornhole that evening

when one of his neighbors asked him to check on his wife, who was not responding.

The woman in her mid-40s had muscular dystrophy and was connected to a machine with a stoma. After checking her pulse and blood pressure, the woman went into cardiac arrest in front of Buckner.

He quickly removed her from the machine, placed her on the floor and began about 45 minutes of CPR until a team from South Pierce Fire and Rescue, along with another volunteer team, arrived at the house. Despite their best efforts, the woman passed away.

"We did everything we possibly could to keep her alive," Buckner said. "I think it was more it being her time."

In both situations, responders wrote letters praising the work of both Silva and Buckner to Ken Rhault, fire chief for JBLM Fire and Emergency Services. It was the start of the process for both men to receive their re-

spective Army Achievement Medals.

Both men accepted, although they said they didn't think their actions were any different from the typical workday of all firefighters on JBLM.

"The only thing different for me was that I was wearing a Hawaiian shirt," Buckner said.

For Silva, it was the first time he had done CPR in the last 15 years since making the transition from firefighter to fire prevention staff. He said the achievement medals represent more of what goes on at JBLM than what he or Buckner did individually.

"We know what we're doing, and we can assist; that's just our inherent nature," Silva said. "The firefighters here and on any installation, they do it day in and day out. The medal attests to the fire department itself."

Dean Siemon: 253-477-0235, @deansiemon

7TH INFANTRY DIVISION

7th Inf. Div. Soldiers mobilized for firefighting duties

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

Soldiers from the 1st Brigade, 2nd Infantry Division, began training on Joint Base Lewis-McChord Wednesday to serve as firefighters to assist the National Interagency Fire Center in Oregon. When the Soldiers mobilize Saturday, this will be the first time since 2015 that JBLM active-duty service members have been called to serve as firefighters and assist with wildfire suppression efforts.

The National Multi-Agency

Coordinating Group at NIFC requested the Department of Defense provide 200 active-duty service members to assist with firefighting efforts. The DOD approved the request and identified Soldiers from the 1st Bde., 2nd Inf. Div. to support the effort.

The Soldiers will be organized into 10 crews of 20 persons each, all of which will be sent to the same wildfire, which is in the process of being identified.

"Task Force Bayonet Soldiers are always ready to support our nation when called upon, re-

gardless of the mission and the environment," said Maj. Gen. Willard Bureson, 7th Infantry Division commanding general. "I am confident that in conjunction with our state and federal teammates, they will do a great job."

The 1st Bde., 2nd Inf. Div. Soldiers will be sent to support the wildfires in the Umpqua North Complex, which is burning on approximately 30,000 acres on the Umpqua National Forest, approximately 50 miles east of Roseburg, Ore.

The Soldiers will be outfitted with wildland fire Personal

Protective Equipment and all of the gear they will need to serve as wildland firefighters. They will be trained by wildland fire agency personnel at JBLM beginning Wednesday.

The training is expected to conclude by Saturday and the Soldiers are expected to begin working on a wildfire Sunday. While working on a wildfire, the Soldiers will be accompanied by experienced wildland fire strike team leaders and crew bosses from wildland fire management agencies.

The training on JBLM consists of a day of classroom training

and two days of field training when the Soldiers reach the wildfire that they will be assigned. During classroom training, Soldiers will learn about a variety of topics related to wildfire suppression including fire terminology, fire behavior and fireline safety.

During field training, Soldiers will receive instruction in fire suppression methods and procedures, including Watch Out Situations and Standard Firefighting Orders; Personal Protective Equipment; and use, transportation and maintenance of wildfire suppression tools.

Viewpoint



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

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

Joint Base Garrison Commander, JBLM
Col. Nicole Lucas

Public Affairs Officer
Joseph Piek

Command Information Officer
Kelsy Husted

Editor
Bud McKay

Journalists
Dean Siemon
Ruth Kingsland

Assistant Editor
Pamela Kulokas

**Photojournalist,
Page Designer**
Scott Hansen

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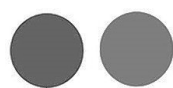
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STRAIGHT TALK

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



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

"Play some rock 'n' roll music and start movin' and grovin' Motown is good, too."

— ANGELA SURRATT

"Watch a 'Rocky' movie."

— MICHAEL ALLEN

"Walk out the door. The rest will fall into place. When you feel like quitting, tell yourself you can do more. Fight your inner self!"

— DENNIS SPIRES

"Look in the mirror after taking a shower."

— DARREL ZWIERS

"Discipline over motivation."

— JENNIFER SMITH

"I have the greatest work out buddy who helps me on the days I am less motivated, and I return the favor!"

— SANDRA ESCOLAS

"Reminding myself I like having shelter over my head and food in my belly."

— ELEAZAR ANDRES

Next week's question

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

VIEW FROM THE TOP



Courtesy photo

Hundreds attended the Camp Lewis and Joint Base Lewis-McChord Centennial Celebration street fair Aug. 18.

Looking forward begins by taking a look back

BY COL. NICOLE LUCAS
JBLM Garrison Commander

It's been a whirlwind of a summer.

Most of the major Army and Air Force commands on Joint Base Lewis-McChord have new leaders, including myself and Col.



Lucas

William Percival at the JBLM Garrison Headquarters.

All summer, I Corps deployed Soldiers to exercises in Australia, Republic of Korea, and elsewhere, and conducted large-scale exercises at the Yakima Training Center. Most recently, the Army at JBLM executed a short-notice Joint Readiness Exercise moving 1,800 Stryker vehicles and pieces of equipment from the 2nd Brigade, 2nd Infantry Division here to the Port of Tacoma in three days.

The brigade is now at the National Training Center, Fort Irwin, Calif. The 62nd Airlift Wing and the Air Mobility Command conducted Mobility Guardian at JBLM, an extraordinarily large and complex air mobility exercise involving 54 aircraft from 11 countries. More than 612 sorties safely flew 1,100 hours in six days airdropping more than 350 paratroopers, 299 containerized deliver system bundles and 33 heavy platforms.

All the while, Joint Base Lewis-McChord Soldiers and Airmen are deployed supporting ongoing operations in Afghanistan, Iraq and other locations around the world. There's a saying here at JBLM for new leaders: "Jump on the train; it doesn't slow down; and hold on tight." Simply put, JBLM is a very large, complex joint base, and the pace of operations for training and deployment support here, coupled with nonstop events and activities for military families is intense.

I've been your garrison commander since July, but I work with people who have been connected with JBLM for 15 or 20 years, or more, and I'm told the pace here never stops — slows down maybe — but never stops.

That said, I'm very proud to say that for the past three weeks we were able to apply pressure to the brakes long enough to slow down and enjoy the 100-year anniversary of Camp Lewis and JBLM.

The Camp Lewis JBLM Centennial Ceremony on Watkins Field Aug. 18 was our opportunity to pause and look back on the history of the first century for JBLM, reflecting all the way from those who built Camp Lewis to support Soldier training for World War I up through our troops who are currently deployed.

Cyrus Habib, Washington state's lieutenant governor, summed it up when he said, "There's a spirit of selflessness and collaboration (here) that gives me hope. Happy 100 years; I rest and sleep easy knowing that you will be here keeping watch over the next 100 years."

Military and civic leaders gathered for a centennial reception at the Lewis Army Museum Aug. 18, and many contributed mementos for

a time capsule to be opened on JBLM's bicentennial. From photos, newspapers and the 2017 centennial ceremony script itself, JBLM leaders in 2117 will see how we celebrated JBLM's 100th anniversary.

On Aug. 31, we reopened the Lewis Army Museum to coincide with the actual date of the Camp Lewis and JBLM centennial. Between the centennial ceremony and both Lewis Army Museum receptions, I heard military and civic leaders alike reminisce about what this base means to them and their community.

Although my family and I have only been at JBLM for six weeks, the entire Camp Lewis centennial experience made me quickly realize that JBLM isn't just a military base — it's bigger than that. JBLM, and the men and women who serve here, are an integral part of the greater South Puget Sound community.

