



GUARDIANWEEKEND:
NAC offers guided kayak tours of Hope Island, C3

ALSO INSIDE:
7th Infantry Division DCG-S pins on a star, A3

JBLM NORTHWEST

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||| AUTHORIZED NEWSPAPER OF JOINT BASE LEWIS-MCCHORD, WASHINGTON • SEPTEMBER 13, 2013

Community efforts sustain JBLM

Director of Logistics impresses civic leaders with joint base's routine support demands

BY DEAN SIEMON
Northwest Guardian

TACOMA – If Joint Base Lewis-McChord were a city, it would be the seventh largest city in the state. The installation requires what any other community does – food, services and products for more than 46,000 service members and more than 54,000 family members who work

and/or live on the installation. Gary Heumphreus, the JBLM director of logistics, shared those and other statistics reflecting the support required to keep the base running with the Transportation Club of Tacoma at La Quinta Inn and Suites Monday. “Joint Base Lewis-McChord is a city within a city,” Heumphreus

said. “Now the Army and Air Force are one team and we’re working on learning what the other part of the team does.”

On any given day at JBLM, about 50 trucks deliver food supplies including meat, dairy and bread to the Lewis Main and McChord Field commissaries and to the base’s 13 child development centers.

Many companies, like AA Foods out of Los Angeles, Calif., bring supplies to the base twice a week;

See SUPPORT, A2



Gary Heumphreus, JBLM Director of Logistics, shakes hands with Janice Wasson, president of the Transportation Club of Tacoma, during Monday's meeting.

Dean Siemon/Northwest Guardian

SEAHAWKS 'CHANGE OF COMMAND' CEREMONY

'12TH MAN' FLAG CHANGES HANDS



Seahawks tight end Luke Wilson signs dozens of footballs and jerseys for service members during a meet-and-greet event at the Warrior Zone on JBLM Lewis North.

Seahawks, service members join celebration

BY DEAN SIEMON
Northwest Guardian

To the hundreds of Joint Base Lewis-McChord Airmen and Soldiers who attended the change of command Tuesday on the Warrior Zone patio, the ceremony was familiar, but with a few distinct differences. The most apparent difference was the flag.

Instead of brigade or wing colors, Col. Mike Getchell of the 4th Brigade, 2nd Infantry Division and Col. Bruce Bowers of the 446th Airlift Wing, exchanged a blue and white Seattle Seahawks “12th Man” flag.

“This 12 is a symbol of unity between the fans and the team,” said Mike Flood, Seahawks’ vice-pres-

See SEAHAWKS, A16



Col. Mike Getchell, middle, of the 4-2 Brigade command team, passes the 12th Man flag to Col. Bruce Bowers, of the 446th Airlift Wing, during the change of command ceremony.

TRANSPORTATION

Vanpools let riders commute stress free

Program will cater to rider's work schedule

BY JAKE DORSEY
Northwest Guardian

Commuting on Interstate 5 can be awful.

That’s not a revelation to anyone who uses the key artery to travel to and from work during rush hours. Those commuters who work on

Joint Base Lewis-McChord, whose units and staff agencies form the second largest employer in Washington state, routinely share in frustrations that arise from heavy traffic and security checks.

The revelation is that you – service member or government employee – can avoid it.

The vanpooling program at JBLM is convenient and affordable.

As in free, said Kelly Rosacrans, one of the employee transit coordinators at JBLM. The Department of Defense picks up the tab, as long as the vanpool transports you for more than 50 percent of your commute.

“We have somewhere between 70 and 80 vanpools,” Rosacrans said. “I can usually set people up with vans that might fit their schedule.”

That’s not always possible, Rosacrans said. When that happens, there’s another option – find four of your coworkers and start your own.

See VANPOOLS, A2

TO GET INVOLVED

To find a vanpool that works for your schedule, go to rideshare-online.com or call Kelly Rosacrans at 253-966-1776. Riders usually can test ride a couple of times to see if the vanpool works for you.

U.S., Japanese forces reunite for annual exercise

BY STAFF SGT. MIRIAM ESPINOZA-TORRES
5th Mobile Public Affairs Detachment

On Sept. 4, U.S. Soldiers from the 5th Battalion, 20th Infantry Regiment, 3rd Brigade, 2nd Infantry Division and members of the Japanese Ground Self Defense Force from 16th Japanese Ground Self Defense Force Regimental Combat Team, 4th Division, stood in formation during the opening ceremony at Yakima Training Center for Operation Rising Thunder. Rising Thunder is a Japanese



Staff Sgt. Miriam Espinoza-Torres

Maj. Gen. Stephen Lanza, left, the commander of 7th Infantry Division, greets Japanese Maj. Gen. Takeyoshi Omari, the deputy commander, 4th Division, prior to the opening ceremony for Operation Rising Thunder at the Yakima Training Center, Wash., Sept. 4.

IN THE NEWS

4-160 SOAR escorts B-25

One of only six World War II-vintage B-25s still flying, makes a final trip over PNW. See story, A3

New helmets evaluated

Researchers test prototype combat helmet aimed at improving protection while increasing comfort and convenience. See story, A6

A day with the LPGA

Ladies Professional Golf Association's No. 11 player Paula Creamer takes JBLM service members on a special round. See story, B1



Maj. Dan Hill

A Soldier from 4-160 SOAR conducts a safety check from the ramp of an MH-47 Chinook over Everett Aug. 26.

See EXERCISE, A2

SUPPORT

Continued from Page A1

Some local groups like Jumbo Foods from Mukilteo make up to 22 deliveries a week to restock the Army and Air Force Exchange restaurants and unit dining facilities across the installation, in addition to two commissaries.

"That just gives you an idea not only of what the Exchange uses, but what the commissary uses," Heumphreus said. "We feed about 3,500 Soldiers and Airmen on a daily basis at our dining facilities."

But there's more than food and water to the logistics spectrum because things break, Humphreus said. Material readiness and maintenance are important parts of the total logistics effort supporting the Army and Air Force.

"Something becomes disabled in some way," he said. "From that, it goes into transportation. Transportation then moves it to a depot someplace where it gets fixed by maintenance and then it goes back to transportation."

While being one of the largest com-

BY THE NUMBERS

\$6,085,323,000: Total annual economic impact (1.8 percent of Washington state GDP)

\$5,799,394,000: Annual military and civilian payroll

54,862: Number of military dependents

46,208: Number of service members

13,416: Number of trucks carrying supplies to JBLM in the last fiscal year (Sept. 2012 to Aug. 2013)

72: Number of local and national companies that bring goods to base

7: If JBLM were a city, it would be the seventh largest in Washington

2: JBLM is the second largest employer in the state (largest in Pierce County)

munities in the state, it is also the second largest employer in Washington – largest in Pierce County – behind Boeing in King County.

The total military and civilian payroll is just under \$5.8 billion and there is an additional \$285 million in contracts and grants, according to the 2010

Census Consolidated Federal Funds Report and Department of Defense financial data.

"You just don't think about how much money the installation brings into the area," Heumphreus said.

Like any city, JBLM works through challenges – notably the recent federal budget sequestration forced reductions in operations on Fridays and support days for six weeks from June to August. Drivers parked trucks arriving at JBLM Fridays until federal civilians returned to work Mondays, Heumphreus said.

For the hundreds of members of the Transportation Club of Tacoma, Humphreus' presentation was a window on JBLM's daily operations within the context of a large civilian city.

"Many of our members do work either directly or indirectly for the military effort here," said Gary Geiser, the club's executive director. "We have a number of men who have served, like me, and we're looking for opportunities all the time (to take advantage of their experience)."

Dean Siemon: dean.siemon@nwguardian.com; @deansiemon



Staff Sgt. Miriam Espinoza-Torres

Sp. Andrew Anthony, left, a spotter with 5-20 Inf., 3rd Bde., 2nd Inf. Div., instructs Japanese snipers on U.S. methodology for engaging target at the Yakima Training Center.

EXERCISE

Continued from Page A1

Ground Self Defense Force military exercise conducted annually at Yakima Training Center. It consists of static ranges, combined arms ranges and live-fire exercises.

As a combined operation, 7th Infantry Division units from Joint Base Lewis-McChord have an opportunity to learn and exchange ideas and tactics with the Japanese GSDF, which uses this exercise to train for its homeland defense. More than 800 Soldiers from I Corps and almost 500 members of the 16th Regimental Combat Team, Japanese Ground Self Defense Force, are scheduled to train together on full-spectrum operations.

The Japanese task force that comes to Yakima to conduct training usually consists of an infantry company, which includes a heavy mortar platoon and anti-tank platoon, an armor company and a field artillery battery. Also taking part will be an aviation unit consisting of AH-64 and AH-1 Cobra attack helicopters.

This year marks the 20th Rising Thunder exercise, scheduled to run until Sept. 22. Closing ceremonies will follow Sept. 24.

Among the first training that exchanged tactical methods and knowledge between the two nations were sniper skills. American and Japanese snipers came together to enhance their combat readiness Sept. 5, at the Yakima Training Center, Wash. They focused on target detection, reconnaissance techniques and cover and concealment.

Snipers from the two nations spent the first day of training, Sept. 5, getting to know each other. They were mixed

"The result from this (year's) change is (Operation Rising Thunder) provides a better training opportunity, and the relationship that it builds with soldiers from both militaries is going to be really important as we move forward."

MAJ. GEN. STEPHEN LANZA

together and broken down into teams of three – a spotter, sniper and senior sniper. Since the teams consisted of Soldiers from both nations, they had the opportunity to work together to enhance their skills as they learn the different techniques they use to accomplish their job. The teams are scheduled to compete against each other after two weeks of training.

"Japanese snipers are great marksmen, for us our first job is reconnaissance, so we are focusing our training on that," said Staff Sgt. Mitchell Shaw, battalion sniper section leader, 5th Battalion, 20th Infantry Regiment, 3rd Brigade, 2nd Infantry Division.

Although communications might seem difficult between members who speak different languages, the snipers are finding creative ways to overcome the obstacle—whether it's using hand signals, drawing, or asking a translator for help.

"We want to train them as much as they want to be trained and vice-versa, we want to learn from them anything they can teach us," said Shaw a native of Reno, Nev.

Before the snipers began firing, they received a class on the dynamics of the sniper weapons system proper firing procedures and then separated into teams. The teams then went onto the firing lane to begin their hands-on training.

"Our members want to learn from the combat experience of their American counterparts, they see in them a wealth of knowledge," said Sgt. Maj. Matsuba Munetsugu, 16th RCT, JGSDF.

This is the 20th year of the exercise and the scale is much larger since the JGSDF brought additional resources.

"The result from this change is it provides a better training opportunity and the relationship that it builds with soldiers from both militaries is going to be really important as we move forward," said Maj. Gen. Stephen Lanza, commander, 7th Infantry Division, during the opening ceremony Sept. 4.

According to Lanza, this year's training will include all capabilities and weapons for a combined training exercise, and the training exercise will continue to build more opportunities to give Soldiers the best training possible.

"There is a professionalism that exists between our Soldiers even though we are from different countries," Lanza said. "While our cultures may be different, and our languages may be different the similarities between Soldiers are the same."

"As we work and train together we will sustain the bonds of trust that unites us professionally. The United States military must be globally aligned and regionally focused in this exercise with the Japanese Defense Forces. We look forward to working together, training together and learning from you as we continue this great training opportunity."

VANPOOLS

Continued from Page A1

TO JOIN A VANPOOL

The state's online vanpool scheduling system, rideshareonline.com, guides you through creating an account, finding vanpools in your area traveling to your workplace and linking up with the drivers. You can tailor the search to your schedule.

Once you've found a vanpool, there's paperwork to apply to receive the \$125 in DOD vouchers to pay your share.

Senior Sustainability Outreach Coordinator Miriam Villacian said that's the time to call Rosacrans or her counterpart, Makieda Hart.

"From there, you can smooth out some of the wrinkles that rideshare doesn't address," Villacian said.

Or you can just call them first, Rosacrans said. Because of service members' schedules and the paperwork involved, it sometimes is easier that way.

"It can come across as very daunting, but it isn't," Rosacrans said. "It's pretty simple."

TO START A VANPOOL

It gets a little more complicated when it comes to starting one, but that didn't stop Air Force Capt. Michael Wall.

The logistics officer with the 627th Logistics Readiness Squadron lives near Olympia. He joined a vanpool in 2012, and people noticed it dropped him off so close to work and on time.

He talked to a few others in his office and found out four others lived within a few miles of him. Five is the minimum number needed to establish a vanpool. The scheduling aspect is one reason why Villacian encourages service members to form pools within their units.

Working with Rosacrans and Thurston County's Intercity Transit, Wall said he was up and running with a Dodge Caravan in two months. That was after a background check, a defensive driving course with the transit agency and some other paperwork.

Wall is one of two pool drivers and also helps handle the bookkeeping.

"It's not rocket science," Wall said. "Can you keep track of who rides with you and your miles every day? It's that easy."

WHAT IF?

But emergencies happen, the kind that don't involve bringing four or more coworkers with you in a van.

Not to worry, Villacian said. Each transit agency has an emergency ride home program that allows a vanpool member to call a taxi. For Pierce Transit, the program has a cap of six emergency calls per calendar year.

Save the receipt and turn it in to the ETC to get reimbursed, Rosacrans said.

Wall said Intercity Transit takes it a step further – if an emergency happens and one of the drivers must take the van somewhere, the remaining riders can call Intercity Transit to arrange a ride home.

No matter what, Wall said, the program makes the commute a lot easier to handle. On the days he doesn't drive through the slow crawl to JBLM, he reads a book.

"Especially on Fridays on I-5," Wall said. "No one wants to be in that."

Jake Dorsey: jake.dorsey@nwguardian.com; @copyed9para

NEWS IN BRIEF

DEPARTMENT OF DEFENSE

T2 now offering online problem-solving course

"Different situations require different problem solving skills" sounds like a truism to pass along to service members struggling with the transition to civilian life.

But it's a reality for the team working on an online project mostly for military members called MovingForward, developed by the Department of Defense National Center for Telehealth and Technology with the Department of Veterans Affairs. It is intended to provide therapeutic help in the privacy of the home.

The website, startmovingforward.org, guides users through eight modules focused on how to solve problems and reduce stress in the civilian world, from small ones to how to handle the death of a loved one after returning home from duty.

Pamela R. Murphy, a clinical psychologist, said the components of MovingForward would look familiar to any psychological professional because they are evidence-based and derived from common psychological theories. The project works directly with service members in mobile labs to get feedback on what works and what doesn't, T2 Public Affairs Officer Joe Jimenez said.

The program introduces itself through the eyes of Brandon Miller, a 28-year-old former Marine, honorably discharged in 2010, divorced and afraid seeking help would make him look weak. After trying MovingForward, he learned how to handle the day-to-day problems of civilian life, and how to reduce stress to better solve problems.

There are tasks required at the end of each module. The homework is important, requiring the practice that helps make service members active participants.

At the end of the program, Murphy said, the service member should have an action plan to deal with a problem, as well as new coping strategies. The course can be repeated as often as necessary.

The site is live and feedback is being taken "to heart to improve the usability of the site," Murphy said.