All who have ever served or worked here take a great deal of pride in JBLM, and we were all very fortunate to have had the opportunity to slow down and look back before we turned the corner to look ahead to JBLM's future.

At the Lewis Army Museum event Aug. 31, curator Heidi Pierson sealed the lid of the time capsule, symbolically closing the chapter on JBLM's first 100 years.

On behalf of people on and off JBLM who had a role in the Camp Lewis and JBLM centennial, it was our pleasure to slow the train down long enough to enjoy this moment in time.

Here's to our next 100 years.

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



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

Twenty-five Airmen from McChord Field were welcomed home as they returned from a three-month deployment in support contingency operations in the Middle East Monday. The Airmen, who were based at Al Udeid Air Base, Qatar, were vital to the Air Force's efforts to combat terrorism in the Middle East.

THIS WEEK IN HISTORY

Sept. 8, 1810: The Pacific Fur Company's first ship leaves for Oregon.

Sept. 9, 1942: Japanese bomb U.S. mainland.

Sept. 10, 1991: Nirvana's "Smells Like Teen Spirit" is released as a single.

Sept. 11, 1857: Mormons and Paiutes kill 120 emigrants at Mountain Meadows.

Sept. 12, 1993: New floating bridge opens in Seattle.

Sept. 13, 1814: Key pens Star-Spangled Banner.

Sept. 14, 1901: President William McKinley dies from gunshot wounds.

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Grandstand shows are 2-for-1 on regular ticket price, valid day of show only. Purchase onsite at the Box Office.
9/7 • Rodeo Playoffs, 6:30PM
9/14 • Beach Boys, 7:30PM
9/21 • Modest Mouse with Built to Spill, 7:30PM

THIRSTY THURSDAYS
Get 8, 5 Ounce Samples and a Collectible Glass for just \$30.
Enjoy 24 taps of Washington craft beer & cider. Available in the new Brew Park (near Blue Gate), 4PM-9:30PM.
Offer only valid Sept. 7, 14, & 21, 2017.

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

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We the People

The NRA Foundation and the NRA Civil Rights Defense Fund provide resources to fund programs that preserve the Second Amendment for future generations, and meet the challenges that threaten our Constitutional rights.

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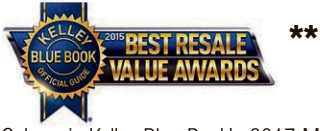
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Sustainability

JBLM DIRECTORATE OF PUBLIC WORKS

Summer burns mean spring flowers

BY SARA KROCK

Directorate of Public Works

If you live or work on Joint Base Lewis-McChord, chances are you have seen or smelled the smoke of prescribed burns.

The biologists and foresters of JBLM Directorate of Public Works Environmental Division use prescribed fire, also known as controlled burning, for several different reasons:

- maintains open landscapes which are ideal for many military training missions;
- aids in wildfire suppression by reducing fuel loads.
- benefits the process of ecological restoration for wildlife habitat, including habitat for several rare and endangered species.

It may seem counterintuitive to restore a piece of land by setting it on fire, but prescribed fire is an essential tool for maintaining approximately 18,000 acres of fire adapted ecosystems, including grass-dominated prairies, Oregon white oak woodlands and Ponderosa pine forests on JBLM.

These fire adapted ecosystems are divided into small fire management units which are burned following a specific plan, or prescription, typically every three to five years.

Frequent disturbance intervals help these ecosystems maintain their short-statured vegetation or what we perceive as openness and resiliency, maintaining early successional vegetation communities minimize competition from other vegetation types.



Emily Phillips, Joint Base Lewis-McChord biologist, works on a prescribed burn to restore prairie habitat on Joint Base Lewis-McChord in August.



One example of a strong vegetational competitor is Scot's broom, the large, yellow-

flowered weed. Scot's broom is ubiquitous along the roadsides of western Washington.

Common camas creates a brilliant carpet of blue flowers underneath budding Oregon white oak each May in the prairies on Joint Base Lewis-McChord. Flowers are especially abundant the spring following a prescribed burn.

Unfortunately, the weed is not restricted to only the road edges. This invasive weed also

grows rapidly on prairie soils, and research has shown that it can alter soil chemistry making it more favorable for itself, and other weeds, to persist there.

Scot's broom ruins habitat for prairie dwelling animals by crowding out the native wildflowers and grasses that animals need for food, water and shelter.

This loss of habitat causes populations to dwindle and prompts biologists and others to take action to prevent further declines and ultimately extinction of the species.

In lieu of herbicides, biologists use prescribed burns to kill invasive weeds such as Scot's broom. The blackened, barren landscapes immediately after a prescribed burn in the summer starkly contrast the colorful array of springtime flowers.

Many prairie plants such as common camas require full sun, and don't do well in competition with neighboring or overtopping plants. Many species have special adaptations such as sturdy bulbs, deep taproots or underground rhizomes which help them tolerate the summer droughts.

These adaptations can also help the plant persist in a non-flowering state until conditions are appropriate, adding to the resiliency of the ecosystem.

Prescribed fire is a powerful tool that can help restore the structure and function of the ecosystem while simultaneously supporting the military mission and the sustainability of Joint Base Lewis-McChord.

WARRIOR TRANSITION BATTALION

Retiree helps WTB grow a healing garden

BY CATHY HAMILTON-WISSMER

Directorate of Public Works

Between the buildings, dotting the north side of the inner courtyard of the Warrior Transition Battalion buildings are organic, raised garden beds.

The Warrior Transition Battalion Healing Garden is a lunchtime volunteer project for Gary Ouellette, a retired sergeant major from the I Corps chaplains office and current Madigan Army Medical Center employee.

A passionate gardener, he shares his talents with the residents, co-workers and other staff of the buildings.

"We are having fun with it," Ouellette said.

Raised beds have been built using donated materials and a small budget to provide the WTB service members with an opportunity to learn to garden,



Gary Ouellette, right, and Pfc. Kaitlynn Quinn and inspect the pepper plants in the Warrior Transition Battalion Healing Garden June 27.

enjoy the relaxation and reward that comes from growing your own little patch of paradise.

Ouellette and gardeners hand

water the beds. The soil mix is a compound of mushroom compost, potting soil mix and compost from Earthworks. Ouel-

lette uses a moisture meter to measure water retention as soil needs to be fairly dry for peppers and tomatoes. Which has not been a problem this summer, he said.

Gardener Pfc. Kaitlynn Quinn made her first garden as a teenager in the Tri-Cities area.

"First, my dad yelled when I broke up the grass, then he helped me build a good garden," she said.

She has tomatoes, catnip, chocolate mint, strawberries and some flowers growing. She has already harvested eight heads of romaine lettuce.

"It's rewarding," Quinn said.

Plants are made available to all the inhabitants of the building complex in the spring.

"For the Love of Tomatoes' is a tomato start give away incentive I started last year, supported by the King County Master Gardeners Program and

starts from my own greenhouse," Ouellette said. "Only one co-worker brought me in any of his tomatoes last year."

This year the Northwest Joint Regional Correctional Facility on Joint Base Lewis-McChord joined in on the fun. The sturdy tomato starts donated by the greenhouses at the correctional facility and Ouellette's house are all planted in the raised beds, now bursting with color as harvest time is upon us.

"Gardens are community building," Ouellette said. "People are getting away from knowing where their food comes from and from being outside."

So he encourages service members to garden, plant flowers and build a memorial in their garden beds. He said some people choose to work on their gardens at night when it's quiet.



Try out JBLM's *free* bikeshare service for errands, meetings and exercise!

- Check out Bike Fleet locations at JBLM at GoLewisMcChord.com.
- JBLM has bike lanes exclusively for bicycle use.
- All Service members, DoD employees and contract employees can use the Bike Fleet service.

GO Lewis-McChord provides convenient, affordable transportation options.

Want to get to Seattle for around \$10? Check out our Facebook page for a how-to video!