Face-to-face courses are also available for service members, and call centers will receive training on when to recommend MovingForward.org.

Jake Dorsey: jake.dorsey@nwguardian.com

1ST SPECIAL FORCES GROUP

1st SFG DFAC Wins CG's 2nd quarter Best Dining Facility Award

With more than 100,000 personnel residing on Joint Base Lewis-McChord, there are more than a few dining facilities available to ensure service members and their families are able to find a good healthy meal. The dining facility run by the Soldiers of 1st Special Forces Group stood out as the best, winning the I Corps Commanding General's Best Dining Facility for the second quarter.

The award is given to the dining facility that best passes a comprehensive inspection covering food preparation and service, maintenance of equipment and even the morale and welfare of the Soldiers in the facility.

"I think everything has been done well in bits and pieces, and now we've put it all together to create the ultimate package to support the group," said Chief Warrant Officer 2 Nolan Kniss, the Food Service Adviser for 1st SFG.

"We've got some top-notch senior NCOs and I think we relate to the Soldiers not only on a professional level, but on a personal level," Kniss said.

While receiving this award is a first for 1st SFG, the DFAC has won several awards through the years and built a reputation around the group and JBLM.

"We have other cooks from DFACs on (base who) come and eat here; we have the freshest, most nutritious food, the best quality, and the best-trained Soldiers," Kniss said.

The 1st SFG cooks have also proven to be some of the best food service Soldiers in the Army, with several current and former members winning awards at competitions throughout the armed forces.

Kniss and his team are among the most-frequently deployed food service Soldiers on JBLM, but work to maintain the DFAC's service and reputation and their training.

Sgt. Michael Sword, 1st SFG Public Affairs

DEPARTMENT OF STATE

After 50 years, 'hotline' continues to promote dialog with Russians

WASHINGTON – In October 1962, the Cuban missile crisis put America on high alert. That confrontation between the United States and the Soviet Union brought with it the possibility of nuclear war.

In the aftermath of that international crisis, a major event in the ongoing Cold War between the U.S. and the Soviet Union, a hotline was activated, Aug. 30, 1963. The hotline, which turned 50 years old recently, was expected to ensure better communication between the two countries as part of an effort to help prevent "mutually assured destruction."

The hotline, or MOLINK, short for "Moscow link" was actually a teletype with a paper tape reader. Monitoring teams included an officer translator, an enlisted translator and a teletype communicator.

The translator rendered the Russian Cyrillic text transmitted from Moscow into English.

Several presidents, including Kennedy and Johnson, used the hotline. It is widely reported that the hotline was in use during the Six-Day Arab-Israeli War in 1967, during the 1971 Indo-Pakistani War and during several other conflicts.

MOLINK is still in use today in the National Military Command Center in the Pentagon basement, with links to the White House and State Department.

To ensure reliability, MOLINK transmissions have been tested hourly by the Americans and Russians for 50 years. Computers have since replaced the old teletype machines.

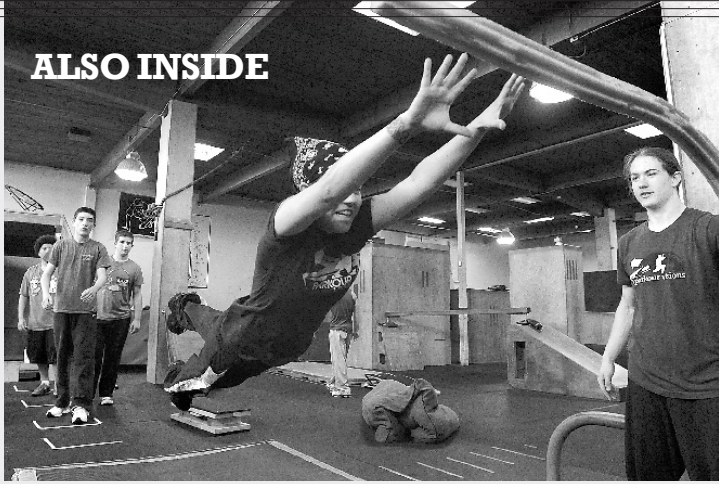
David Vergun, Army News Service

QUOTE OF THE WEEK

“Sexual assault is a stain on the honor of our men and women who honorably serve our country, as well as a threat to the discipline and the cohesion of our force. It must be stamped out. We are all accountable to fix this problem, and we will fix it together.”

CHUCK HAGEL, U.S. Secretary of Defense in a statement announcing New DOD Sexual Assault Prevention and Response Measures

ALSO INSIDE



Scott Hansen/Northwest Guardian

PARKOUR: Unusual training method allows Soldier to experience the world as an obstacle course. **SEE STORY, B1**

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SPECIAL OPS OIC: Lt. Gen. Charles Cleveland, commander of U.S. Army Special Operations Command, visited 1st Special Forces Group JBLM, Sep. 4, as well as 2nd Battalion, 75th Ranger Regiment and the 160th Special Operations Aviation Regiment, all of which fall under his command.

PARENTAL APPROACH: A seminar by the Family Matters organization taught the basics of Grace-Based Parenting, a parenting style that attempts to mirror God's love and displace fear as a motivator for behavior.



CBRNE EXERCISE: 51st ESB returns from Exercise Vibrant Response at Camp Atterbury, Ind. About 5,700 took part in the annual event.

Former 62nd AW Airman academy-bound

2nd Combat Camera Squadron

U.S. AIR FORCE ACADEMY, Colo. — Each summer at the U.S. Air Force Academy, a new group of basic cadets marches in formation for nearly eight miles from the Terrazzo to Jacks Valley.

For nearly two weeks, they endure rigorous training and learn to operate as a team in the field.

For most cadets, this represents their initial basic training experience and the beginning of their paths to becoming Air Force officers, but a few cadets in each class have taken the long road to Jacks Valley.

In early 2012, Senior Airman Leah Young stood in the back of the room during the annual awards banquet at Joint Base Lewis-McChord. Assigned to the 62nd Airlift Wing Public Affairs office, her role was to document the ceremony.

Young listened as Col. Richard Moore, Jr., the wing's vice commander's closing remarks. After congratulating the award recipients, he shared a few words about this time at the Academy.

“When I graduated from the Academy, my class color was silver,” the colonel said. “And when Lieutenant Young graduates from



Tech. Sgt. Eric Burks

Basic cadet Leah Young cools off after training in Utah during Basic Cadet Training July 30. She was accepted to the the Air Force Academy Class of 2017.

the Academy, her class color will also be silver.”

This was how Young learned she had been accepted to the academy.

“I was in the back with my camera in my hands, and I almost dropped it,” now-Cadet 4th Class Young said.

Young is one of 57 prior-enlisted Airmen among approximately 1,150 basic cadets accepted into

the Class of 2017. She applied through the Leaders Encouraging Airman Development program, developed to give Airmen the opportunity to compete for appointments to the Academy and Academy Preparatory School.

Through LEAD, commanders may nominate highly-qualified Airmen with officer potential. Every year, 85 slots are reserved for direct

appointment to the Academy and 50 slots for the Academy Prep School.

“Leah was a spectacular enlisted Airman, and I'm quite sure she'll be an even more amazing officer,” said Moore, now the 436th Airlift Wing commander at Dover Air Force Base, Del. “She has chosen a path that, while long, will serve both her and the Air Force very, very well.”

Young accepted an appointment to the Academy Prep School, which she attended during the 2012-2013 academic year.

“The prep school was very beneficial for me, and a great transition from living on my own as a Senior Airman to living in the dorms as a Cadet,” Young said.

It also prepared her for the academic challenges of Academy courses and focused on leadership. Cadet 2nd Class Emily Willson, a cadet cadre element leader during Basic Cadet Training, said it's beneficial to have prior-enlisted Airman among the basic cadets.

“The first time I sat down with Leah in counseling, I didn't ask her the same questions as everyone else because I knew she was a little older and had more experience,” Willson said.

LEAD is “an incredible program,” Willson said. “Once (the priors) become officers, they know how to work with the enlisted force because they've been there.”

With another “basic training” now under her belt, Young said she's looking forward to her freshman year at the Academy.

“I plan to take advantage of every beneficial opportunity that presents itself and build a strong network of successful mentors and fellow cadets,” Young said.

Her advice to other Airmen interested in commissioning opportunities is to “find exactly what you want.”

“The Academy's not for everybody,” she said. “It's definitely a different lifestyle than ROTC or any other commissioning program, so my advice would be just go with what you want for your future.”

“I'm proud to commission as a previously enlisted Airman,” she said. “I'm looking forward to using that experience to develop myself into a better cadet, officer and leader.”

Airmen interested in learning more about LEAD can visit their local Base Education Office or www.academyadmissions.com.

4-160 SOAR pilots escort history

BY STAFF SGT. THADDIUS DAWKINS II
U.S. Army Special Operations Aviation Command

Aircraft from 4th Battalion, 160th Special Operations Aviation Regiment participated in a historic flyover with a B-25 Mitchell Bomber to celebrate the history and advancements in Army Aviation, Aug. 26.

The aerial formation, which began near Everett, Wash., included an MH-60M Blackhawk, a MH-47G Chinook from 4-160 SOAR and a B-25 Bomber – the same aircraft used by Doolittle's Raiders when they were called upon to attack the Japanese Empire in the aftermath of the Pearl Harbor bombing.

The B-25 Bomber is rare. Major Gabriel M. Wolfe, commander of A Company, 4-160 SOAR said there are only six airworthy B-25s left. The flight was a first for this type of formation, he said. Due to the limited number of B-25s remaining, this could be the only time it will ever happen.

“In 2008, the Historic Flight Foundation gained possession of this B-25,” said John T. Sessions, founder and chairman of the Historic Flight Foundation. “It was an airshow favorite in Europe for the previous 20 years.”

“We had friends in England who made it ready for flight once we pur-



Maj. Daniel Hill

A Soldier from the 4-160 SOAR conducts a safety check from the ramp of an MH-47 Chinook over Everett, Wash., Aug. 26. The inspection was part of a historic flight with a World War II B-25 Bomber and Navy AT-6 training aircraft.

chased it,” he said while discussing the process of taking ownership of the historic aircraft. “Once it was ready, we flew it on the airshow cir-

cuit in England and around the continent. Following those flights, we began our trip back here. After several stops and 32-hours

of flight, we had made it back home.”

The Nightstalkers of 4-160 SOAR, whose lineage includes

flying fixed-wing aircraft as well as helicopters, were happy to take on the escort challenge.

“The Raiders trained in the Northwest and we still use that same training area today,” Wolfe said. “There is still a B-25 monument at the training area and markings painted on the runway for when the Raiders would practice take-offs and landings on a simulated (aircraft carrier) deck.”

Along with sharing a training area, there are other strong similarities between the men who volunteered for the Doolittle Raiders and the Nightstalkers.

“They were excellent at long-range infiltration, and that has become a hallmark profile of the Nightstalkers,” Wolfe said. “The Raiders, like us, also focused on the Pacific for their main area of operations.”

Wolfe said the flight formation was important in order to ensure the battalion is continuing to build relationships with civic and volunteer organizations like the Heritage Flight Museum and the Historic Flight Foundation, because they are the ones documenting aviation history.

“We are a unit who makes history and someday organizations like these will be helping to keep the memory of what we've done, especially over the last decade, alive.”

7th Inf. Div. DCG-S becomes latest JBLM general officer

BY STAFF SGT. MARK MIRANDA
7th Inf. Div. Public Affairs

Soldiers, families and guests visiting Joint Base Lewis-McChord gathered at the French Theater, Sept. 3, for a ceremony honoring the deputy commanding general (for support) of the 7th Infantry Division.

Colonel William K. Gayler was promoted to brigadier general following remarks by Maj. Gen. Stephen R. Lanza, commanding general, 7th Inf. Div.

“This is not really about Bill's achievements, we're not promoting him on what he's done, but what he can do for the Army,” Lanza said.

Gayler, a Distinguished Military Graduate of North Georgia College in Dahlonega, Ga., received a bachelor of business administration degree and was commissioned as an

aviation officer in 1988. He is a graduate of the Command and General Staff College and the National War College.

Gayler is a Master Army Aviator and standard instructor pilot in the AH-64D Longbow Apache and is also rated in the OH-58 Kiowa. After the promotion orders were read, Gayler's wife Michele, with daughters Maggie, Samantha and Katie, pinned single stars, brigadier general rank, onto his uniform.

At Watkins Field, a cannon battery fired volleys for the presentation of honors.

“I've been privileged and honored to have taken a part in building up the 7th ID,” Gayler said. “I know that I could not be here today if it weren't for those who ... paved that path for us.”

Gayler was presented with a tra-

ditional general officer's flag, signifying the general's presence, a black leather general's belt with 18-karat gold-plated buckle and a M9, 9mm Beretta pistol with a serial number assigned only to general officers.

The installation's newest general thanked the JBLM community for welcoming his family.

“As we look at how we connect Soldiers to the American people we recognize that the strength of the Soldier is the family ... but I would also say the strength of the family is the community,” Gayler said. “Whether that is the civilian or military community, it is huge what both do for our Soldiers and their families. You prop them up when we are deployed, you embrace them as far as your community and make this service to nation – wherever they are – feel like home.”



Staff Sgt. Mark Miranda

Daughters Katie, left, and Maggie, right, help Col. Bill Gayler, 7th Inf. Div. deputy commanding general for support, with his new one-star epaulettes during his promotion Sept. 3 to brigadier general at a ceremony held at French Theater.



JBLM Commander
Col. H. Charles Hodges Jr.

Public Affairs Officer
Joseph Piek

Command Information Officer
Kelsy Husted

Editor

Don Kramer
Assistant Editor
Johanna Krause

Journalists

Somer Breeze-Hanson,
Julie Smith, Dean
Siemon, Jake Dorsey
**Photojournalist,
Page Designer**
Scott Hansen

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

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STRAIGHT TALK

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



THIS WEEK'S QUESTION:

Has the 9/11 anniversary gained or lost meaning for you in recent years - and why?

READER RESPONSES:

"I grew up 15 minutes from NYC. The skyline was a major part of my life. I watched people come home that day covered in ash from the towers. I said goodbye to people I had known my whole life. For me the names of those who died that day aren't just names. Many were neighbors, parents of my friends. I watched the towers burn from the roof of one of the college dorms. My mom and I climbed a mountain in Paterson and watched our home burn for days. I will remember every moment of that day until the day I die."
— Marissa Cabani Sikder

"That day will forever be a part of me. I remember it like it was yesterday. It was a day where I saw the worst of people and the best of our people. I will never forget."
— Monica Blumberg

"It has lost meaning. Just this morning I seen a Facebook advertisement for 9/11. People are just using the day as a way to make money. That's a pretty awful way to remember the loss of so many Americans."
— Veronica Lynn Thomas

Next week's question:

What's the best book you read recently? Why would you recommend it?

VIEW FROM THE TOP

Commitment to service spans generations, cultures

BY MAJ. GEN. STEPHEN R. LANZA
7th Infantry Division commanding general

This past weekend I had the distinct honor of speaking at the 7th Infantry Division Association reunion in San Antonio. The division command sergeant major, Command Sgt. Maj. Delbert Byers, and I spent the evening with dozens of veterans whose service spanned combat deployments in World War II, the Korean War and Operation Just Cause in Panama.

Soldiers of the 7th Inf. Div. embarked from ships to take part in the occupation of Korea in September of 1945. Heroism and sacrifice were a hallmark of the Bayonet Division as it began occupation duty in Korea 68 years ago. It was the veterans we shared time with this weekend who would go on to serve heroically in Korea and establish our national link to the peninsula.



LANZA

It is absolutely vital that we retain and strengthen the connection to our veterans. Our veterans built the legacy and wrote the history of our Army. Those of us who currently serve owe them a debt of gratitude that will never be paid in full.

The division is grateful to the many Bayonet veterans who have, throughout the last year, reached out and been supportive of our efforts to keep the history of the division alive and vibrant.

While the 7th Infantry Division looks much different today – more than 22,000 Soldiers across three Stryker brigades, a combat aviation brigade, a fires brigade, an engineer brigade and a battlefield surveillance brigade, we still have the Soldiers who remain dedicated to the mission. These are resilient Soldiers and families who work hard to ensure they do the right thing – and engaged leaders who continuously ensure Soldiers are trained and ready to answer the nation's call. Most importantly, we are all dedicated to the Bayonet Division team and supporting I Corps operations and exercises.

It is with the support of veterans, and the communities surrounding us, that our Soldiers today are bolstered through long absences away from home and provided a hero's welcome when they return. The Soldiers of today's division are not much dif-

ferent than the veterans I spoke with at the reunion.

But it is not just Soldiers' service to the nation over the decades that are similar. As division Soldiers continue to train with their allied counterparts, the similarities are apparent.

Last week, I had the opportunity to take part in the opening ceremonies for Operation Rising Thunder, an exercise with the Japanese Ground Self-Defense Force. This annual exercise has been conducted for the last 20 years, and has seen generations of soldiers, from both armies, serving side-by-side as they train on sniper and mortar live-fire tactics.

There's compatibility, there's a partnership, there's a professionalism that exists between soldiers of all nations. While our cultures may be different, and while our languages may be different, the similarities between soldiers are being leveraged to provide the best training possible for both armies, as we expand our ally's capabilities.

This year's iteration saw the first joint-aviation live-fire training between the U.S. and the JGSDF, as they tested the interoperability of the AH-64E Apache helicopters with the Japanese army's AH-64D Apache helicopters in a live-fire exercise using AGM-114 Hellfire Missiles.

It speaks volumes to the adaptability of our forces, and I could not be more proud

at watching Bayonet Soldiers conduct complex, rigorous training next to our Japanese counterparts. We truly are a Team of Teams, in every aspect.

We must remember that as our country and our armed forces transition out of conflict in Afghanistan and rebalance toward the Pacific, we will face unknown challenges ahead. As we face those challenges, we must understand that we are not alone. We will be supported by our veterans and we will attack the challenges with allies and partners from divergent cultures and backgrounds.

Every effort must be made to maintain and enhance our connection to veterans and other supportive communities. Training exercises and operations conducted with allies and partners will be a top priority as well. Through these military-to-military training opportunities, we can better prepare ourselves for the challenges that will require our Army to conduct operations with Soldiers of many different backgrounds.

What is clear to me is that we will always have our similarities as Soldiers that span generations and cultures. We are all committed to service, sacrifice and something greater than ourselves. With the expertise we have throughout our formations and the support we have at home and abroad, I have full faith and confidence that we will successfully defeat any challenge our nation calls on us to meet.

COMMENTARY

Serve, protect mission includes preventing suicide

BY CHUCK HAGEL
U.S. Secretary of Defense

WASHINGTON – The Department of Defense has no more important responsibility than supporting and protecting those who defend our country and that means we must do everything possible to prevent military suicide.

As we observe Suicide Prevention Month, the entire DOD community – service members, civilians, members of our families and leaders at every level – must demonstrate our collective resolve to prevent suicide, to promote greater knowledge of its causes and to encourage those in need to seek support. No one who serves this country in uniform should ever feel they have nowhere to turn.

The Department of Defense has invested more than \$100 million into research on the diagnosis and treatment of depression, bipolar disorder and substance abuse, as well as interventions for relationship, financial and legal issues – all of which can be associated with suicide. We are working to reduce drug and alcohol abuse and we are steadily increasing the number of mental health professionals and peer support counselors.

Effective suicide prevention training is critical to all these efforts and we are instructing our leaders on how to recognize the signs and symptoms of crisis and encourage service members to seek support. We are also reaching out to military families and the broader

community to enlist their support in this cause.

Seeking behavioral health care is a choice that embodies moral courage, honor and integrity. Those values are at the foundation of what that we stand for and what we defend. The Military Crisis Line is there for all who need it. I encourage anyone in need to call 1-800-273-8255 and press one to speak to a trained professional, 24 hours a day, 365 days a year. This service is confidential and available to all service members and their families.

Always remember that our most valuable resource is each other. When one of us faces a challenge, we all must stand together. By fighting as one team, we can – and we will – help prevent suicide.

CHAPEL SERVICES

CATHOLIC MASSES
Saturday, 4:30 p.m. – MAMC Chapel
Saturday, 5 p.m. – McChord Chapel No. 2; (reconciliation at 4 p.m.)
Sunday, 9 a.m. – Main Post Chapel
Sunday, 9 a.m. – MAMC Chapel
Sunday, 10 a.m. – McChord Chapel No. 2
Sunday, noon – Evergreen Chapel
Sunday, 5 p.m. – Main Post Chapel
Daily (Mon-Fri), noon – Lewis North Chapel
Daily (Mon-Fri), 1:45 a.m. – MAMC Chapel; call 253-968-1125
1st Fridays, noon – McChord Chapel No. 2

PROTESTANT SUNDAY
8:30 a.m. – Liturgical – Evergreen Chapel
8:30 a.m. – Traditional – McChord Chapel No. 1
10 a.m. – Contemporary – Four Chaplains Memorial Chapel (Chapel Next)
10:30 a.m. – Collective – Main Post Chapel
10:30 a.m. – Collective – MAMC Chapel
10:30 a.m. – Contemporary – Soldiers Memorial Chapel
11 a.m. – Contemporary – McChord Chapel Support Center
11 a.m. – Gospel – Lewis North Chapel

DIVERSE WORSHIP
Jewish
1st, 3rd & 5th Fridays at 6 p.m. – Bldg. 2002
Islamic
Fridays, 12:30 p.m. – MAMC Chapel Conference Room, 968-1125
Buddhist
Thursday, 6 p.m. – Lewis North Chapel, 966-5959
Wiccan
Sunday, 3 p.m. – Building T-6195, JBLM Lewis Main

JBLM SNAPSHOTS



Lisa Crawford

The families of Horseman Troop, 1 Squadron, 14th Cavalry Regiment, 3rd Brigade, 2nd Infantry Division, participated in family PT Day. Miley Lowe does PT alongside her Dad, Sgt. 1st Class Robert Lowe.

THIS WEEK IN HISTORY

- SEPT. 13 – 1814:** British bombard Fort McHenry, inspiring the Star Spangled Banner.
- SEPT. 14 – 1847:** American troops under Winfield Scott capture Mexico City.
- SEPT. 15 – 1916:** First use of tanks in war, by the British in the Battle of Somme.
- SEPT. 16 – 1950:** Viet Minh begin offensive against French bases in Vietnam.
- SEPT. 17 – 1978:** Menachem Begin, Anwar Sadat and Jimmy Carter sign Camp David Accords.
- SEPT. 18 – 1918:** Battle of Megiddo (Palestine) begins.
- SEPT. 19 – 1863:** Battle of Chickamauga begins.

More face protection with helmet prototype

Digital integration, removable mandible are among upgrades

BY BOB REINERT
USAG-Natick Public Affairs

NATICK, Mass. — In their quest for better helmet technologies to keep Soldiers and Marines safe on the battlefield, researchers at Natick Soldier Research, Development and Engineering Center are making a “HEaDS-UP” play.

Helmet Electronics and Display System-Upgradeable Protection, or HEaDS-UP, has been a four-year effort at Natick to provide mounted and dismounted troops with a more fully integrated headgear system. HEaDS-UP has focused on developing a Technical Data Package of design options and tradeoffs to build a modular, integrated headgear system. Some of these technologies include: improved ballistic materials; non-ballistic impact liner materials and designs; see-through and projected heads-up display technologies; better eye, face and hearing protection; and communications.

Two modular headgear concept designs emerged from the process. They will be officially unveiled in October during a demonstration at Fort Benning’s (Ga.) Maneuver Battle Lab, said Don Lee, project engineer in the Headgear Thrust Area of Natick Soldier Research, Development and Engineering Center, or NSRDEC.

“We’ll have mounted and dismounted Soldiers wear the two different concepts, performing a variety of tasks,” Lee said. “The event will be a VIP demo of Soldiers conducting training operations at mission speed using the helmet concepts.”

According to Lee, the advances resulted from the collaboration between NSRDEC and the Army Research Laboratory.

Quarterly meetings kept dozens of involved personnel on the same page.

“The program was very successful due to the collaborative support from the different agencies,” Lee said. “Without that collaboration and support, it would have made the program more challenging.”

Lee said that the program looked at a variety of technologies.



The Helmet Electronics and Display System-Upgradeable Protection, or HEaDS-UP, helmet prototypes allow crew members to avoid breathing air fouled by dust, sand and rocks while looking out the hatches of moving vehicles.

USAG-Natick
Public Affairs

“It was mostly like an 80-20 split — 80 percent material solution, 20 percent impact on the Soldier,” said Lee, “kind of setting the stage for the next evolution of headgear protection, which will look to swap that, doing more 80 percent impact on the Soldier and 20 percent material solution.”

The modular prototypes were designed to allow warfighters to adapt the headgear to the mission and to work harmoniously “with other existing, fielded technologies — your body armor, your (hydration pack), your protective eyewear, and then being able to accomplish common skills and tasks — getting up, getting in a prone position, entering a vehicle, exiting the vehicle, sighting a weapon, and stuff like that,” Lee said. “We’ve done some cognitive studies, as well, looking at head-mounted displays, see-through displays, the integration factor of the display.”

Mounted and dismounted Soldiers have already worn the proto-

types in “human factors evaluations,” from which data were collected, analyzed and applied.

“We were able to integrate the concepts during their normal training scenarios, and then following their training event, get feedback from them,” Lee said. “It was quite overwhelming, the response (we) received that every Soldier that used these systems liked the prototype systems over their currently fielded system. So whether it was an (Army Combat Helmet) or a (Combat Vehicle Crewman helmet), they all like the prototypes over them.”

Lee predicted that Soldiers will embrace the modular platform, from which parts can be added or removed in seconds.

“Being able to don that (mandible and visor) protection when needed or being able to remove it when not needed is the big ‘wow’ factor,” he added.

The mandible and visor provide fragmentation protection for the

face, Lee said.

“Going by a recent (Joint Trauma Analysis and Prevention of Injury in Combat) report, of all the injuries to the head, 72 percent are to the face,” Lee said. “So that shows a technology gap there.”

“Soldiers wear the (ballistic) eyewear, but everything outside the eyewear is open. This will be the biggest advantage to the Soldier.”

Vehicle crew members also should appreciate the headgear.

“One of the things I hoped to do with this program was reduce the logistic footprint of combat helmets for ground Soldiers,” Lee said. “Right now, mounted Soldiers have two helmets. They have their Combat Vehicle Crewman helmet and they have their Advanced Combat Helmet. So, if they dismount from the vehicle, they’re supposed to swap helmets.”

“I think we’ve proven through our program that there can be one helmet for both mounted and dis-

mounted Soldiers, which, I think, is a big deal. I think the program’s proven that a one-helmet system for ground Soldiers, whether they’re mounted or dismounted, can exist.”

Crew members looking out hatches discovered an unexpected benefit during evaluations.

“When the Soldiers wore the prototype systems with the visor and mandible,” said Lee, “it was the first time that they weren’t eating sand and dust and rocks going down the road.”

Ultimately, the program data will be transferred to Program Executive Office Soldier and the Marine Corps for decisions about what technologies should be fielded.

“We’ve come up with tradeoffs, ideas, designs that the Soldier will benefit from in the end,” Lee said. “When these technologies impact the Soldier in a positive way, that’s really the reward at the end of the day.”

ACS can help you plan your estate

BY DEAN SIEMON
Northwest Guardian

One of the first things anyone thinks about when a loved one passes away is how their estate will be divided in a will and trust.

Using personal experience after her husband passed away earlier this year, financial counselor Ryki Carlson of the Survivor Outreach Services at Joint Base Lewis-McChord will tell you there were a lot of factors that caused her to say "I wish somebody would have told me that."

Those factors and lessons she learned were the subjects of an estate planning discussion class at the McChord Library Aug. 21.

"There's so much to know that if you don't know, it will usually cost you money," Carlson said.

One of the big things is the cost of a death certificate is \$20 per copy, which is needed to give to government agencies, financial companies, insurance and annuity companies, utilities, credit reporting agencies, memberships and for any newspaper and/or magazine subscriptions. A death certificate in the state of Washington takes about seven to 10 days to process and must also have the VA stamp provided by the coun-

ty records departments for veterans.

Carlson recommends having at least five death certificate copies to close accounts and re-title properties like vehicles (another \$25 in Washington) or a house (\$82).

The costs continue to rise when it comes to a funeral and burial which costs anywhere from \$5,000 to \$15,000.

Some of those expenses can be reimbursed for veterans – up to \$2,000 if the passing was service-related or about \$700 for non-service related.

"There are expenses that we never really think about ahead of time," Carlson said. "What we want to do for our loved ones is different than what we can afford."

For bank accounts, investments, life insurance policies and titles for cars and vehicles, there can be complications in switching a title or removing an account holder's name.

When a married couple holds a bank account, the two are listed as joint tenants with right of survivorship. That means the widow owns 100 percent of the funds, but may have to close out the bank account if the first person listed is deceased.

"If you're husband passes away,



Dean Siemon/Northwest Guardian

Frank Dooling, a retired commander for the U.S. Navy, looks through provided documents during an estate planning class provided by JBLM Survivor Outreach Services Aug. 21 at McChord Library.

you have 60 days to close it out," Carlson told those in the class. "I had to open another account and transfer the money."

The keyword for any joint bank account, stock account or property title is joint tenants with right to survivorship or payable on death.

If those words aren't in the paperwork and someone passes away,

then the assets go into probate – the process where a court resolves and distributes the assets in question and costs an additional \$300 in filing fees.

"To avoid probate, title everything correctly," Carlson said. "Make a list of what to do and how things need to be dispersed to beneficiaries."

7th ID CG adds battle buddies to SHARP program

BY STAFF SGT. DAVID CHAPMAN
5th Mobile Public Affairs Detachment

Thirty-two junior officers and junior enlisted Soldiers of the 7th Infantry Division attended a 40-hour peer to peer Sexual Harassment/Assault Response Prevention course Aug. 26 to 29 on JBLM.