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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 State Fair

Soldiers from 1st Brigade, 2nd Infantry Division and 555th Engineer Brigade show people of all ages at the Washington State Fair in Puyallup Monday how the U.S. Army is trained and ready to defend the nation. Every Monday at the fair is Military Appreciation Day with free admission for all service members, retirees and family members.

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
Dec. 26 - Army DONSA and Air Force Family Day

WIN PRIZES FOR TRIVIA AT THE BREWHOUSE

Are you good at trivia? Test your knowledge at Samuel Adams Brewhouse's free Trivia Night Friday and 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.

ARMY, AIR FORCE PCS MOVE WORKSHOPS

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

EARN AT HOME AS CHILD CARE PROVIDER

Looking for a fun and rewarding home business? If you live on base, become a family child care provider and make a difference in the lives of military children and their families. FCC providers earn up to \$2,000 a month, may qualify for subsidies and receive free resources for your business. Learn about FCC Tuesday at orientation from 6 to 8 p.m. at the FCC office. Children are not permitted at the orientation due to space/discussion topics. Full-day training classes meet weekdays Sept. 25, 26, 28, 29 and Oct. 2 from 8 a.m. to 4:30 p.m. All classes are required for FCC certification. The FCC Office is located at 2013B Third St. at Pendleton Avenue on Lewis Main. For more information, call 253-967-3039.

HEADS OR TAILS AT BREWHOUSE

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

JBLM FAMILY HOUSING FIRE SAFETY CLASS

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

Station 107 Pendleton on Lewis Main. Doors open at 12:30 p.m.; class starts at 1 p.m. Parking is limited, so arrive early.

JOIN MCCHORD FIELD LIBRARY BOOK CLUB

Enjoy discussing books? Join the McChord Library's Novel Navigators. This adult discussion group meets the second Wednesday of each month at the McChord Library at 4:30 p.m. The next meeting is Wednesday to discuss "Annie Freeman's Fabulous Traveling Funeral" by Kris Radish. Registration is required in person. Copies will be available at the circulation desk, 851 Lincoln Blvd., ground floor, on McChord Field. For more information, call 253-982-3454.

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.

2017 OKTOBERFEST AND FLEA MARKET

Immerse yourself in fun at the 2017 Oktoberfest and Flea Market Sept. 16 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 Sept. 16 from 11 a.m. to 5 p.m. in Family and MWR's Fest Tent next to Bowl Arena Lanes at 2200 Liggett Ave. on Lewis Main. Rent two 6-foot tables, spaces or combos for only \$26. Three tables/space combos spanning 18 feet are \$30. Rent an additional 6-foot table or space for \$6 more. You must be an authorized military ID cardholder in order to sell your household or yard items. Email special-events@JBLMmwr.com, or call 253-967-6772 for reservations.

JBLM NEWCOMERS' ORIENTATION BRIEF

Joint Base Lewis-McChord has grown and changed over the years. Whether you're new, returning or just want to learn your way around the base, all service members, civilians and adult family members are invited to attend the Newcomers' Orientation Sept. 19 at American Lake Conference Center at 8085 NCO Beach Road on Lewis North. Report time for Soldiers and Airmen is 7:30 a.m. Orientation is set to begin at 8 a.m. Complimentary hot breakfast and free on-site

child care is available upon request with registration; call 253-966-2977. For more information, call 253-967-3633 or visit jblmafcscheckappointments.com.

BUILDING MANAGERS FIRE SAFETY CLASS

All building managers on Joint Base Lewis-McChord are required to take a Building Managers Fire Safety Class. Classes take place on the first and third Wednesday of the month at 9 a.m. Bldg. 2014, Fire Station 107 Pendleton, on Lewis Main. Next class is Sept. 20. 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 Sept. 21.

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.

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.

LEARN TO SCUBA DIVE FOR LESS

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

FREE RIDE TO DUPONT WITH GO TRANSIT

Enjoy a free ride out to the City of DuPont with GO Transit Route 1 weekdays from 7 a.m. to 5:40 p.m. with 20 minute frequencies.

Route goes from the City of DuPont to Madigan Army Medical Center. Visit popular DuPont restaurants and coffee shops, take a stroll, run errands, make a connection to Seattle or Tacoma, or access JBLM without driving a car. Common Access Card is required to board at the DuPont stop. For more information, call 253-966-3939 or visit GOLewisMcChord.com.

SKIESUNLIMITED INSTRUCTORS NEEDED

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

MOVING RESOURCES AVAILABLE ONLINE

Automated Housing Referral Network is 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 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/gJ5g3sq.

CALL THE ENERGY WASTE HOTLINE

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

TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

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

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

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

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

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

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

Camo2Commerce Federal Job Seekers/LinkedIn Workshop Wednesday at 8:30 a.m. at the Hawk Transition Center's Auditorium. In the first session, clients will learn how to create a strong profile and resume and understand the process of seeking and competing for a federal job. Guest instructor is Rudy Muriel, veteran human resources specialist and employment advisor. Space is limited; register by visiting: <https://c2cfedjobsept2017.eventbrite.com>. Session two at 1 p.m. advises on how to develop a robust professional profile and network using LinkedIn. To

register, visit: <https://c2clinkedinesept2017.eventbrite.com>.

Veterans in Tech Summit Wednesday at Code Fellows, 2901 Third Ave. #300, Seattle, for the inaugural event bringing together Seattle's top technology, corporate, education and civic leaders to showcase the innovation and opportunities available in the region. This is an opportunity for veterans and military spouses to network with veterans in corporate roles including Amazon, Nordstrom, Boozie Allen Hamilton and Deloitte in addition to key veteran leaders from across the state. Help us engage in this important discussion. For more information, visit: <http://bit.ly/vetsintech>.

Redefining Your Future Wednesday-Thursday at the Washington Army National Guard Aviation Building 6224 on 2nd Division Drive. Redefining Your Future is a community of service women, which includes female veterans and spouses who have transitioned or are transitioning from the military. A redefined lifestyle shifts your thinking to the next phase in life and connects individuals to local, regional and national resources. This two-day conference will provide the knowledge and resources to better prepare women transitioning out of the military. Registration is required for this event. For more information, visit redefinedfutureyou.com.

Brown Bag Mini Job Fair Wednesdays from 11 a.m. to 1 p.m. in the Hawk Transition Center Lobby. Walk-ins are

welcome. Employer registration is now required by emailing shenathan.d.burton2.civ@mail.mil and mitchel.s.watson.civ@mail.mil.

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

Camo2Commerce has orientations Thursdays at 3:30 p.m. at the Stone Education Center on Lewis Main for military leaders in mid-level management roles, ideally staff and senior noncommissioned officers and junior to mid-grade officers in transition. Camo2Commerce has created the Heroes Corporate Fellowship Academy can help you land a job in a position commensurate with knowledge, skills, abilities and experience. For more information, visit: camo2commerce.com/heroes or email rob@pacmtn.org.

WorkSource Veterans Service Orientation Briefings take place the first and third Wednesdays of the month from 9 to 11 a.m. at 500 SW Seventh St., Renton, Wash. Next meeting is Sept. 20. For more information, call 206-205-3500.

Boots to Business This is a three-day workshop covering topics related to how to start a business. Gain tools and knowledge needed to identify a business opportunity, draft a plan and launch an enterprise.

Day three will consist of a field trip. To register or for more information, call 253-967-5599 or 253-967-3258.

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

INSIDE SALES REP JOB IN SEATTLE

Dykman Electrical, Inc. — Salary: DOQ. The objective of the inside sales representative is to develop relationships that maximize Dykman Electrical's product offerings and customer support services via telephone and indirectly through outside sales personnel. For more information, visit dykman.com/about/careers.aspx. Submit the completed application and a resume to employment@dykman.com.