Similar to Sexual Assault Response Coordinators and Victims Advocacy training, the course was a first at JBLM.

Designed by Maj. Gen. Stephen Lanza, commanding general, 7th Infantry Division, the goal of the program is to enhance and support the SHARP program. It matches victims with battle buddies they can interact with when they don't feel

comfortable talking with someone senior in rank.

"When Maj. Gen. Lanza stood up the 7th Inf. Div., he began to have SHARP panels," said Master Sgt. Carol Chapman, SHARP program manager, 7th Inf. Div. "Right after his first 30 days he called for 15 to 30 Soldiers of all ranks to find out what they know about SHARP and what he can do to make the program better."

Based on sensing sessions, 7th Inf. Div. Soldiers identified a discomfort with confiding in seniors and asked for SHARP-educated peers.

"Victims should consider this person on their level, and can un-

derstand what they are going through," Chapman said.

These peers are trained to listen, guide them to the right resources, and correctly report, said Lt. Col. Celia FlorCruz, SHARP program manager, 7th Inf. Div.

Throughout the week Soldiers learned their responsibilities about sexual assault in the Army.

"This class allows us to be a positive cure that is going to attack the infection of this negative issue of sexual harassment and assault," said Spc. Karl Ottesen, health care specialist, 2nd Brigade, 2nd Infantry Division. "I think this is an outstanding start, the Army is trying to change its culture, and the best way

is start at the base with the lower enlisted."

"We're kind of bringing it (sexual assault) out of the dark," FlorCruz said. "We haven't always been good at talking about these issues before, so by providing peer to peer training we are shedding some light on the subject."

The course helped identify people to serve as SHARP specialists.

"What we are trying to do is provide the commanders with more tools, more firepower to get at this target, which is sexual assault affecting our operations," FlorCruz said.

The peer to peer program is one method that can help commanders

This is where a solid will comes in to provide details on how assets are divided and what should be used for funeral and burial costs. The will also dictates what you want done in regards to burial or cremation and if you prefer to be an organ donor or request to donate your body to science.

Carlson recommends providing a list of all the bank accounts with numbers and passwords, as well as all things that need to be closed after passing away.

It also doesn't hurt to talk to family and friends ahead of time.

"We're already devastated when people pass away, and there are never any cool financial surprises," Carlson said.

The next class is scheduled for noon Sept. 25 at the McChord Library. Another class is scheduled at 2 p.m. Oct. 23.

For more information, visit the SOS office at the ACS Annex, Building 2166 on Liggett and S. 12 Street on Lewis Main or call 253-967-3672.

Dean Siemon: dean.
siemon@nwguardian.com
@deansiemon

provide an open, safe climate within their units and provide resources for victims.

"The goal of the program is to have a minimum of two peer representatives in each battalion. As the peer program grows and expands each company will eventually have their two or however many the commander sees fit," Chapman said.

"Major General Lanza's intention is to put more power and understanding down at the lowest level," FlorCruz said. "You shouldn't have to rely on one or two subject matter experts; this is a Soldiers skill!"

Although in its infancy, the peer to peer program is set to debut Armywide in 2014.

Sea-Tac USO branch set to grow

BY SOMER BREEZE-HANSON
Northwest Guardian

The USO Northwest at Sea-Tac International Airport Center outgrew its location years ago.

Located on the second floor of the main terminal, the 3,400-square foot center is open 24 hours a day, seven days a week for the 10,000 local and traveling military personnel who pass through every month.

USO Northwest and Port of Seattle signed a lease for a new 7,000-square foot center down the hall from the current location that has been in operation since 1966.

“This USO is being built for (the service members),” USO Northwest at Sea-Tac Manager Bill Baker said. “It’s open to all military members and their dependents, wherever they’re traveling. This is

where they can feel safe and be fed, whether their time here is two hours or two days.”

The new \$1.7 million center is expected to open April 1, 2014 and will better accommodate the more than 100,000 military members who utilize the center annually. The USO Northwest at Sea-Tac is the busiest center in the USO inventory nationally, with traffic expected to increase.

The spacious center will include updated facilities and services free for service members, their families, Reservists and retired military with a valid military ID.

The center will include a bunk room, showering facilities, family areas and enhanced food services.

The technology area will include features similar to the War-

“It’s open to all military members and their dependents, wherever they travel. This is where they can feel safe and fed, whether their time here is two hours or two days.”

BILL BAKER

USO Northwest at Sea-Tac manager

rior Zone on Joint Base Lewis-McChord, like a gaming pod lounge with back-to-back TV screens for video games. There will also be a theatre room and multiple internet bars with free internet access.

A larger cafe will include an open kitchen format with ready-made food as well as a sandwich station and a fountain drink ma-

chine. All food and beverages are complimentary.

Families with children will find comfort in the expanded family room where the kids are able to play, watch movies or rest.

The new center will allow USO Northwest at Sea-Tac to host the United Through Reading Military program, which provides an opportunity for a military member to

be video recorded reading a children’s book. After the service member deploys the video and book is mailed to their children free of charge.

In its current location it is difficult to fully accommodate all the visitors during its peak dates and times: Mondays, Wednesdays and Saturdays from 10 p.m. to 2 a.m. Often times visitors have to sit on the floor outside of the center because the room is at capacity.

“We’ll be able to have all those people inside the center, as well as the luggage,” Baker said.

To see renderings of the new site or for more information visit usopsa.org

Somer Breeze-Hanson: somer.breeze-hanson@nwguardian.com

Davit brings vision, experience to joint installation

BY JULIE SMITH
Northwest Guardian

Colonel Anthony Davit fell in love with airplanes as a young boy after his grandfather took him to an air show. He knew then that when he grew up, he wanted to be a pilot in the U.S. Air Force.

After he graduated from Purdue University with a bachelor's degree in civil engineering, the Indiana native headed to pilot training at Reese Air Force Base, Texas. But after one month, doctors made a discovery that put Davit on a different path.

Doctors diagnosed Davit with an obscure disease called chorioidal osteoma, which distorted the vision in his left eye. Davit said he hoped surgery would repair it, but his eyesight never fully recovered. The Air Force allowed him to stay in the service, but it medically discharged him from pilot training.

Now, as the new deputy commander of Joint Base Lewis-McChord, Davit emphasizes a different kind of vision — one that promotes the partnership of a joint base endeavor representing the best practices of Army and Air Force.

That's because Davit not only serves as JBLM's deputy commander, he also commands the 627th Air Base Group, an Air Force unit comprised of active military squadrons that perform installation support services. About 85 percent of the Airmen of the 627th ABG are embedded in the Army organizational structure to provide base support, working in public works, fire and emergency services, environmental protection and facility maintenance.

"I'm looking forward to the challenge of moving the base to the next level across the spectrum of installation support," Davit said. "There



Julie Smith/Northwest Guardian

Col. Anthony Davit makes remarks about the way forward at the 627th Air Base Group change of command ceremony Aug. 5 on Watkins Field on JBLM.

are lessons to be learned from both sides of the house."

He cited Air Force installation management practices and the robust personnel pro-

grams of the Army as two examples of how each service could learn from the other.

Davit's past assignments have prepared him well for his responsibilities at JBLM. He

has commanded two Rapid Engineer Deployable Heavy Operational Repair squadrons, heavy construction units that support military operations across the globe. Davit de-

ployed seven times to Iraq and Afghanistan, working in a joint environment with the Army during each time. He also served in El Salvador, Bosnia and Italy, and was involved in clean-up efforts after Hurricane Andrew — a Category 5 storm — struck Florida in 1992.

"I've had a great career as an engineer," Davit said.

Since Davit took command of the 627th ABG on Aug. 5, he has been learning about the installation, attending community events and getting acquainted with the JBLM commander, Col. H. Charles Hodges Jr. They've discovered they have many things in common.

"We both have daughters who are 16, so we can talk about that," Davit said with a smile. "But we also see eye to eye on the way forward for this joint base."

Julie Smith: julie.smith@nwguardian.com

Not too early for Halloween fire safety reminders

Approval required by fire officials prior to haunting

BY JULIE SMITH
Northwest Guardian

With store shelves already stocked with Halloween candy and costumes, Joint Base Lewis-McChord fire safety officials want to remind the community about fire codes and proper procedure when planning a haunted house.

Military units and organizations must submit an application to the JBLM Fire Prevention Office 15 days prior to the opening of the haunted house. The haunted house will be subject to an inspection 24 hours before public use to make sure the special event is compliant and approved.

"Many times we get called in after units have everything set up and we discover many things that are non-compliant," said JBLM Fire Inspector Ed Chavez. "It's better for us to inform them in the beginning about

what they can and can't do than to tell them after they've done all of this work."

In the past, fire inspectors discovered decorations covered ceiling sprinkler heads or hindered access to suppression and detection devices, such as fire extinguishers or smoke alarms. Materials have been used to cover exit signs to make rooms completely dark, which is against fire code, Chavez said.

"Rooms have been packed with highly flammable equipment or combustible fuels," he said. "People just need to call us first."

For an application to set up a haunted house, please call the JBLM Fire Prevention Office at 253-966-7164.

Housing residents instructed to attend fire prevention training

Military sponsors who sign a lease to occupy a JBLM family housing unit must attend mandatory fire prevention training. Training classes are held Monday through Friday at 1 p.m. at Waller Hall. Family members are encouraged to attend.

Family housing occupants are responsible for fire prevention within their assigned unit. Families are urged to develop a fire escape plan with evacuation instructions including how to report the fire.

JBLM fire prevention officials said unattended cooking is the main cause of fires in JBLM housing units. Any cooking should be supervised at all times.

In an oven fire, turning off the oven and keeping the door closed will extinguish the fire. Keep a lid nearby when cooking on the stove top to smother a small grease fire, and remember to turn off the stove.

Chavez said another family housing fire threat is "fireloading" – the storage of household items such as furniture, boxes or pallets in carports or garages. The best idea is to get rid of things that are broken and sell or donate items that are not used.

"All of these things become fuel to a fire," Chavez said.

Residents also need to make sure to completely extinguish cigarettes, barbecues, grills and candles.

Official says space heaters in JBLM offices prohibited for safety's sake

The last day of summer is Sept. 22, and as the temperature drops outside, heat and energy consumption will rise in workplace environments on the installation.

JBLM Energy Program Manager Eric Waehling said employees need to remember the use of space heaters in the workplace is prohibited on JBLM.

"It's more of a safety issue than an electrical consumption issue," Waehling said.

If employees feel their building is too cold, Waehling said they first need to make sure the building's heat system is working. If there is a concern about the building's temperature, the initial step is to notify the Directorate of Public Works service order line at 253-967-3131.

DPW will send someone to make sure the heat system is operable and heating offices to the Army standard of 68 degrees.

Waehling said if that still seems cold, employees should make sure they are wearing the appropriate clothing.

JBLM Housing Division Chief Greta Powell said there is no policy precluding the use of space heaters in family housing units, but residents should do so with safety in mind.

According to the National Fire Protection Association, space heater fires are most often caused by heating equipment being placed too close to things that can burn, like upholstered furniture or bedding.

Other factors contributing to space heater fires were failure to clean the heater and leaving the heater unattended.

The NFPA suggests a 3-foot safety zone around space heaters. Turn heaters off when leaving the room, and purchase one with an automatic shut off feature that turns the heater off when it is tipped over.

Make sure to place the heater on a flat, solid surface and plug the heater's power cord into an outlet, not into an extension cord.

Julie Smith:
julie.smith@nwguardian.com

Warhorse spouses get taste of Soldier's life at unit spur ride

BY STAFF SGT.
CHRIS MCCULLOUGH
*3rd Brigade, 2nd Infantry Division
Public Affairs*

Spouses of Soldiers assigned to the 1st Squadron, 14th Cavalry Regiment gathered at Rose Field at Joint Base Lewis-McChord for a Spouse Spur Ride.

The Sept. 5 event was designed to give the spouses some idea of what their Soldiers endured during their own spur ride, said Capt. Paul Kelly, commander, A Company, 1st Squadron, 14th Cavalry Regiment.

It included events such as an Army Physical Fitness Test, the M4 range, a mockup grenade range and an obstacle course.

"It's just a fun event. It's an event where we get the spouses ... to come out and enjoy the day in the life of a Soldier, so that they can understand their Soldier better," said Lt. Col. Robert Halverson, squadron commander, 1-14 Cav.

Spouses gathered at 8 a.m. for accountability and the fitness test. They were separated into groups based on their Soldier's troop and



Following the M4 range, spouses of Soldiers assigned to the 1-14 Cav. were transported to the grenade training area where they were treated to Meals-Ready-to-Eat before trying their hand at lobbing training grenades at various targets during the grenade lane portion of the squadron's Spouse Spur Ride held at JBLM, Sept. 5. The spouses conducted tire runs, low crawled under barbed wire, and sprinted from station-to-station until all six stations were complete and the mockups were neutralized.

Staff Sgt. Chris McCullough/
3rd Brigade, 2nd Division
Public Affairs

moved to their APFT test area.

"I think that the APFT was fair (and) it was fun to do," said Kristi Kelly, wife to Capt. Paul Kelly, Company A., 1-14 Cav. "You have a minute to do however many sit-

ups and pushups and then you run. I think everyone here did as much as they could and they pushed themselves a little harder. I think it was pretty fun."

The wives then donned their

husbands' Improved Outer Tactical Vest and were transported via Light Medium Tactical Vehicle truck to the M4 range. They received a safety brief and weapon orientation, then fired at a 25-meter target.

They were then treated to Meals-Ready-to-Eat before trying their hand at lobbing training grenades at various targets. They did tire runs, crawled under barbed wire and sprinted from station to station until they finished all six.

Next was a confidence course, where the spouses' poise and endurance was put to the test.

"Just like a crucible for the troops with their own spur ride, coming together and doing something like this, builds a shared understanding, a shared experience," Halverson said. "Getting people together to sit and talk is something; but a shared experience like this, it builds a team."

"We always talk about resiliency. We build resilient families and Soldiers. How do you do that? It's things like this. It's about building a team," Halverson said. "(Many of) the people that turned out today are the core of our (family readiness group) and the core of our families. If you build resilient families, you build resilient Soldiers at the end and that's what this is all about."

Special Forces Soldiers help students prep for school

BY SGT. MICHAEL SWORD
1st SFG Public Affairs

As September draws closer each year, children prepare for a new school year by getting school supplies. Families of 2nd Battalion, 1st Special Forces Group received a helping hand from their family readiness group, which gave away school supplies, movies, popcorn ice cream

at its second annual Back-to-School Ice Cream Social. More than 60 children, parents and Soldiers showed up to 1st SFG (A)'s Multi Purpose Room to enjoy a night of socializing, fun and school

supplies for the upcoming school year.

"The Back-to-School Ice Cream Social is a way that 2nd Battalion families can come together once again before the start of a busy school year," said Bridget Manalo, family readiness support assistant for 2nd Bn., 1st SFG.

This year, the battalion's FRG filled more than 40 backpacks for children from pre-school to high school with donated supplies from Operation Homefront. Manalo even drove to Portland to get enough supplies for all the children who were

expected to attend.