TRUCK DRIVER POSITION IN KENT

Shaw Industries Inc. — Salary: \$23.91 per hour. Shaw Industries, Inc., is a wholly-owned subsidiary of Berkshire Hathaway, Inc., with more than \$4.8 billion in annual sales. Shaw Industries, Inc., is the world's largest carpet manufacturer and a leading floor covering provider, supplying carpet, hardwood, laminate, resilient, tile and stone flooring products and synthetic turf to residential and commercial markets worldwide. For more information, visit shawinc.com/careers.

FROM PAGE 1A

WADS

national awareness,” said Col. William Krueger, 225th Air Defense Group commander. “But within a short amount of time, the WADS began providing critical communications relay between the Texas Emergency Operations Center, rescue coordination centers, joint terminal air controllers and the U.S. Coast Guard helicopters who executed the (search and rescue) mission. The communications relay was needed due to cell tower and electrical outages throughout the Houston area.”

According to Lt. Col. Brian Bergren, 225th Air Defense Squadron director of operations, the WADS vast communication network was able to provide real-time rescue status updates



KIMBERLY BURKE Western Air Defense Sector Public Affairs

The Western Air Defense Sector team coordinates with an AWACS aircraft and controllers to assist with hurricane rescue efforts Aug. 31.

for 11 hospitals, helicopter landing zones and aircraft refueling areas over an area of about 25,000 square miles.

“The WADS enhanced the decision making abilities for those on the ground trying to rescue stranded people, and

brought a sense of order to the chaotic airspace over the flood zone area,” Bergren said. “The dedication of these Washington Air Guardsman directly resulted in the safe execution of 148 flying sorties, 81 (search and rescue) events and the notable rescue of over 800 individuals.”

One poignant event that the WADS was involved with was the urgent call for help from one of the emergency coordination centers stating water had started flooding Pine Forest Elementary School, in Vidor, Texas, due to a dam break.

“There were over a hundred evacuees located there who needed immediate rescue,” said Capt. Nicholas Rhodes, air battle manager. “When helicopters arrived on scene to pick up the survivors, we smoothly and calmly directed the airborne assets to Houston area hospitals after ensuring landing zones

were both available and safe.”

The Western Air Defense Sector leadership had nothing but accolades for Maj. John Dalrymple, Maj. Matthew Horrocks, Rhodes, Capt. Gregory Firestone and Staff Sgt. Kayla Sharpe, all of whom remained calm under pressure during this rescue operation.

“This team was instrumental in expeditiously creating cohesive air extraction plans during the entire search and recovery effort,” Krueger said.

The WADS air battle managers and command and control battle management operators from the Washington Air National Guard have completed the critical search and rescue support to Texas and Louisiana. This operation was the largest direct support effort to the Defense Support of Civil Authorities enterprise the WADS has participated since Sept. 11, 2001.

FROM PAGE 1A

MUSEUM

of Camp Lewis and JBLM in the process,” said Col. Nicole Lucas, JBLM garrison commander, as she spoke at the reopening of the museum.

The event followed a dedication ceremony outside the museum unveiling a plaque dedicating the Boulevard of Remembrance — a 6-mile-strip of Interstate 5 from Mounts Road to Lakewood that honors World War I service members.

“This is another way to celebrate the rich history of JBLM,” Lucas said after she assisted with the plaque dedication. “It’s a way to highlight our ties to the community and how involved the community is.”

“It’s really neat to put something permanent here,” she said of the large commemorative plaque that shares the story of the more than 500 trees initially planted in 1929 in memory of service members of the Great War.

The Washington State Department of Transportation officially began posting new Boulevard of Remembrance signs along the interstate in November. Within the next few years, a stand of memorial trees will be planted near the commemorative sign by the museum.

Washington State Representative Dick Muri, of the 28th



SCOTT HANSEN Northwest Guardian

Heidi Pierson, left, museum curator, and Erik Flint, museum director, seal a time capsule during the Lewis Army Museum reopening celebration on Lewis North Aug. 31.

District, thanked community members at the ceremony for their help in completing the current Boulevard of Remembrance project, including 92-year-old, Charlotte “Polly” Medlock, who spearheaded the project. Medlock and her husband, Robert, 94, an Army Air Corps veteran, first got Muri

involved two years ago. The Medlock couple had pushed for finishing the project since the 1980s.

Polly Medlock attended the event Aug. 31 and said she enjoyed seeing the plaque dedicated and the project completed.

“Now my husband and I can start taking care of each other

and work on staying alive,” she said.

Two members of the American Legion Doughboy Memorial Post No. 138 in University Place also participated in the event wearing World War I Doughboy uniforms.

Navy Vietnam-era veteran Mike Batnick and his friend,

Army Vietnam veteran Lew Foster, both said they were honored to be part of the ceremony and represent their battle buddies.

“This is honoring our forebearers and those who set the pattern for us,” Batnick said. “It’s always an honor to serve and support in their place.”

More than 100 people attended the plaque dedication and museum opening, followed by the sealing of a time capsule of historic items, which will be kept on display at the museum. It’s planned to be opened in 100 years — in 2117.

“This is an extraordinary event with countless community members involved,” said Erik Flint, director of the Lewis Army Museum. “And it has taken an extraordinary effort to get to this day.”

There are 56 museums within the Army and 750,000 military artifacts in those museums, according to guest speaker, Ginger King Shaw, strategic planner, U.S. Army Center of Military History in Washington, D.C. Many of those artifacts are important in educating the public, she said.

Lucas also stressed the importance of remembering history in her speech.

“We need to remember our World War I and World War II veterans and all they did,” she said. “This is a piece of our history, and we need to remember — because if we don’t remember history, we may lose it.”

FROM PAGE 1A

I CORPS

designed to exercise the U.S. and ROK’s abilities to maintain stability on the Korean peninsula by training commanders and staffs in both nations to maneuver as a combined force.

“We have multiple training objectives for each echelon during this exercise,” said Lt. Gen. Gary Volesky, I Corps commanding general. “We not only have to train how to physically set-up, tear down and move for an expeditionary fight, but build relationships with our (Third Republic of Korea Army) teammates and maintain that connection by consistently participating in these exercises.”

With a strong conviction that learning organizations help develop relationships, Volesky believes that building combined capabilities with Third Republic of Korea Army also strengthens his team’s abilities to work together with a common focus.

“Not only are we building

connections and relationships with our partners, we are also building our team’s ability to understand the environment,” Volesky said. “We must be able to deploy, fight and win decisively anywhere our nation sends us.”

According to Command Sgt. Maj. Walter Tagalicud, I Corps command sergeant major, part of embracing that expeditionary mindset means focusing on a “train how you fight” mentality.

“When establishing bonds with our partners, it’s not the same to train at home,” Tagalicud said. “We have to condition ourselves to be away, in their environment. All aspects of training require practicing field craft and understanding how our allies maneuver. With readiness and partnership, repetition builds confidence, and confidence builds mastery.”

This repetitious, expeditionary training model requires a disciplined approach. Whereas all warfighting functions and staff elements have to combine to form a common vision, 1st Sgt. Caleb Mellette also stresses the



SGT. MAJ. RANDY RANDOLPH I Corps Public Affairs

Gen. Kim Woon-Young, middle left, talks with Command Sgt. Maj. Walter Tagalicud, middle right, and Sgt. Maj. Timothy Cohen, right.

importance of training on how to sustain and support fighting in an austere environment.

Mellette, a first sergeant with Headquarters, Support Company, sees UFG as a way to concentrate on the detailed, systems approach required to adaptively sustain large groups of Soldiers on the move, particular-

ly when operating in a combined, joint environment.

“This exercise allows everyone (at Camp Yongin, South Korea) to see where we stand as a corps and the energy required to maintain, equip and sustain, not only us, but all participating forces,” Mellette said. “During and after the exercise, we have

to pay attention and deep dive into areas where we consider taking away boundaries and specifically identifying exactly what we need to sustain that fight. It’s a vision of a lean and expeditionary force across all platforms.”