"This event supports our families in 2nd Battalion by providing free school supplies and backpacks to their children," she said. "We hope that this event will help families who may have been struggling to provide supplies along with school fees, new shoes and clothing, and help offset some of the costs at the beginning of the school year."

The turnout improved from last year to this year, Manalo said.

She added that she hopes the event will keep getting better and help more families.



Sgt. Michael Sword

Children line up for ice cream during the second-annual back-to-school ice cream social in the 1st SFG multipurpose room.

NWGUARDIAN.COM

EMPLOYMENT ASSISTANCE TRAINING: Many service members will sign up to receive employment assistance training, either by attending a workshop in person or through the ACAP Virtual Campus training online. Classes offer the skills and knowledge needed to attain transition goals. Additional help with resume writing, job application and interview techniques is available at the AACAP center.

Information from www.acap.army.mil/faq



JBLM service members attend a three-day Department of Labor employment workshop, Apr. 16, coordinated by the JBLM AACAP on 2nd Division Drive. For information about transition events, call 967-3258.

ARMY & AIR FORCE CAREER & ALUMNI PROGRAM VIRTUAL CENTER

Sept. 13: Financial Planning Seminar, 4 p.m.; VA Benefit Briefing II, 2:30 p.m.

Sept. 14: Federal Resume Seminar, 8 a.m.; 6 p.m.

Sept. 16: Transition Program Overview, 3 a.m.; 7 p.m.

Sept. 17: DOL Employment Workshop, 12 p.m.; MOS Crosswalk, 3 a.m.; 7 p.m.

Sept. 18: DOL Employment Workshop, 12 p.m.

Sept. 19: DOL Employment Workshop, 12 p.m.

Sept. 20: Financial Planning Seminar, 8 a.m. - 2 p.m.

Sept. 21: Advanced Resume Seminar, 3 - 4 a.m.; 9 - 10 a.m.; 6 - 7 p.m.

Sept. 23: Transition Program Overview, 3 - 4 a.m.; 7 - 8 p.m.; VA Benefits Briefing I, 1 - 4:30 p.m.

Sept. 24: DOL Employment Workshop, 8 a.m.; MOS Crosswalk, 3 - 5 a.m.; 7 - 9 p.m.

Sept. 25: DOL Employment Workshop; 8 a.m.

Sept. 26: DOL Employment Workshop, 8 a.m.; Financial Planning Seminar; 4 - 10 p.m.

Sept. 27: Financial Planning Seminar; 8 a.m. - 2 p.m.; VA Benefits Briefing II, 2:30 - 4:30 p.m.

For more information on the ACAP Virtual Center, call 1-800-325-4715 or visit www.acap.mil/virtual/

All times listed are Eastern time zone.

Agencies help transitioning military

American Forces Press Service

WASHINGTON – The Departments of Defense, Veterans Affairs, Labor, Education, the Office of Personnel Management and the Small Business Administration codified their continued commitment to help transitioning service members be “career ready” for civilian life by signing a statement of intent on Aug. 15.

“This puts our shared commitment to our service members in black and white,” said Dr. Susan Kelly, principal director of DOD’s Transition to Veterans Program office.

Each of the military services was represented during the formal signing of the statement of intent, said Francine Blackmon, deputy assistant secretary of the

Air Force for force management integration.

The services have aggressively implemented the components of the redesigned Transition Assistance Program, Blackmon said, ensuring service members are provided all the necessary tools to make a successful transition to civilian life.

More than 250,000 service members separate from active duty each year, and they face numerous challenges as they transition to civilian life. The statement of intent is a milestone for the interagency effort to redesign the 1990s-era transition assistance program model and help service members meet those challenges.

The signing shows that the redesigned TAP is not a short-

term effort but a set of greatly improved transition services that the partners will sustain for the long-term.

Over the last eighteen months, the DOD and VA have led the efforts of the Veterans Employment Initiative Task Force interagency partners and the White House Economic and Domestic Policy Council staffs in redesigning the Desert Storm-era Transition Assistance Program to better prepare service members for these challenges as they leave the military and become veterans.

AT RIGHT: Marine Corps Maj. Dave Baril addresses members of the Washington Military Transition Council June 4 in DuPont.



Christopher Gaylord/Northwest Guardian



ONLINE COLLEGE FAIR

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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 Building 1010. For more information, call 253-477-0182.



SNAPSHOT

ALCC reopening

JBLM commander Col. H. Charles Hodges Jr., along with Col. Anthony Davit, JBLM deputy commander, William Harvey, Director of Family and Morale, Welfare and Recreation, Steven Perrenot, Director of Public Works, and Sid Jones from the U.S. Army Corps of Engineers, cuts the ceremonial ribbon at the reopening of the American Lake Conference Center, Wednesday, at JBLM Lewis North.

Dean Siemon/Northwest Guardian

GOT FEEDBACK? LET'S HEAR IT

What do you want to know in 2013? 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 253-477-0183.

CALENDAR

The following holidays and days of no scheduled activities (DONSA) are planned:

- Oct. 11, DONSA
- Oct. 14, Columbus Day (ob served)
- Nov. 8, DONSA

YOUTH BASKETBALL AND CHEERLEADING

Register youth ages 5 to 15 through Oct. 18 for CYS Services youth basketball, Lil Dribblers basketball and cheerleading. Each sport costs \$55 per child.

Register at CYS Services Parent Central, 2295 12th and Bitar at Lewis Main or at 578 Lincoln Blvd. at McChord Field. Download and fill out forms from JBLMmwr.com under WebTrac/online registration, CYS Services.

For more information, call CYS Services at 253-967-2977.

ATTEND GREEN DRAGON BALL

The 11th Chemical Battalion (Technical Escort) invites you to the Pacific Northwest Green Dragon Ball on Sept. 20 at the Lacey Community Center, 6729 Pacific Ave. SE, Olympia. Social hour begins at 5:15 p.m.; official party arrives at 6 p.m. Ticket price: \$38. For more information, email: roxanne.a.wegman.mil@mail.mil.

REGISTER FOR YOUTH STRENGTH AND CONDITIONING COURSE

Register youth ages 8-15 through Sept. 20 for CYS Services' Mind, Body and Soul strength and conditioning course.

The course costs \$35 and runs through Nov. 18. Register at CYS Services Parent Central, 2295 12th and Bitar at Lewis or at 578 Lincoln Blvd. at McChord Field. Download and fill out forms from JBLMmwr.com under WebTrac/online registration, CYS Services.

For more information, call CYS Services at 253-967-2977.

PLAY IN ONE-DAY TEXAS HOLD 'EM TOURNAMENT

Play to win in a one-day Texas Hold 'Em Tournament at the McChord Club/Community Center at McChord Field Sept. 21. Prizes include \$500, \$400 and \$300 gift cards.

Sign-ups begin at 1 p.m.; the tournament begins at 1:30 p.m. The \$18 per person cost covers your chips and includes a light buffet. A no-host bar is also available. For more details, call 253-982-0718.

TEEN ZONE HOSTS FATHER-DAUGHTER DANCE

CYS Services-registered families are invited to attend the Father-Daughter dance at Lewis Main's Teen Zone Sept. 28 from 6:30 - 8:30 p.m. Light snacks and refreshments will be provided. Preregister by Sept. 23; call 253-967-4441.

CRAFTERS WANTED FOR MCCHORD HOLIDAY BAZAAR

Are you a crafter or artist looking to sell your hand-crafted items? Sell your gifts at the McChord Community Center's Holiday Bazaar Dec. 7 from 10:30 a.m.-3 p.m. Call 253-982-0718 for entry details.

WATCH NFL SUNDAY TICKET

You have three great places at JBLM to watch NFL Sunday ticket games: The Caddy Shack at Eagles Pride Golf Course, the Warrior Zone and the Heroes Lounge inside Cascade Community Center.

REGISTER FOR YOUTH CROSS COUNTRY

Register youth ages 8-15 through Sept. 20 for CYS Services youth cross-country running. The sport includes 5k and 10k training for runs through Nov. 19.

Register at CYS Services Parent Central, 2295 12th and Bitar at Lewis or at 578 Lincoln Blvd. at McChord Field. Download and fill out forms from JBLMmwr.com under WebTrac/online registration,

CYS Services. For more information, call CYS Services at 253-967-2977.

ENJOY A FUN NIGHT OUT AT THE LU'AU

Dine on a delicious luau buffet and be entertained by live Polynesian dance and music at the McChord Club and Community Center's Luau, Saturday. The meal includes roast pig, chicken, mahi mahi, sweet potatoes, stir fry vegetables, salads, tropical fruit, dessert and more.

Cost is \$24.95 for adults (\$23.95 for club members), \$12.95 for ages 4 - 13 and free for ages 3 and younger. Purchase your tickets at Leisure Travel Services, 2275 Liggett Ave. at JBLM-Lewis Main.

RENT TEXTBOOKS

Why buy textbooks when you can rent them for less? Rent books from the MWR Bookstore online at Armed-ForcesCollegeTextbooks.skyo.com. For more information visit the MWR Bookstore inside Stone Education Center at 6242 Colorado Ave., room B114, at Lewis Main or call 253-964-8185.

ENJOY OPERATION RISING STAR

Auditions for Operation Rising Star continue Sept. 19 with finals Sept. 26.

JBLM Operation Rising Star performers will receive \$500 for first place, \$250 for runner-up and \$100 for third place, along with a \$300 spirit award to encourage audience participation and internet exposure of local competitions via social media and www.oprisingstar.com.

Local winners and, in some cases, second-place finishers, will have a shot at becoming 2013 Operation Rising Star champion. Visit www.OpRisingStar.com for rules or pick up an application at the Warrior Zone, corner of 17th and D streets at Lewis North.

Singers must be active duty military, Reserve or National Guard personnel or their family members ages 18 and older with a valid DoD ID card. For more information, call 253-477-5756.

SUPERVISOR RESOURCE CENTER

The Supervisor Resource Center is an online clearinghouse developed to put Air Force tools and no-cost resources for supervisory and leadership development at your fingertips 24x7.

The SRC offers learning programs for emerging leaders and supervisors centered around Air Force institutional competencies. Included are AF e-Learning courses, books, simulations, skillbriefs, and job-aids.

Courses include an assessment tool to provide a focused learning experience.

The center's resources are tailored to three levels: emerging leaders, first time supervisors, and seasoned supervisors. Included are learning and development roadmaps to help supervisors develop their employees; links to mandatory supervisory training course registration for new supervisors; access to hundreds of AF e-Learning courses, books, video challenges, Business Impact series learning tools, simulations, and links to professional sites such as the Center for Creative Leadership, Harvard Business School, Wharton Center for Leadership and Change Management, Leadership Now and Forbes; and video snippets from Air Force leaders discussing leadership and supervision.

The SRC is a no-cost resource for development tools for future Air Force leaders. Access the SRC via the Air Force Portal.

At the Portal Main Page, select the "Life and Career" tab followed by the "Force Development" pull down. On the left navigation, select "Supervisor Resource Center."

OBSERVE HISPANIC HERITAGE MONTH

The 2013 Hispanic Heritage Month celebration will be Tuesday from 11:30 a.m. to 1 p.m. at Carey Theater, Lewis Main.

For details contact SFC Rick A. Selvester at ricky.a.selvester.mil@mail.mil

LIGHT UP THE NIGHT

PNW Airlift Tanker Association Air Force Ball will be held Sept. 20 at the Landmark Convention Center in Tacoma. For information visit: facebook.com/pnwatabal or email pnwataball@gmail.com.

FUNDED LEGAL EDUCATION PROGRAM

The Office of the Judge Advocate General is now accepting applications for the Army's Funded Legal Education Program.

Under this program, the Army projects sending up to 25 active duty commissioned officers to law school at government expense.

Selected officers will attend law school beginning the Fall of 2014 and will remain on active duty while attending law school.

Interested officers should review Chapter 14, AR 27-1 (The Judge Advocate General's Funded Legal Education Program) to determine their eligibility. This program is open to commissioned officers in the rank of second lieutenant through captain.

Applicants must have at least two, but not more than six, years of total active Federal service at the time legal training begins.

Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable. Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test.

Applicants must send their request through command channels, to include the officer's branch manager at AHRC, with

a copy furnished to the Office of the Judge Advocate General, ATTN: DAJA-PT (Ms. Yvonne Caron-Rm 2B517), 2200 Army Pentagon, Washington, DC 20310, to be received by 1 November 2013. Submission of the application well in advance of the deadline is advised. Interested officers should contact the Office of the Staff Judge Advocate at 253-477-1900 for further information.

SERVED IN THE ARMY'S SECOND DIVISION?

The Second (Indianhead) Division Association is searching for anyone who has ever served in the Army's 2nd ID at any time. For information about the association contact Bob Haynes at 2idhq@comcast.net, call 224-225-1202, or visit www.2ida.org/Events_National.htm.

COMMISSARIES RESUME NORMAL HOURS

Military commissaries worldwide are back to normal operating schedules with DOD furloughs curtailed for FY 2013. Find information about changes to local operating schedules at www.commissaries.com. Click on the "Locations" tab, then "Alphabetical Listing" to locate the store, and click on "Local Store Information."

SERVICES FOR THE JBLM BUDDHIST COMMUNITY

Join us at the North Fort Chapel every Thursday evening for Buddhist meditation and Dharma talk, 5:45 - 6:30 p.m. and 6:30 - 7 p.m. respectively. The meditation is focused on control of thought formation for stress reduction and Dharma talk includes The Eight Fold Noble Path and The Four Noble Truths.

LANCER REUNION

The 2013 Lancer reunion will be held Sept. 20 to 22 on JBLM. Spend time together visiting the old stomping ground Joint Base Lewis - McChord and reconnect with former battle

buddies and their families. For more information, call Command Sgt. Maj. Victor Mercado at 253-968-7734.

ENTER 'YOU MADE THE GRADE' SWEEPSTAKES

Stop by the Manager's Office at either Lewis or McChord Exchanges, present your valid military ID and recent report card showing a B average or better. Receive a coupon booklet with savings on videos, music, food and more, plus enter to win up to a \$2,000 AAFFS gift card.

JBLM SUSTAINABLE FORESTS CERTIFIED

Most of JBLM's forested lands have been certified since 2002 as a sustainable forestry operation by the nonprofit Forest Stewardship Council (<http://us.fsc.org>). JBLM was the first federal ownership in the U.S. to receive certification, demonstrating the installation's commitment to forest management practices that consider environmental, economic, and social benefits and impacts in the context of military training. Certification lasts five years. The first installation recertification came in 2007 and the second in 2012, which lasts until 2017.

For information, visit <https://sustainablefortlewis.army.mil/AnnualReports.asp> or call 253-966-6446.

FORCE PROTECTION CONDITIONS POSTED

Force protection conditions for Joint Base Lewis-McChord are now posted on the JBLM public website at <http://www.lewis-mcchord.army.mil/>. This will allow commanders to keep their Soldiers, Airmen, DOD civilians and family members aware of the current FPCON to raise security awareness.

PUT DOWN THAT CELL

Law Enforcement personnel are issuing district court violation notices for using cell phones while driving on JBLM. This will require the violator to pay a \$75 fine or go to court to argue before the magistrate judge. Those who opt to continue using cell phones while driving must use a hands-free device to avoid a ticket. Repeat offenders risk losing installation driving privileges.