Colonel Mario Diaz, I Corps chief of staff, lauds UFG for the exercise’s ability to stress readiness amongst the corps’ multiple platforms, while adding the complicated elements inherent in synchronizing operations with an allied nation.

“Doing all of this within the framework and conditions of our (Third Republic of Korea Army) partner’s environment adds a complexity we can all put our efforts into,” Diaz said. “We can never forget what our basic building blocks of warfighting capabilities are, but we add a new dynamic that you just can’t replicate when we train with and through our partners. We have to work aggressively with our partners and guard ourselves against anything that takes us away from that time to build our systems of trust and learning.”

FROM PAGE 1A

STREETS

strongholds and numerous enemy positions that prevented U.S. offensive attacks by his regiment. Kandle’s group also captured nearly 60 enemy officers and enlisted soldiers.

Kandle died Dec. 31, 1944, after an enemy grenade struck a tank he was riding on. Although he’s heard the stories of his father numerous times, Terry Kandle remains a proud son.

“I guess every time I hear the stories, it’s humbling to me,” he said. “I don’t think I could have done it.”

Bloch’s dedication came from his time during the Italian Campaign in World War II. On Feb. 20, 1942, with only three other Soldiers, Bloch was able to destroy three German machine gun nests and captured 70 members of enemy forces.

It was quite an achievement



DEAN SIEMON Northwest Guardian

Robin Bloch addresses audience members on behalf of the family of Col. Orville Bloch during a street naming ceremony on Joint Base Lewis-McChord Aug. 31.

for someone who was initially turned down for an Army commission because he was considered too short at 5 feet 3 inches. Nonetheless, Bloch enlisted as a private in 1942. He completed

officer candidate school and was a second lieutenant by the time he went overseas.

Bloch worked as a career officer until he retired in 1970; he passed away in 1983.

“I’m just so grateful that after 33 years since his death, if he was alive, he would be pleased,” said daughter Rae Bloch Wardle.

Bjorklund was awarded the Medal of Honor Aug. 20, 1944, after his actions Sept. 13, 1943, in Altavilla, Italy, were deemed heroic. His platoon was trapped while approaching enemy defenses along the beaches of Salerno, Italy. Bjorklund charged the enemy’s artillery positions and destroyed them via grenades, allowing his platoon to overtake the area.

Bjorklund was unscathed, but he was wounded three days later, suffering 16 wounds. He spent eight months at an Army hospital in Walla Walla, Wash, where he met his wife. They were married at the hospital in 1945.

His son, Kent Bjorklund, and daughter, Samantha Bain, said he likely would have felt others deserved the street dedication more — just like when he received the Medal of Honor.

“He always said ‘You did what you had to do,’” Samantha Bain said.

Each dedicated street sign was unveiled with the help of family members. The ceremony took place on the newly-dedicated Bloch Drive. Bjorklund Avenue, Bloch Drive and Kandle Avenue were recently created as part of the construction of several buildings for the 16th Combat Aviation Brigade.

Afterward, a reception took place at the Raptor’s Nest Dining Facility. Refreshments were served while families and guests viewed memorabilia from World War II.

“These streets will serve as an inspiration to the service members who will walk these streets over the next 100 years,” said Col. Nicole Lucas, JBLM garrison commander. “They will remind us what it means to selflessly serve.”

Dean Siemon: 253-477-0235, @deansiemon

Sports

U.S. MILITARY ENDURANCE SPORTS TEAM

Bolt's true endurance as athlete tested in '17

Madigan doctor overcomes cycling accident to compete on world stage

BY DEAN SIEMON
Northwest Guardian

Jodie Bolt has a drive to move. A retired Army lieutenant colonel, she now works as a child neurologist for Madigan Army Medical Center on Joint Base Lewis-McChord.

She's also a member of the U.S. Military Endurance Sports Team. She qualified for the International Triathlon Union's World Championships for Duathlon Aug. 19 to 21 in Penticton, Canada, and earned her

berth by taking first place in the women's 50 to 54 age group at the USA Triathlon's Duathlon National Championship in June 2016.

The competition wasn't the only reason why Bolt said she went; participating in events like this is her respite.

"I don't do 'still' very well," Bolt said. "I'd rather be outside when I can."

Her endurance was truly tested late last year after she crashed on her bike near her

home in Lakewood, suffering two fractures on the left side of her pelvis. Bolt hit a speed bump that hurled her into the pavement. It didn't take long to realize the severity of her injuries.

"I get a certain nausea when I recognize broken bones," Bolt said.

Still, she attempted to finish her bicycle ride before collapsing on the family driveway. Her husband transported her to Madigan where the fractures were confirmed.

The good news was that she didn't need surgery, but in true Bolt fashion, she wanted to

SEE BOLT, 2B



Jodie Bolt poses at the International Triathlon Union's World Championships in Penticton, Canada, Aug. 19. She was fourth in the sprint duathlon and second in the standard duathlon in her group.

Courtesy photo

JBLM COMMANDER'S CUP SOFTBALL CHAMPIONSHIP



DEAN SIEMON Northwest Guardian

Brandon Simpson, of the 22nd Special Tactics Squadron, aims for contact during a first inning where his team had six runs on eight hits.

22ND STS WINS TITLE WITH POWER SURGE

Fifth-inning home run lifts team to walk-off style win over 1st SFG

BY DEAN SIEMON
Northwest Guardian

Keyton Thiem might not have been the exact description of a walk-off winner with a three-run home run during the JBLM Commander's Cup Softball Championship, but was the final hit that forced a fifth-inning, 10-run mercy rule to give the 22nd Special Tactics Squadron a 17-6 win over Maintenance Group Support Battalion, 1st Special Forces Group (Airborne) at the Lewis North

Athletic Complex Aug. 31.

"I felt selfish because I took the bats out of my teammates' hands," Thiem said with a laugh after the game.

The 22nd STS lineup saw just about every player who stepped up to the plate drive in a run. In addition to the team hitting three home runs, there were several well-hit balls that bounced off the outfield fence or made it hard on the 1st SFG fielders to play defense.

SEE SOFTBALL, 2B



Maximiliano Gonzalez, of 1st Special Forces Group, slides into third for a triple at the Commander's Cup Softball Championship Aug. 31.

ON THE SCHEDULE

REGISTRATION STILL OPEN FOR THE 2017 SALMON RUN RACES:

The Joint Base Lewis-McChord Salmon Run is Saturday at 10:45 a.m. at Heritage Hill on McChord Field. Runners can sign up at the event starting at 9 a.m. The fee for those with a military ID is \$20 for the kids' 1K, \$35 for the 5K and \$40 for the 12K. Everyone else pays \$25 for the kids' 1K, \$40 for the 5K and \$50 for the 12K. For more information, visit jblmmwr.com/races, or call the JBLM Intramural Sports Office at 253-967-4768.

ANNUAL GOLF SCRAMBLE SCHEDULED FOR SEPT. 15

Golf: The U.S. Army Warrant Officers Association — Northwest Chapter's Golf Scramble is Sept. 15 at Eagles Pride Golf Course on Joint Base Lewis-McChord. Registration opens at 9 a.m., with a shotgun start at noon. The tournament is open anyone who wants to play. Tournament format is four-person team scramble. \$70 includes green fees, cart and evening meal. For more information or to register, call Jay Swift, tournament administrator, at 253-846-2592, or visit woonline.org/northwest.

ANNUAL JBLM ZOMBIE RUN WILL TAKE PLACE OCT. 14

Races: Sign up for the fourth annual Joint Base Lewis-McChord Zombie Apocalypse 5K Run Oct. 14 at the Lewis North Athletic Complex. The kids' 1K Monster Dash will start at 8 p.m., followed by 5K heats of 8:30 and 9:30 p.m. Pick-up starts at 5 p.m. 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 26 only. For more information, visit jblmmwr.com/races or call 253-967-4768.

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

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

OUTDOOR ADVENTURE

Fort Lee spouse completes 2,198-mile Appalachian Trail

BY AMY PERRY

U.S. Army Garrison Fort Lee

FORT LEE, Va. — Just more than six months ago, Julie Coffman, a Fort Lee spouse and USO volunteer coordinator, took the first step on the journey of a lifetime.