EAP NOW AT MCCHORD FIELD

The Employee Assistance Program is now available at JBLM McChord Field, at 555 Barnes Blvd (CE Building). The EAP is a free, confidential information, referral and consultation service for adult living issues available to DOD civilian employees, retired military personnel, and family members of active duty service members and retirees. For class schedules, appointments or information email carl.e.newhouse.civ@mail.mil or call 253-982-5815.

LATE NIGHT FIRING

2-3 IN will be firing with 60mm/81mm/12mm Mortars in the JBLM Artillery Impact Area through today, 5 p.m. Mortar Point 11 will be used. 2-3 IN will be firing with 60mm/81mm Mortars in the JBLM Artillery Impact Area Sept. 19, 7:30 a.m. - 11:30 p.m. Mortar Point 8 will be used. 8-1 CAV will be firing with 120mm Mortars in the JBLM Artillery Impact Area Sept. 24, 6:30 a.m. through Sept. 26, 23:59 p.m.

HOME BUYING WORKSHOPS

Active duty service members and their spouses as well as prior service personnel with VA loan eligibility are invited to participate in home buying workshops Sept. 17 & 18, from 6 to 9:30 p.m. at the Stone Education Center, at Lewis Main and Sept. 25, from 9 a.m. to 2 p.m. at the McChord Field Education Office. Learn about finding a home and making an offer, financing, closing, maintaining a home and more. For more information call 253-967-5354/5334 or 253-982-5517.

Transitions

INFORMATION TO HELP WITH LIFE CHANGES

JBLM AACAP MONTHLY NETWORKING EVENT

Attend the next AACAP networking event, Sept. 19, from 2:30 to 4:30 p.m. at Pierce College Health Education Building, 9401 Farwest Drive SW, Lakewood. Open to service members, civilians, veterans, and spouses. For more information, call 253-967-3258/5599.

BATTLEFIELDS TO OILFIELDS

Battlefields to Oilfields aims to prepare U.S. veterans for fulfilling careers in the oil and gas industry. The program includes 51 industry-recognized training and certifications; 5 weeks of training; housing and 3 meals per day during training; full funding through the Post 9/11 GI Bill; job placement assistance; personal protective equipment. Classes start Sept. 30, Oct. 27, and Jan. 6. For more information contact John Engstrom at engstrom.john@gmail.com.

ATTEND JOB FAIR

Classes begin in Oct. and run for 7 weeks. Courses include: logistics, forklift certification, warehouse clerk training, and more. Open to current National Guard and Reserve. For more information, call Tamie Clark at 253-512-8540 or email tamie.j.clark.ctr@mail.mil.

PARTICIPATE IN PIERCE COUNTY JOB FAIR

Participate in the Pierce County Veteran Services Job Fair, Sept. 25, from 9 a.m. to 2 p.m. at American Veterans, 5717 S. Tyler St., Tacoma. Open to the public. Bring your resume and dress to impress.

REGISTER FOR COMPUTER CLASSES

The Transition Training Academy offers Intro to Computer Technology, Intro to Computer Repair, Intro to Computer Networking, Intro to Computer Security. Classes start Oct. 1. Register Sept. 17, from 10 a.m. to 12 p.m., at the McChord Education Center, 851 Lincoln Blvd., #307.

MEDICAL TECHNOLOGY VETERANS BOOT CAMP

The Medical Technology Veterans Program is seeking U.S. military veterans to participate in a Medical Technology Veterans Boot Camp.

The MVP was created to help veterans entering the civilian workforce find new careers and introduce them to opportunities available in the medical technology industry. MVP Boot Camp is Sept. 22 - 24 in Washington, D.C. Interested veterans should apply by visiting <http://MedTechVets.org/>

BECOME AN AEROSPACE TECHNICIAN

This program prepares technicians with the entry level skills needed to work with composite materials on aircraft. The Aerospace industry has an ongoing demand for employees with these skills. Classes are held Monday through Friday, 4 to 8:15 p.m. Classes run through Dec. 12. For more information, call 206-205-3567.

REFINE YOUR CARPENTRY SKILLS

Vets Restore offers training, mentoring, and job placement guidance for returning veterans with construction experience in the field of preservation carpentry. Short-term training and cer-

tificate in remodel and preservation, tuition navigation support, and a paid internship available. For more information, call 206-205-3567.

V-WISE EMPOWERS WOMEN VETS

Veteran Women Igniting the Spirit to Entrepreneurship (V-WISE) is a premier training program in entrepreneurship and small business management. V-WISE teaches women veterans the necessary skills to turn an idea or start-up into a growing venture. V-WISE is offered by the Whitman School of Management at Syracuse University in cooperation with the U.S. Small Business Administration and is operated by SU's Institute of Veterans and Military Families. The three-phase experience includes an online part, a three-day conference and post residency technical assistance. Courses are on a rolling admissions basis; early application is highly encouraged. Apply online at www.whitman.syr.edu/VWISApplication2.

JOIN THE WASHINGTON CONSERVATION CORPS

Build your career in conservation or emergency response. Jobs start in October. Additionally, a multitude of certifications and other trainings related to both natural resource conservation/environmental work as well as emergency response are available. For information, visit www.ecy.wa.gov/wcc/index.html.

UNIFORM FOR SUCCESS

The Gary Sinise Foundation is partnering with Jos. A. Bank to offer free suits to qualifying veterans and service members.

In order to qualify for the program proper documentation such as a DD214 form for retired service members or a statement of service for service members still on active duty, plus a copy of the veteran's driver's license must be faxed to 818-432-8999. The suit vouchers will be distributed on a first-come, first-served basis. The vouchers may be redeemed by the intended recipient only, are not redeemable for cash value and may not be used to purchase items other than a two-piece Executive Collection suit. Vouchers expire Nov. 11, 2013.

VETERANS TO TECHNICIANS

Audi of America seeks qualified veterans for brand-certified Audi service technician, shop foreman, and service consultant positions. Some of the minimum qualifications for this program include being honorably discharged from any branch of service or be a current member of the National Guard or reserve, have completed formal advanced military technical training with three to five years of experience, and pass a series of pre-employment screenings. For more details, call 855-399-1682 or apply online at www.audivets.com.

FREE COMPUTER TRAINING

Build skills in selected Microsoft technologies and earn an industry-recognized certification through the Elevate America's Veterans program. Training is self-paced and conducted online via any Internet-connected computer. To receive a voucher/access code, you must be a King or Pierce County resident and a military veteran or veteran's spouse. To find out more, visit www.worksourcekc.org.

Soldiers learn to cope with effects of combat stress

BY STAFF SGT. MIRIAM ESPINOZA-TORRES
5th Mobile Public Affairs Detachment

Soldiers of the 571st Sapper Company, 14th Engineer Battalion, 555th Engineer Brigade, conducted a stress firing range as part of their Comprehensive Soldier and Family Fitness preparation Aug. 28 at Joint Base Lewis-McChord.

They completed a series of three firing iterations preceded by cardiovascular exercises. Trainers designed the program to improve the Soldiers' ability to focus during stressful situations by blocking out distractions. The stress shoot tested their reactions under extreme stress and exhaustion.

The shoot was the culmination of a two-week CSF2 training plan during which the unit learned strategies to cope with stressful situations and techniques to rejuvenate the brain



Staff Sgt. Espinoza-Torres
Sapper Soldiers with 14th Engr. Bn. use calming breathing techniques to move through a stress firing range.

so the Soldiers can continue to fight. They also practiced attention control and energy management techniques they tested during the physically challenging shooting range.

Private First Class Luis Maldo-

nado, combat engineer, 571st Sapper Co., said the training during the past two weeks with CSF2 helped him concentrate on the task at hand and control his breathing.

"I had full concentration on my fundamentals (of marksmanship) and that helped me be successful during this exercise," he said.

This training can be incorporated into any training schedule that the unit designs. Soldiers of the 571st Sapper Co. are scheduled to deploy next year and their leaders matched the training to the types of missions they will be conducting.

"The purpose of this range is for Soldiers to figure out what works for them in order to be effective down-range, it is important for Soldiers to train as they fight," said Capt. Jim Perkins, company commander, 571st Sapper Co.

The training started out simple

then it progressively got more demanding. During the first iteration Soldiers were required to complete five repetitions of burpees before firing three rounds in the prone unsupported firing position and then three more in the kneeling position and another four rounds in the standing firing position at any target.

By the third iteration Soldiers were required to complete 10 repetitions of burpees before firing 10 rounds, this time aiming at targets called out by range safety officers. Soldiers had to hit the assigned target six times to move on. Soldiers who failed received immediate feedback, marksmanship retraining and practice on breathing techniques.

Valerie Alson, Master Resiliency performance trainer, CSF2, said to be successful Soldiers had to control their breathing, which helps them maintain composure

and to identify the energy levels required for given tasks.

"They are encouraged to take their time concentrating on one task at a time and finding their happy place in order to be efficient in engaging their target," Alson said.

After firing, the Soldiers measured heart rates using bio feedback sensors, which allowed them to look at moment-to-moment changes in heart rates after stressful situations. Soldiers hooked the sensors to their ears and used breathing techniques they had learned to normalize their heart rates.

"The skills they have learned will help the unit be effective, and they are abilities they will be needing," Alson said. Any unit can request the training – whether a unit is scheduled to deploy or just wants to equip their Soldiers with tools that will help them excel under stress.



ABOVE: Seahawks linebacker John Lotulelei greets service members as he arrives with teammates for the Seattle Seahawks Change of Command Celebration Tuesday at the Warrior Zone on JBLM Lewis North.

SEAHAWKS

Continued from Page A1

ident of community relations.

A healthy percentage of that 12th-Man community of fans wears military uniforms. It was only a matter of time until the Seahawks and the largest military community in the region formed a special partnership.

The 12th Man Unit program began last season, with the assistance of the USAA Insurance Company, to acknowledge the close relationship between the Seahawks and National Football League fans who serve in the armed forces. The program highlights the Hawks' appreciation by forming a rolling annual partnership between the team and a new JBLM unit each year.

The 4th Brigade, 2nd Infantry Division was the first military organization last year to carry the 12-Man honor. On Tuesday, that relationship transferred to the 446th Airlift Wing. Though nothing was binding, the goodwill demonstrated among the Seahawks and military members appeared to create a new fall tradition.

"We can use that time honored tradition of the command ceremony on top of all the passion that exists around the NFL," said Don Clark, USAA executive director of marketing.

Fifteen Seahawks rookies joined Sea Gals and Seattle staff members to attend the change of command celebration, which also served to welcome home the 4th Bde., 2nd Inf. Div. The Raiders returned from Afghanistan in stages during the summer.

"We were as much their 12th man as fans as they were our 12th man as we conducted our mission," Getchell said.

The Seahawk players were clearly moved by the Raiders' service and sacrifices during the past year. "You guys play such a role in making our lives better, our families' lives better and your lives better," said running back Christine Michael.

Mirroring the respect shown for unit colors, Bowers said the 12-Man Seahawks flags would be treated with respect as 446th AW members carry them to missions around the globe this year. "For us, a flag is something vis-

ceral to who we are," Bower said. "That means something more than just something made of cloth."

After the ceremony, the 'Hawks players signed autographs on mini helmets, footballs and posters for service members. Long lines curled around each rookie, who listened to anecdotes about their neighboring military community.

"It was (no problem) to have these guys come out and support our military forces who support us every day," said Moe Kelly, player development director for the Seahawks.

For players like defensive tackle Jordan Hill, knowing the team's flag will be raised in countries around the world gives him a sense of comfort.

"It makes you feel safe," Hill said. "You just feel that nothing is going to happen to you."

Dean Siemon: dean.siemon@nwguardian.com; @deansiemon



AT LEFT: A service member photographs members of the Sea Gals cheerleading team as they arrive at the Warrior Zone for the change of command ceremony.



ABOVE: Service members crowd around Seahawks tight end Luke Wilson seeking autographs during a meet-and-greet session following the change of command ceremony at the Warrior Zone on JBLM Lewis North.

CHILD, YOUTH AND SCHOOL SERVICES

Youth sports programs continue to surge

CYSS schedules activities for more than 3,500 team athletes and 500 individual sport participants. "I have an amazing staff. We're a team and I can't do any of this without them," Cynthia Williams-Patnoe, JBLM CYSS director says.



Scott Hansen/Northwest Guardian

Number of activities available to children keeps pace with JBLM population growth

BY SOMER BREEZE-HANSON
Northwest Guardian

As the population of Joint Base Lewis-McChord has grown, so has the number of sports programs available for youths.

Under the direction of Child, Youth and School Services Sports Director Cynthia Williams-Patnoe, her staff of 10 work to offer a diverse schedule of sports camps,

leagues and activities for more than 3,500 JBLM children ages 5 to 15.

"I have an amazing staff," Williams-Patnoe said. "We're a team and I can't do any of this without them."

Before Williams-Patnoe was the youth sports director, she was a cadet in the Reserve Officers' Training Corps at the University of San Francisco where she earned a

bachelor's degree in physical education with a minor in early childhood. After she served in the Army for seven years she transitioned out and her CYSS career began.

Williams-Patnoe worked as a training and curriculum specialist in Germany and at Fort Campbell, Ky., before she became the central registration director at Fort Lewis in 1995. Five years later she was the director of Beachwood School Age Center and settled in as sports director at 2007.

See YOUTH, B2

ON THE SCHEDULE

Half-marathon up next on JBLM race calendar

Races: The mud runs and triathlons have wrapped up for 2013, but three races remain on the schedule, including the JBLM Half-Marathon and 5K run Saturday. The race starts and finishes near the FMWR Fest Tent on Lewis Main and starts at 8 a.m. For more information visit jblmmwr.com/races.

Annual youth shoot planned for Sept. 21-22

Outdoors: The Washington State Youth Center Pheasant Hunt is Sept. 21-22 for youths up to age 16 at training areas 13, 14 and 15. Participants are required to complete a hunter's education course and have a hunting license. Register at the Northwest Adventure Center.

Still time to register for youth fitness course

Fitness: Register youth ages 8-15 through Sept. 20 for CYSS' Mind, Body and Soul strength and conditioning course. The course is \$35 and runs through Nov. 18. Register at the CYSS Sports office at 2295 12th and Bitar on Lewis Main or at 578 Lincoln Blvd. on McChord Field.

Gig Harbor race will return for third year

Races: Race for a Soldier Half-Marathon and 2 Mile Run returns to Gig Harbor Sept. 29 at 8 a.m. The event raises awareness and funding for post-traumatic stress and traumatic brain injury issues. This year's event also includes the Swing for a Soldier golf tournament at Eagles Pride Golf Course Sept. 27 at 12:30 p.m. For more information visit raceforasoldier.org.

Fall fitness boot camp registration underway

Fitness: Registration is open for the fall JBLM Fitness Boot Camp at Jensen Family Health and Fitness Center. Sign up for the six-week program designed to motivate participants to get in shape. The class runs Oct. 7-Nov. 15 and is Monday, Wednesday, Friday from 8:30 to 10:30 a.m. Packets are available at Jensen. For more information call 253-967-5975.

HEALTH & FITNESS



Photos by Scott Hansen/Northwest Guardian

Savannah Bright, middle, works on her diving technique with instructor Abe McBride, right, during a recent adult basics parkour class at Parkour Visions in Seattle.

LEAP OF FAITH

Unusual training method allows Soldier to experience world as an obstacle course

BY JAKE DORSEY
Northwest Guardian

Specialist Savannah Bright got started with parkour the way many 20-somethings get started nowadays: YouTube.

The human intelligence collector with the 45th Military Intelligence Company at Joint Base Lewis-McChord watched videos online to see how it was done, and became interested in the sport that involves vaulting off buildings, flipping around barriers and viewing the world as though it was an obstacle course.

The controlling thought: "What can I do to get from point A to point B that'll be fun and a bit challenging at the same time?" she said.

Bright, 23, said she didn't get into parkour until April last year, when the Soldier with the 2nd Squadron, 1st Cavalry Regiment searched for places in the area to try it out.

That's when she found Seattle gym Parkour Visions, and tried a class. Her coach, Eric Jusino, taught her some of the basics, and she took off from there.

See PARKOUR, B2



AT LEFT: "You just have to look at it a little differently," says Savannah Bright, of her new-found fitness program.

BELOW: Savannah Bright works on her rolling technique with class members.



NWGUARDIAN.COM



SPARK BEFORE DARK
To view an online gallery of Spark Before Dark Zumba photos, visit nwguardian.com/multimedia.

LPGA SAFEWAY CLASSIC

Service members tour links with 'Pink Panther'

BY SOMER BREEZE-HANSON
Northwest Guardian

Eight Joint Base Lewis-McChord service members received a rare invitation to attend a meet and greet of a Ladies Professional Golf Association golfer.

Paula Creamer, known on the tour as the "Pink Panther," welcomed five Airmen and three Soldiers to her practice round Aug. 27 for the Safeway Classic at the Columbia Edgewater Country Club in Portland, Ore. Creamer is working to establish a relationship with the Army, intending to become an advocate for Soldiers and their families. Creamer asked the service members about military programs she could help with, programs that might need awareness or funding.

"We got to walk the course with her and give her



Courtesy photo

Top row from left: Jordan Rayman, Troy Taylor, Phillip Hendricks, Paula Creamer, Tyler Collins, David Sadlemyer, Randall Wentz. Bottom: Kyle Cox and Lucas O'Neil.

See GOLF, B2

Race organizer still dreaming up ways to support military

BY SOMER BREEZE-HANSON
Northwest Guardian

Leslie Mayne gives a new meaning to the acronym PTSD.

Her nonprofit Permission To Start Dreaming Foundation is the product of a tragedy Mayne suffered in 2009 when she lost her son, Pfc. Kyle Farr. The Soldier suffered from post-traumatic stress and traumatic brain injury after he returned home from a deployment to Iraq in 2006.

See RACE, B2

GOLF

Continued from Page B1

ideas on how she can make a difference on whatever she decides to do," said David Sadlemyer, a Soldier and avid golfer. "She's very eager to help families. One of the things that impressed me about her, is she said it doesn't have to be about golf. She just wants to help."

The Army's Office of the Chief of Public Affairs coordinated the trip for the service members, all of whom are active golfers. The Soldiers and Airmen arrived at the course at 10:30 a.m. to see

Creamer tee off. They walked the course with the golfer, along with her father, Paul Creamer.

Between holes Paula Creamer talked with the service members and answered questions about life as a professional athlete and raising children in a sport. Sadlemyer, a father of three, asked her father about the right approach to raise a child who's interested in the game.

For Airman Lucas O'Neill, the experience of walking a course with the No. 11 women's golfer in the world was different in that he brought his 5-year-old daughter to also meet her.

"For me, as much fun as it was to meet Paula Creamer, it was even more fun to see how she was interacting with my daughter," he said.

O'Neill was recently invited to attend the Boeing Classic's Military Appreciation Day for the Champions Tour Aug. 25. Dressed in uniform, he was the tee announcer and held the flag on the 18th green at TPC Snoqualmie Ridge.

O'Neill was golfing in the Green Classic at Eagles Pride Golf Course Aug. 7 when the invitation to meet Creamer was passed along. He didn't think twice.

O'Neill asked Creamer about her dream golf foursome. She candidly named her father, her grandfather and Shaquille O'Neal.

"When you play a sport you don't get to be around people who have made it a lot, you just get to watch them," Sadlemyer said. "To be able to talk to them and find out how down to earth they still are and they're still like the rest of us with an extremely amazing skill."

Last year Sadlemyer was invited to the 86th Washington State Men's Amateur at Eagles Pride where he held the flag at the 18th green.

Soldiers Troy Taylor and Kyle Cox joined Sadlemyer to represent the Army at the meet and greet with Creamer. Jordan Rayman, Phillip Hendricks, Tyler Collins and Randall Wentz along with O'Neill were the Airmen representatives.

The group visited for about four hours before they traveled back home.

Creamer ended up withdrawing from the Safeway Classic before the first round started Aug. 29.

Somer Breeze-Hanson: somer.breeze-hanson@nwguardian.com, @somerBhanson



Photos by Scott Hansen/Northwest Guardian

Parkour coach Ben Lawson, right, a former marine, shows Savannah Bright an aerial silk move technique during a recent workout at Parkour Visions in Seattle.

PARKOUR

Continued from Page B1

Bright still is learning those basics, like the kong.

"It's a move where you leap at an object about waist-high, and swing your legs through the opening between your arms and land on the other side feet-first," Bright said. "A lot harder than it looks if you're not used to it."

She's getting better. Control over her body was one of the things that drew her to parkour. Bright said she didn't grow up with a gymnastics background, so moves involving flips and vaults don't come naturally.

But more and more, she finds herself performing small parkour moves without realizing it until later.

Patience is a big part of it, as Bright said she sometimes wants to try things she's never done before — a recipe for injury if she isn't careful.

"I tend to get wrapped up with excitement with what I am doing," Bright said.

Bright has just one injury so far, she said, and it came early in her development. During warm-up, Bright said she slipped off an unsecured railing. She hit the inside of her left upper thigh "before continuing higher."

"I had a very large and colorful bruise for a few weeks," Bright said.

That was different from the soreness she felt after her first class, she said. Held at Gas Works Park,



Savannah Bright, a human intelligence Soldier with the 45th Intelligence Company, works on her take off technique during an adult basics parkour class at Parkour Visions in Seattle.

where Parkour Visions sometimes holds classes, she left the class "feeling amazing."

Bright said she wanted to go back the next day.

"My whole entire body was so sore that it took an entire week for me to feel better," she said.

To stay in shape, Bright said she sticks with the Army Physical Readiness Training and fitness plans in the morning, with a little working

out here and there in the afternoon. She takes the Adult Basics class in the morning, then normally uses Sunday to let her body recover.

Pain and newbie lessons aside, Bright said the people are part of what really engages her in it. She's met several experienced people who have encouraged her, including Justin Sweeney, a trainer at Parkour Visions who is considered a "traceur" — a parkour practitioner.

But it's when she sees the possibilities of parkour, in recreation, competition and everyday life, that makes it fun.

"It's not actually limited to just one simple place or region," Bright said. "It's all over the world. You just have to look at it a little differently."

Jake Dorsey: jake.dorsey@nwguardian.com

RACE

Continued from Page B1

From her pain, Mayne offers hope to others suffering from and affected by PTSD with the third annual Race for a Soldier Half-Marathon in Gig Harbor Sept. 29. The race benefits organizations that support service members' well-being, like All American Dogs, Rainier Therapeutic Riding, Heartbeat Serving Wounded Warriors and USO Puget Sound Area.

"We're just one of many programs trying to do a small thing," Mayne said. "I do believe that this has the potential to have quite an impact. At some deep level we all want to be a part of something greater than ourselves. I see it as giving a community an opportunity to do that."

Since the race's inception in

2011, Race for a Soldier and Mayne's message of hope continues to grow. This year's race starts at 8 a.m. outside the Gig Harbor YMCA. There is also a two-mile option and kids fun run.

Weekend events also include the annual prayer breakfast Sept. 27 at 7 a.m. at the Hope Center in Gig Harbor, where two Marines and an Army chaplain will share their own personal stories of PTSD and why they "race for a Soldier."

New this year is the Swing for a Soldier golf tournament at Eagles Pride Golf Course Sept. 27 at 12:30 p.m. to cater to those who may not run, but still want to contribute to the cause.

The Permission to Start Dreaming Foundation has been overwhelmed with support, not just with monetary contributions but also of people who want to be part of it.

Last year about 1,500 runners participated in the 13.1-mile race and Mayne expects 2,000 later this month with more than 450 volunteers to assist.

Mayne has received more than \$4,000 to sponsor Soldiers to run this year's race.

"There are communities out there who want to help our Soldiers and this is a wonderful way to respond," Mayne said. "I feel absolutely privileged that this is what I get to do in life."

This year's half-marathon has a few changes including a route change to eliminate a daunting steep hill. Starting this year a different military branch will be honored at each race. This year the race shirts will be red in honor of the United States Marine Corps.

Scott Langlow, the foundation's secretary/treasurer, coordinated the 144-person field golf tourna-

IFYOU GO

What: Race for a Soldier
When: 8 a.m., Sept. 29
Where: Gig Harbor YMCA
More online: raceforasoldier.org

ment as part of the race weekend events.

Soon Race for a Soldier might branch out of Gig Harbor. While still maintaining the race in Washington, Mayne and her team plan to make an assessment this year if they will branch out next year in Colorado Springs, Colo.

This year's prayer breakfast will take place in the same venue as the last two breakfasts, but Mayne envisions a larger venue next year. She has her sights set on a Staff Sgt. Ty Michael Carter, recent Medal of Honor recipient, to attend next

year as the keynote speaker. Carter doesn't know it, but he has a tie to Mayne's family.

The Soldier Carter valiantly tried to save, Spc. Stephan Mace, was a friend of Mayne's youngest son. Mayne's older son died in March of 2009 and Mace was killed in October of the same year. Mayne hopes Carter will speak at next year's breakfast with Mace's mom in the audience.

"We're dreaming big," she said. "I see the impact we've made in just a short time. I truly believe we can reach a greater amount of Soldiers."

For information about the Permission to Start Dreaming Foundation or to register for the race visit raceforasoldier.org.

Somer Breeze-Hanson: somer.breeze-hanson@nwguardian.com, @somerBhanson

YOUTH

Continued from Page B1

When Williams-Patnoe took over six years ago CYSS had about 1,700 kids involved in team sports and about 300 in individual sports. With the support of JBLM Family and Morale, Welfare and Recreation, Williams-Patnoe took a small sports schedule and sparse sports fields and turned it into a thriving service for the JBLM community.

CYSS sports now schedules sports activities for three seasons per year, for fall, spring and summer, for the more than 3,500 JBLM team sport athletes and more than 500 individual sport participants. The program also oversees 200 volunteer coaches.

"I'm really into programming so I program the heck out of this place," Williams-Patnoe said.

Before JBLM became a joint base, McChord Field and Fort Lewis combined every season for youth sports. Joint basing made merger of the Army and Air Force programs easy three years ago, when Chuck Williams of McChord Field joined the staff.

Nearly every season a new program is introduced to keep the schedule exciting. This summer saw AT Baseball and British Soccer Camp for the first time, but not the last. Through the years Williams-Patnoe has learned what attracts the most participation (soccer) and what attracts the least (high-priced events).

"I'm willing to try just about anything as long as it's feasible and good for kids," Williams-Patnoe said.

The schedule is always evolving and this year an emphasis was placed on golf. CYSS went from three-day camps in the summer to a partnership with First Tee of Puget Sound and now offers a fall, spring and summer session once a week for six to eight weeks. Parents can sign up their young golfers for the fall/winter clinic now through Sept. 17. Tuesdays are at Eagles Pride Golf Course at 3:45 to 5:15 p.m. and Thursdays are at Whispering Firs Golf Course at the same time.

Steva Brown, is a child youth program assistant and involved with sports outreach. She is the youth cross-country coach and also leads Mind, Body, Soul and Strength and Conditioning. Brown has been with CYSS since 1997 in Germany, Texas and at JBLM twice. Through her years of experience she said the JBLM youth sports program has a different culture.

"We have more parent participation and the children are there because they want to be there," Brown said. "We have a huge variety of things for their children to do. If they're not into competitive sports, we have individual sports."

Registration is open for Mind, Body, Soul and Strength and Conditioning, cross-country, basketball, cheerleading and Special Olympics bowling.

For more information contact the Lewis Main location at 12th Street and Bitar Avenue at 253-967-2405 or the McChord Field location at Lincoln and Martin at 253-982-3432.

Somer Breeze-Hanson: somer.breeze-hanson@nwguardian.com, @somerBhanson

At YTC, softball is an international sport

BY STAFF SGT. MARK MIRANDA
7th Infantry Division Public Affairs

YAKIMA TRAINING CENTER – A friendly series of softball games between Soldiers of Japan's Ground Self-Defense Force and Soldiers of 3rd Brigade, 2nd Infantry Division kicked off a day celebrating the partnership for this year's Rising Thunder combined exercises at Yakima Training Center, Tuesday.

The exercises have traditionally offered Soldiers of I Corps and now 7th Infantry Division units opportunity to increase language skills, regional expertise and cultural understanding by working with the JGSDF. A break in training that included field artillery, mortar, and small-arms ranges in the days prior allowed service members from both countries the chance to relax and bond over their enjoyment of the sport.

"It's great to be able to interact with the Japanese Soldiers, say hello and do something fun outside of work," said Spc. Diane Zuniga, an intelligence analyst assigned to 5th Battalion, 20th Infantry Regiment. "They're passionate about

baseball in Japan, and a lot of the Soldiers we're playing against have pretty impressive skills, so the games have been exciting."

The games drew large crowds cheering for each of the teams. Japanese spectators kept the mood light with small yellow cones used as noisemakers.

Backup pitcher for the Japanese team, Sgt. 1st Class Masaji Kojima, 4th Field Artillery, JGSDF, entertained both sides with his comic antics and pitching style.

"At first we were overwhelmed by the power and enthusiasm displayed by the American Soldiers, but they are good sportsmen and we had a lot of fun," said Japanese Ground Self Defense Force Master Sgt. Takedomi Fumiaki, 4th Field Artillery.

"We lost the first game of the day, but then came back and won the second. It feels great, we'll celebrate the victory tonight and talk about all the great plays we made," said Fumiaki, who played shortstop.

At the end, both teams lined up, faced each other and bowed in a show of mutual respect. They



Staff Sgt. Mark Miranda

U.S. and Japanese players bow to each other in mutual respect before a recent friendly softball doubleheader during the Rising Thunder combined exercises at Yakima Training Center. The exercises offers I Corps and 7th Infantry Division Soldiers an opportunity to increase language skills, regional expertise and cultural understanding.

thanked one another for a memorable game.

"For me and several others in my unit, it's our first time in the U.S. We've had lots of learning experi-

ences, and we've enjoyed building friendships out here," Fumiaki said.