Coffman set out to traverse the Appalachian Trail, an arduous undertaking, to say the least. The trail goes through 14 states and is 2,198 miles long. The journey took her 163 days. She had 23 zero days (no miles

hiked) and took off five weeks for family activities.

Coffman's family, who will soon be moving to Joint Base Lewis-McChord — including Sgt. 1st Class Doyle Coffman, who was an instructor on the Ordnance Campus on Fort Lee, Va., and her three children — were supportive of her journey, but also surprised at first.

"About a year-and-a-half ago, I decided it was my turn to go TDY," Coffman said. "I always have had a love of the outdoors

and thought I wanted to do something big before I turned 40. A few nights later, I told my family. I think, at first, they thought I was nuts."

The hike was a chance for Coffman to rediscover herself, she said.

"I have been the Army spouse, mom, Linda's daughter, and many other things, but I wondered who I really was," Coffman said. "I've been to college,

SEE TRAIL, 2B



Julie Coffman poses on Baxter Peak on Mount Katahdin, the stopping point of the northbound Appalachian Trail July 30. Coffman hiked 2,198 miles on her journey.

Courtesy Photo

FROM PAGE 1B

BOLT

remain active during her recovery. One day after the crash, she was walking on a path near American Lake on JBLM with her oldest daughter, Jackie.

Bolt spent the next several weeks on crutches, mostly putting her weight on her right side. Her first mile after the crash was about 48 minutes — far from her competitive 7-minute pace.

“I became a figure on the McChord track,” Bolt said.

She worked herself to be active with the short-term goal of attending a bicycle camp in Tuscon, Ariz. By this time, she was comfortable on the bike and had a strong performance doing hill climbs in places like Kitt Peak and Mount Lemmon, despite having some pains.

“Through my life, I tend to ignore pain,” Bolt said. “I’ve finished races with bones



DEAN SIEMON Northwest Guardian

Jodie Bolt rides her bicycle on Joint Base Lewis-McChord a week after competing in the International Triathlon Union's World Championships for Duathlon in Penticton, Canada, Aug. 19-21.

broken through the foot thinking it was my foot cramping.”

Not long after the hill climb camp, Bolt learned that she had fractured the sacrum on the

right side. She said it was likely due to low bone density and having done a lot of work on that side of the body since the December crash.

While she followed doctor's orders not to run, Bolt spent months on the stationary bicycle staying active. She again progressed well enough to do time trials that have a lower crash risk. She found herself cycling stronger this spring and through the summer.

On Aug. 12 during a time trial race in Oregon, Bolt finished third in the women's 50-59 category with a time of 1:38:38. Not having officially pulled out of the world duathlon event, she decided to go for it.

With the support of her family, friends, co-workers and patients, she decided she would give it an effort.

“Even if I had to walk, I was going to finish,” Bolt said.

Being competitive wasn't a problem as she started the event with a fourth place finish in the women's 50-54 category in the sprint duathlon Aug. 19 with a time of 1:13:46.

Two days later, Bolt took the silver medal in the same age

group in the standard duathlon with a time of 2:16:10. She credits the support system in Washington state and her faith.

“It's the hug from your husband and your son, or the patient and son who tell you they've been praying for you,” Bolt said. “As a person of faith, I don't have a coach; I listen to my heavenly coach.”

As for the rest of 2017 and into 2018, Bolt said she's not sure. Her husband is retiring from the Army after 30 years, and her youngest son will be a junior at Bellarmine Preparatory School in Tacoma. The rest of the children are moving on in life.

Although Bolt doesn't have a training plan, she said she will keep herself active.

“My life is always crazy like that,” Bolt said. “I really am a haphazard athlete.”

Dean Siemon: 253-477-0235, @deansiemon

FROM PAGE 1B

SOFTBALL

The first inning saw everyone in the 11-man lineup have an at-bat, starting with a double by Thiem. This was followed by a RBI double from Kyle Plasterer and a RBI single from Mike Charvat. James English had a two-run home runs before the first out was recorded.

Runs driven in by Chad Rosendale and Austin Osburn rounded out a first inning with six runs for 22nd STS. The team added another five runs in the second inning that Plasterer hit a two-run home run.

“They have some great hitters,” said Robert Straughn, player coach for the 1st SFG team. “All you can do is pitch and play defense, but we didn't really have any good batting either.”

The 1st SFG struggled to get hits with runners in scoring position in the first two innings. After singles from Maximiliano Gonzalez and James Pierce, Michael Lockridge and Robert Straughn could not convert with a flyout and groundball fielder's choice out to close the inning.

Nicholas Marban got the first run with a sacrifice groundout that followed Alexander Woodruff's leadoff triple in the second inning. Neither Ahmad Strickland or Samuel Conwright could get on after a single from Anacleto Zamora.

The 1st SFG team started to show life in the fifth inning with Pierce drawing a bases-loaded walk, followed by Lockridge's single driving in two runs. The 22nd STS was able to close out the game in the fifth after back-to-back RBI singles from Osburn and Jacob Sikovic and Thiem's three-run walk-off homer.

Powerful offense has been a trend for the 22nd STS team as it was undefeated in the regular season and through the playoffs to win the JBLM Commander's Cup softball title. Power batting maintained despite the team having a revolving door due to a very grueling schedule linked and the demands of a pending deployment.

“Some players were here one week; others were here another week,” said Joe Fernandez, the team captain and coach. “Some guys missed anywhere from one to four weeks due to training.”

Even with some weeks where the team barely made the minimum of 10 players for games, Fernandez credited not only the 22nd STS team's communication skills, but also their commitment throughout a challenging softball season.

“Even when they are home, they sacrificed time with their family and good friends, and well deserved time off, to



DEAN SIEMON Northwest Guardian

Michael Correll, of 1st Special Forces Group, snags a popup near first base during the JBLM Commander's Cup Softball Championship at the Lewis North Athletic Complex Aug. 31.



Austin Osburn, of the 22nd Special Tactics Squadron, sends a pitch towards home plate against a batter from 1st Special Forces Group.

showcase their talents,” Fernandez said.

It was also a special day for the 22nd STS' Erin Bowser, who was just pinned to become a

chief master sergeant in the Air Force. He added that the honor, plus being part of a championship team, was a great way to celebrate and start

Labor Day weekend.

“I've been here (on JBLM) for six years, and this is the best team I've played with,” Bowser said. “It's all about the

Scoring summary

1st Special Forces Group 0 1113
- 6

22nd Special Tactics Squadron 6
5 0 15 - 17

F/5 innings

1st SFG (H-AB-RBI) – Maximiliano Gonzalez, 3-3-0; Michael Correll, 0-2-0; James Pierce, 0-2-2; Michael Lockridge, 1-3-2; Robert Straughn, 0-3-0; Alexander Woodruff, 2-3-0; Nicholas Marban, 0-2-1; Anacleto Zamora, 2-2-1; Ahmad Strickland, 0-2-0; Samuel Conwright, 0-1-0.

22nd STS (H-AB-RBI) – Keyton Thiem, 3-3-3; Kyle Plasterer, 3-3-3; Mike Charvat, 1-3-2; James English, 2-3-2; Joe Fernandez, 2-3-1; Brandon Simpson, 2-3-1; Travis Jordan, 1-3-1; Chad Rosendale, 2-3-2; Jordan Smith, 0-3-0; Austin Osburn, 1-3-1; Jacob Sikovic, 1-3-1.

camaraderie. You can tell how tight-knit this unit is.”

Dean Siemon: 253-477-0235, @deansiemon

FROM PAGE 1B

TRAIL

but could never decide what to study. I've switched professions many times, but never decided what I wanted to be. I used this as a quest to do soul searching and find these answers.”

On Feb. 18, Coffman's husband and two of her children dropped her off in Amicalola Falls, Ga., which is the starting point for the thru-hiker traveling northbound.

It's been said that hikers will walk more than 5 million steps on the trail, but when

Coffman's Fitbit died due to water damage, it registered more than 7 million.

“When I started, there were no leaves on the trees, so you could see for miles,” she said. “As I walked north, the seasons changed and the leaves came out to turn into a green tunnel. The views were still amazing.

“I hiked for about four days in over a foot of snow deep in Tennessee, and temps of 11 (degrees) and a wind chill of -10 (degrees). The trail took on many forms from dirt to mud puddles, bridges, board walks, bogs, bog bridges, rocks, cliffs, rock scrambles, streams and, yes, even rivers. I have forded

four rivers and rode on two boats.”

Coffman's trail name is Trip-pin' due to her not being the most graceful hiker, she said.

“I quit counting how many times I biffed it,” Coffman said. “I tripped all day long, but tried not to eat dirt too many times. The most I ever fell was 10. Maine had to be the state I ate the most dirt. I broke four toes and two ribs and I tore my rotator cuff. It was my fault because I like to monkey around on rocks. The injuries did not stop me, though, I just pulled over, taped them up and pushed on. I had zero blisters, as for which I am very happy, but lost all but

two of my toenails.”

Coffman said the hike gave her a greater appreciation for the little things in life, like modern bathrooms.

“The longest I went without a shower was nine days,” she said. “I have a new respect for running water and flushing toilets.”

Additionally, she said she lost 38 pounds on her journey and consumed about 3,500 calories a day.

“I hiked 2,198 miles, but I can't say I did it all on my own,” she continued. “I had a great support system. I could not have done the trail without the love and support of my family. Most of the time I could not talk to

them, but I always knew they were there with me. I also have been blessed to have great friends, and a USO family to support me on my journey. The Fort Lee USO employees and volunteers were a vital part of my trip on the Appalachian Trail.”

Now, Coffman said she's enjoying family time. They changed duty stations shortly after she completed her trip and are on their way to Joint Base Lewis-McChord. But she has her eye on her next goal.

“I have the Pacific Crest Trail — a 2,659-mile path that runs from California to Canada — on my docket for 2020.”

Saturday, Sept. 16

MWR Fest Tent • 2-10 p.m.

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Stewart Middle School
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September 14, 2017

Thursday
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SECTION C

ALSO INSIDE:

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



COVER STORY

Beer, brats and bargains

The annual JBLM Oktoberfest and Fall Flea Market are joining forces for a full day of Bavarian fun, second hand shopping, 3C

FOR THE WEEK OF SEPTEMBER 8-14

8

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

McCHORD PUB 4 to 9 p.m. 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. Shrimp basket for \$8.25.

9

WARRIOR ZONE During UFC 215: Demetrious Johnson vs. Ray Borg. Ages 18 and older only.

SAMUEL ADAMS BREWHOUSE 9:30 a.m. to midnight. Viewing of UFC 215: Demetrious Johnson vs. Ray Borg. \$5 cover. Happy hour 6 to 8 p.m. Ages 21 and older.

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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 .	

10

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

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

11

STRIKE ZONE AT SOUNDERS LANES 9 a.m. to 8 p.m. Chicken club combo 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, grilled burgers and sandwiches with fries.

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

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

12

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

STRIKE ZONE AT SOUNDERS LANES 9 a.m. to 8 p.m. Swedish meatballs 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.

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

13

SAMUEL ADAMS BREWHOUSE Wheat Wednesday. Buy Cherry Wheat Sam Adams and get \$2 off your appetizer.

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. Barbecue pulled pork for \$8.25.

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

14

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

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

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

AT THE MOVIES

Carey Theater
on Lewis Main

Annabelle Creation (R)

Friday at 7 p.m.

Spider-Man: Homecoming (PG-13)

Saturday at 1 p.m.

Studio Appreciation Advance Screening - Free (NR)

Saturday at 7 p.m.

The Emoji Movie (PG)

Sunday at 12 p.m.

The Glass Castle (PG-13)

Sunday at 3:30 p.m.

Wind River (R)

Sunday at 8 p.m.

MOVIE TIMES

For movie times, contact your local theater.

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Warner Bros. Pictures

Stephanie Sigman, Talitha Bateman and Anthony LaPaglia star in the new Warner Bros. Pictures release, "Annabelle: Creation."



SCOTT HANSEN Northwest Guardian / 2016

Ramona McKinley, left, looks for deals with daughter, Terri McKinley, right, and daughter-in-law, Theresa McKinley, middle, during the 2016 JBLM Flea Market on Lewis Main.

Festivalgoers enjoy a wagon ride behind a pair of Belgian draft horses during the 2016 JBLM Oktoberfest outside Family and MWR's Fest Tent.



JBLM OKTOBERFEST AND FALL FLEA MARKET

TWO EVENTS IN ONE

BY RUTH KINGSLAND
Northwest Guardian

Two popular Joint Base Lewis-McChord events are combining this year for a day of fun and all things recycled — or German.

The installation's successful Fall Flea Market and Oktoberfest joins at Family and Morale, Welfare and Recreation's Fest Tent on Lewis Main Sept. 16 for what's expected to be an incredible day of deals,

bratwurst, German potato salad, apple strudel, German beer and jaegerschnitzel — a flattened and fried pork cutlet with mushroom sauce.

SEE FALL, 6C

SEPTEMBER 9

SEA KAYAK TRIP TO DECEPTION PASS

Kayaking the waters of Deception Pass is truly an adventure. Not a beginner paddle, the pass offers opportunities to paddle in strong currents and develop an appreciation for tidal influence. This is a great trip to expand skills while paddling through strong currents and crossing eddy lines. This trip is geared towards instruction to advance skills in difficult conditions. Trip includes gear, guide and transportation. Please bring appropriate clothing and food. Difficulty: intermediate to advanced; paddling distance: 5 miles. Paddling time four to five hours. Minimum Age: 16. Ages 17 and younger must be accompanied by an adult. Meet at the Northwest Adventure Center at 6 a.m. Preregistration required. **\$95.**

COURSE GIVES CHANCE TO MASTER PHOTOSHOP

Photoshop's layers are arguably the most powerful aspect of the software's user interface and are the key to successful image editing in Photoshop. Layers allow for both global and local adjustments to images and can be used to create a number of

special effects. Best of all, layers allow for nondestructive editing of your original image. New Photoshop users often see layers as too complicated and they miss out on the program's full potential. This class will go over the skills needed to master this aspect of Photoshop. Meet at the Northwest Adventure Center at 9 a.m. Preregistration required. **\$45.**

SEPTEMBER 10

LEARNING COMPOSITION FOR PHOTOGRAPHY

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

Center at 9 a.m. Preregistration required. **\$50.**

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 CLINIC COVERS TECHNIQUES

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

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

BILL ENGVALL 8 p.m. Saturday. Tulalip Casino. Ticketmaster. \$65.

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

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

DONALD FAGEN AND THE NIGHTFLYERS 7:30 p.m. Paramount Theatre, Seattle.

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

I LOVE THE '90S 7:30 p.m.

Sept. 15, Washington State Fair, Puyallup. \$40-\$75.

GOO GOO DOLLS 6 p.m.

Sept. 15. Chateau Ste Michelle Winery, Woodinville.

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

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

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

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

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

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

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

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



LAURA ROBERTS Invision/AP

Country artist Thomas Rhett is scheduled to perform at the Washington State Fair in Puyallup Sept. 20.

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ZHI LIN

Walking through History: A Tour of Tacoma with Artist Zhi LIN and the Tacoma Historical Society Thursday, September 21, 5:30 - 7:00 pm Hear the lost histories of Chinese migrants and former residents of Tacoma. Cost: Free, registration required, see website for details.

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

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SEPT. 11 MONDAY 7:00P.M.

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SEPTEMBER 16 SATURDAY 4-8PM

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SCOTT HANSEN Northwest Guardian / 2016

Staff Sgt. Craig Switzer, left, of 627th Security Forces Squadron, helps Elida Maduzia, of Lakewood, look for jewelry during the 2016 JBLM Flea Market on Lewis Main.



SCOTT HANSEN Northwest Guardian / 2016

Liliana, 9, right, and Presley Sparks, 7, dance to the music at the 2016 JBLM Oktoberfest celebration on Lewis Main.

the festivals,” she said. “If it’s summertime there’s a celebration; if the leaves are changing it’s time to celebrate. Anything brings on a celebration and lots of food — simple but good.”

Bounce houses, food vendors, games and a rock climbing wall will be available.

As for the flea market, Brahल्ली won’t be selling any items, but she just might find time to peruse the many tables of treasures.

And, there’s still time to sign up to sell items. It’s \$26 to rent two 6-foot long tables to sell gently used items and \$30 for three tables. Additional tables are available for \$6 per table. Participants must be authorized Department of Defense ID cardholders to purchase space to sell items.

For more information, email specialevents@JBLMmwr.com or call 253-967-6772.

FROM PAGE 3C FALL

The event will be at the tent next to Bowl Arena Lanes, 2200 Liggett Ave. on Lewis Main — with the flea market from 11 a.m. to 5 p.m. and the Oktoberfest event overlapping slightly, from 2 to 10 p.m.

The Fall Flea Market will be outdoors, under small tents, while Oktoberfest will be inside Family and MWR’s Fest Tent.

The combined event is a

way to get more flea market buyers and sellers involved in Oktoberfest and more Oktoberfest attendees excited about the flea market, according to Megan Brahल्ली, recreation specialist with Family and MWR.

“We have a lot of great events on base, but Oktoberfest is my favorite,” Brahल्ली said. “What isn’t there to love about Germany?”

Brahल्ली and her husband, Sgt. Robert Brahल्ली, 508th Military Police Battalion, 42nd Military Police Brigade, moved to

JBLM last year from Germany where Brahल्ली was stationed for the past five years.

The couple hails from Canton, Ohio, originally,

but Germany is home, she said, adding she cooks many traditional German dishes, but enjoys going to Oktoberfest because of the

German community atmosphere.

“Oktoberfest is one of many German celebrations that go on all year long in Germany; I love all

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EVENTS

Bacon Eggs and Kegs 11 a.m. to 9 p.m. Saturday. CenturyLink Field, 800 Occidental Ave. S., Seattle. This is a celebration for foodie fanatics, local brew lovers, brunch enthusiasts and anyone looking to start their day off right. Starting at \$35. 206-486-6002.

Northwest Railroad History Forum 10:30 a.m. to 4 p.m. Saturday. Washington State History Museum, 1911 Pacific Ave., Tacoma. The Tacoma Chapter of the National Railway Historical Society event presented by local historians. Free; donations appreciated. 206-445-5868, railheritage.org.

Puget Sound Free to Breathe Run/Walk 7:25 to 10:30 a.m. Saturday. Wright Park, 316 S. G St., Tacoma. Attendees can participate in a run/walk as well as other activities. All proceeds from the event support Free to Breathe, a lung cancer research and advocacy organization dedicated to increasing lung cancer survival. \$30 adult/\$15 youth. 608-828-8852, freetobreathe.org/pugetsound.

Steilacoom's Annual Electric Car Show 11 a.m. to 3 p.m. Saturday. Downtown Steilacoom, Lafayette and Wilkes, Steilacoom. A celebration of the clean-air and cost-saving benefits of plug-in electric cars. Fifty vehicles are registered to attend including Tesla's Model X and the ProTerra EcoRide Bus, recently added to Pierce Transit's fleet. Free. 253-439-9797, driveelectricweek.org/event.php?eventid=907.

Summer Ender Fender Bender 11 a.m. to 4 p.m. Saturday. LeMay — America's Car Museum, 2702 E. D St., Tacoma. This festival will embrace what's best in the Northwest: Great cars, specialty food trucks and live music. Free. 253-779-8490, americascarmuseum.org.

Tacoma Fall Wedding Expo 9:30 a.m. to 4 p.m. Saturday and 10:30 a.m. to 4 p.m. Sunday. Tacoma Dome, 2727 E. D St., Tacoma. \$16. Ticketmaster. 253-272-3663.

MUSIC

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

Crystal Gayle 8 p.m. Friday. Tulalip Resort Casino, 10200

Quil Ceda Blvd., Tulalip. \$40-\$50. Ticketmaster.

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

Reverend Horton Heat 9 p.m. Friday. The Showbox, 1426 First Ave., Seattle. showboxonline.com.

Easton Corbin 9 p.m. Saturday. Washington State Fair and Events Center, 110 Ninth Ave. SW, Puyallup. thefair.com.

Foreigner 7 p.m. Saturday. White River Amphitheatre, 40601 Auburn Enumclaw Road SE, Auburn. \$29.95-\$99.95. Ticketmaster.

Pink Martini 7 p.m. Saturday. Chateau Ste. Michelle Winery, 14111 NE 145th St., Woodinville. Ticketmaster.

Rain: A Tribute to The Beatles 8 p.m. Saturday. Federal Way Performing Arts and Event Center, 31510 Peter von Reichbauer Way S., Federal Way. \$80-\$125. 253-835-7010, fwpae-c.org.

NIGHTLIFE

FRIDAY

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

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

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

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

Great American Casino 10117 South Tacoma Way, Lakewood, Rumor 6, 9 p.m. 253-396-0500.

Jazzbones 2803 Sixth Ave., Tacoma, Aaron Crawford, top 40 country rock. 8 p.m. \$10-\$15. 253-396-9169.

Louie G's 5219 Pacific Highway E., Fife, Dane Vance Creek, Hemlock Pop and Dire Fire. 8 p.m. \$10. 253-926-9700.

Stonegate Restaurant Bar and Grill 5421 South Tacoma Way, Sub-Vinyl Jukebox, 9 p.m. 253-473-2255.

The Swiss 1904 S. Jefferson, Tacoma, Grace Love and The Dirty Church with The Get Ahead and Gaby Borromeo, 8 p.m. 253-572-2821.

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

SATURDAY

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

Great American Casino 10117 South Tacoma Way, Lakewood, Rumor 6, 9 p.m. 253-396-0500.

Jazzbones 2803 Sixth Ave., Tacoma. Plush, Stone Temple tribute band and Lithium, Nirvana tribute band. 9 p.m. \$10-\$15. 253-396-9169.

Louie G's 5219 Pacific Highway E., Fife, Titan Fest, 1:30 p.m. \$25. 253-926-9700.

Stonegate Restaurant Bar and Grill 5421 South Tacoma Way, Sub-Vinyl Jukebox, 9 p.m. 253-473-2255.

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Fri: 2:00, 4:20, 6:45, 9:10
Sat-Sun: 11:30 AM, 2:00, 4:20, 6:45, 9:10
Mon-Tue: 2:00, 4:20, 6:45, 9:10
Wed: 2:00, 4:15, 9:10; Thu: 2:00, 4:20

The Trip To Spain (NR)

Fri-Thu: 4:30, 9:20
Wind River (R)
Fri-Mon: 1:00, 3:45, 6:15, 8:45
Tue: 3:45, 9:00; Wed: 1:00, 3:45
Thu: 3:45

The Little Hours (R)

Fri-Thu: 9:15
The Big Sick (R)
Fri-Thu: 1:15, 3:55, 6:30

Welcome to the Dollhouse (R)

WEIRD ELEPHANT SERIES: Sat: 11:00
Birthright: A War Story (NR)
TUESDAY FILM SERIES: Tue: 1:30, 6:45

David Gilmour: Live at Pompeii (NR)
Wed: 6:30, 6:45, 9:15

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FROM PAGE 4C

OUT

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.**

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. Each Sunset Yoga trip takes place at a different park.

Bring appropriate clothing, yoga mat, water and food. The class provides instruction and guidance. 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.**

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