Enjoying a bit of America's favorite pastime was another step

forward in continuing the relationship the JGSDF has had with Soldiers from Joint Base Lewis-McChord through 20 years of annual Rising Thunder exercises.

The McChord Club/Community Center presents

POLYNESIAN LUAU & SHOW

SATURDAY, SEPT. 14
MCCHORD CLUB

Outlet from 6-7:30 p.m. Show from 7:30-9 p.m.

Purchase tickets starting Sept. 1
at Leisure Travel Services
2275 Liggett Ave. Lewis Main
(253-967-3085)

Costs: \$24.95 adults, \$23.95 club members, \$12.95 ages 4-13;
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JBLM MWR.com/oktoberfest for complete menu & schedule

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1/2 lb. pork knuckle with sauerkraut and potato

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SATURDAY, SEPT. 14
AT THE MWR FEST TENT

Register at JBLMmwr.com/races by Sept. 3
at noon to guarantee access pass & T-shirt size.

McChord Community Center's

TEXAS HOLD 'EM

ONE-DAY TOURNAMENT
McChord Club/Heritage Room
Saturday, Sept. 21

Doors open 1 p.m. / Play starts at 1:30 p.m.
\$18/per person gets you in the door,
covers chips and a light buffet.
Honor bar available
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For additional info
call 253-932-0718

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SECTION C

ALSO INSIDE:

For more to do, see the JBLM
Leisure Calendar, Page C2

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COVER STORY

OPEN WATER ADVENTURE

NORTHWEST ADVENTURE CENTER TO OFFER
GUIDED SEA KAYAK TOUR OF HOPE ISLAND, C3



Lewis-McChord Leisure

FOR THE WEEK OF
SEPTEMBER 13 TO 19

13

The Bistro at Russell Landing 5–9 p.m. September Lunch Special! Order pork schnitzel & German potato pancakes or Bratwurst with braised red cabbage & spaetzle through Sept. 25 to receive a free admission ticket to the Kirkland Oktoberfest (ages 21+ only).

CASCADE COMMUNITY CENTER 11 a.m.–1 p.m. Fried cod & roasted potatoes. Karaoke at 9 p.m. in Heroes Lounge.

Globemaster Grill at McChord Club 11 a.m.–1 p.m.

Battle Bean CAFÉ at AFC Arena. Stop by for breakfast or lunch sandwiches. Call 253-964-8837 to order ahead.

Strike Zone Café at Bowl Arena Lanes 11 a.m.–midnight Soup & sandwich daily specials.

Sounders Lanes Strike Zone 11 a.m.–10:30 p.m.

14

McChord Club 6–9 p.m. Luau Polynesian Buffet & Dance Show. Buy tickets at Leisure Travel Services, 2275 Lliggett Ave. at Lewis Main. 253-967-3085.

WARRIOR ZONE 3 p.m. Mayweather vs. Alvarez on live PPV at no charge. Food & beverages available for purchase.

HEROES LOUNGE Come in for Saturday night fun! DeeJay music starts at 9 p.m. Ages 18 & older only inside the lounge.

JOINT BASE LEWIS-MCCHORD MARKETPLACE DIRECTORY

Battle Bean at AFC Arena	964-8837
Bowl Arena Strike Zone	967-4661
Caddy Shack Bar & Grill	964-2792
Cascade Community Center/Heroes Lounge	964-0331
Globemaster Grill at McChord Club	982-5581
McChord Catering	982-8175
Sounders Lanes Strike Zone	982-5372
The Bistro at Russell Landing	964-2813
The Warrior Zone (Lewis North)	477-5833
Whispering Firs Habanero Mexican Grill	982-3271

Area code:253
To see menus, visit JBLMmwr.com.

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WARRIOR ZONE Watch NFL Sunday Ticket! Ages 18 & older only.

HEROES LOUNGE Watch NFL Sunday Ticket games 9:30 a.m.–3 p.m. Ages 18 & older only inside the lounge.

Caddy Shack bar & grill at Eagles Pride Golf Course Watch NFL games all day! 25-cent wings, beverage specials & more.

Whispering Firs Habañero Mexican Grill 7–10:30 a.m., 11 a.m.–5 p.m. Order a hearty breakfast burrito.

16

Café Lancelatte at McChord Field (bldg. 100) 6:30 a.m.–12:30 p.m. Pick up made-to-order coffee drinks weekdays.

The Bistro at Russell Landing 11 a.m.–2 p.m. In a hurry? Call to order ahead at 253-964-2813 and it'll be ready to pick up!

CASCADE COMMUNITY CENTER 11 a.m.–1 p.m. Lasagna special.

Whispering Firs Habañero Mexican Grill 7–10:30 a.m., 11 a.m.–5 p.m. Made-to-order burritos & tacos, plus soups & salads.

Bowl Arena Lanes 11 a.m.–10 p.m. 75-cent senior bowling.

Globemaster Grill at McChord Club closed Mondays.

HEROES LOUNGE closed Mondays.

17

CASCADE COMMUNITY CENTER 11 a.m.–1 p.m. Beef tips & noodles.

The Bistro at Russell Landing 11 a.m.–2 p.m. Yummy! – a Bistro burger hits the spot for lunch.

WARRIOR ZONE 10 a.m.–11 p.m. Stop in for lunch or dinner weekdays.

Whispering Firs Habañero Mexican Grill 7–10:30 a.m., 11 a.m.–5 p.m. Try a tasty taco salad.

Café Lancelatte at McChord Field (bldg. 100) 6:30 a.m.–12:30 p.m. Take-away breakfast or lunch.

Globemaster Grill at McChord Club 11 a.m.–1 p.m. 2-fer Tuesdays for club members only.

Sounders Lanes Strike Zone 11 a.m.–8:30 p.m. Call ahead to order 253-982-5372 and take home a fresh, hot pizza.

18

Sounders Lanes Strike Zone 11 a.m.–8:30 p.m. \$1.50 Wednesday special: Pizza slice & soda are each \$1.50; each game is \$1.50 all day.

CASCADE COMMUNITY CENTER 11 a.m.–1 p.m. Beef goulash & noodles. Free bingo in Heroes Lounge at 7 p.m. with food or beverage purchase.

Strike Zone Café at Bowl Arena Lanes 11 a.m.–10 p.m. All-you-can-eat pizza & bowling for \$10 (doesn't include shoe rental) 6:30–8:30 p.m.

Globemaster Grill at McChord Club 11 a.m.–1 p.m. Hump Day Burger Special.

Battle Bean CAFÉ at AFC Arena Call 253-964-8837 for hours. Get a \$2 8-oz mocha or latte noon–1 p.m. Mon–Fri.

WARRIOR ZONE 10 a.m.–11 p.m. Try our flatbread pizzas, grilled sandwiches and more.

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WARRIOR ZONE 7 p.m. Operation: Rising Star competition for ages 18 & older. Come cheer on your favorite contestants! Call 253-477-5756 for info.

Café Lancelatte at McChord Field (bldg. 100) 6:30 a.m.–12:30 p.m. Pick up made-to-order coffee drinks weekdays.

CASCADE COMMUNITY CENTER 11 a.m.–1 p.m. Chicken curry & basmati rice; Heroes Lounge is open 4–11 p.m.

Globemaster Grill at McChord Club 11 a.m.–1 p.m. Order lunch hot off the grill.

Sounders Lanes Strike Zone 11 a.m.–8:30 p.m. Our specialties of the house are the grilled reuben sandwich or roast beef melt with fries!

The Bistro at Russell Landing 11 a.m.–2 p.m. Order lunch with a view.

AT THE MOVIES

Military Movies on Joint Base Lewis McChord, Sept. 13 to 19

CAREY THEATER, LEWIS MAIN

Percy Jackson: Sea of Monsters (PG)
Friday, 7 p.m.
Percy Jackson: Sea of Monsters (PG)
Saturday, 2 p.m.
Saturday, 7 p.m.
We're the Millers (R)

Percy Jackson ... (PG) Sunday, 2 p.m.
We're the Millers (R) Sunday, 7 p.m.

MCCHORD THEATER

Despicable Me 2 (PG) Saturday, 4 p.m.
White House Down (PG-13) Saturday, 7 p.m.
Closed Sunday

- **Extended Fan Cut 3-D (PG)** 10, 12:30, 3, 5:30, 8
Planes (PG) 9:55, 12:20, 2:40, 5
Riddick (R) 9:40, 11:10, 12:30, 2, 3:15, 4:45, 6:05, 7:40, 8:50, 10:40, 11:30
The Family (R) 9:50, 12:25, 3:05, 5:45, 7:25, 8:25, 10:05, 11:05
The World's End (R) 3:25, 6
We're the Millers (R) 10:50, 1:40, 4:30, 7:20, 10

REGAL LAKEWOOD STADIUM 15: 800-326-3264, 411

2 Guns (R) 11:45, 3:15, 6:20, 9:25
Despicable Me 2 (PG) 12:30, 3:55
Elysium (R) 12:20, 3:40, 6:40, 9:45
Getaway (PG-13) 2:20 p.m.
Insidious: Chapter 2 (PG-13) 11:30, noon, 2:30, 4:40, 5:10, 7:20, 8, 10, 10:45
Lee Daniels' The Butler (PG-13) 11:40, 3:10, 6:15, 9:20
One Direction: This Is Us - Extended Fan Cut (PG) 4:20
One Direction: This Is Us - Extended Fan Cut 3-D (PG) 12:50, 7:05, 10:15
Planes (PG) 11:50, 3:20, 6:25, 9:15
Riddick (R) 12:40, 4:10, 7:10, 10:10
The Conjuring (R) 6:30, 9:30
The Family (R) 11:35, 2:15, 3:50, 5, 6:50, 7:50, 9:40, 10:35
The Grandmaster (PG-13) 11:55 a.m.
The Mortal Instruments: City of Bones (PG-13) 12:10, 3:30, 6:45, 9:50
The Ultimate Life (PG) 3:45, 7
The World's End (R) 12:25, 10:40
This Is The End (R) 12:55, 4:30, 7:30, 10:30
We're the Millers (R) 1, 4:50, 7:40, 10:20

PUYALLUP

LONGSTON PLACE: 253-770-3456

Despicable Me 2 (PG) 12:20, 2:45, 5:15, 8
Elysium (R) 12:50, 3:50, 6:20, 8:55
Getaway (PG-13) 12:15 p.m.
Insidious: Chapter 2 (PG-13) 1:45, 2:30, 4:45, 5:30, 7:45, 8:30, 10:30
Monsters University (G) 1, 3:45
Planes (PG) noon, 2:15, 4:30, 6:45, 9
Riddick (R) 12:45, 3:30, 6:30, 7, 9:30, 10:20
The Family (R) 1:30, 3:15, 4:15, 6:15, 7:15, 9:15, 10:15
The Grandmaster (PG-13) 12:30 p.m.
The Mortal Instruments: City of Bones (PG-13) 1:05, 3:55, 6:50, 9:50
The Wolverine (PG-13) 12:05, 3, 6, 9:05
The World's End (R) 1:20, 4:20, 7:20, 9:55
This Is The End (R) 1:50, 4:50, 7:50, 10:25
We're the Millers (R) 1:15, 4, 7:30, 10

SOUTH HILL MALL SIX: 2 53-445-8801

2 Guns (R) 1:15, 4:30, 7:45, 10:30
Grown Ups 2 (PG-13) 12:15, 4:15, 7:15, 9:50
Lee Daniels' The Butler (PG-13) 12:45, 4, 7, 10
One Direction: This Is Us - Extended Fan Cut (PG) 3:30
One Direction: This Is Us - Extended Fan Cut 3-D (PG) noon, 6:30, 9:15
Percy Jackson: Sea of Monsters (PG) 1:30, 4, 6:30
Percy Jackson: Sea of Monsters 3-D (PG) 9:15 p.m.
Riddick (R) 1:10, 4:10, 7:20, 10:10
This Is The End (R) 4, 9:30
We're the Millers (R) 1:10, 4:10, 7:20, 10:10

BONNEY LAKE

REGAL TALL FIRS 10: 253-891-5445

Elysium (R) 1, 4:20, 7, 9:50
Getaway (PG-13) 1:20, 6:50
Insidious: Chapter 2 (PG-13) 1:30, 4:30, 7:40, 10:20
Lee Daniels' The Butler (PG-13) 12:30, 3:30, 6:30, 9:40
One Direction: This Is Us - Extended Fan Cut (PG) 3:40
One Direction: This Is Us - Extended Fan Cut 3-D (PG) 12:10, 7:30, 10
Percy Jackson: Sea of Monsters (PG) 12:40, 3:20, 6:40, 9:20
Planes (PG) 12:20, 3:10, 6:20, 9:10
Riddick (R) 1:40, 4:40, 7:50, 10:40
The Family (R) 1:10, 4:10, 7:20, 10:10
This Is The End (R) 4, 9:30
We're the Millers (R) 12:50, 3:50, 7:10, 10:30

GIG HARBOR

GALAXY UPTOWN THEATRE: 253-857-7469

Elysium (R) 12:30, 3:30, 6:45, 9:20
Insidious: Chapter 2 (PG-13) noon, 1, 2:20, 4, 4:50, 7, 7:25, 9:35, 10
Lee Daniels' The Butler (PG-13) noon, 3, 6, 9
Percy Jackson: Sea of Monsters (PG) 1:30, 4, 6:30
Percy Jackson: Sea of Monsters 3-D (PG) 9:15 p.m.
Riddick (R)

MOVIE TIMES

Movie times are provided by Cinema Source and local theaters and are subject to change.

TACOMA AREA

BLUE MOUSE THEATRE: 253-752-9500

Grown Ups 2 (PG-13) 7

GRAND CINEMA: 253-593-4474

Blue Jasmine (PG-13) 1:50, 4:10, 6:25, 8:50
In a World... (R) 2, 4:25, 6:45, 9:05
Lee Daniels' The Butler (PG-13) 2:55, 5:45, 8:35
The Spectacular Now (R) 2:20, 7:05, 9:15
The Way, Way Back (PG-13) 4:40

LAKEWOOD TOWNE CENTER CINEMAS: 888-262-4386

Elysium (R) 10:05, 12:40, 3:10, 5:40, 8:15
Insidious: Chapter 2 (PG-13) 10:20, 11:20, 12:55, 1:55, 3:25, 4:25, 6, 7, 8:35, 9:35, 11:10
Instructions Not Included (PG-13) 11, 1:50, 4:35, 7:30, 10:15
Lee Daniels' The Butler (PG-13) 10, 1, 4, 7:10
One Direction: This Is Us

See MOVIES, C7

A quest to Hope Island by sea kayak

Adventure center invites you to kayak inside Puget Sound

BY JAKE DORSEY
Northwest Guardian

The open waters are calling at the Directorate of Morale, Welfare and Recreation's

Northwest Adventure Center.

Sea kayaking in Puget Sound's inlets is one of the many opportunities service members, their Families and base employees are offered at Joint Base Lewis-McChord's NAC, which has established its autumn and winter adventure calendar for the year.

The next kayaking trip, which costs \$40 a person, is set for Sept. 21, and features a visit to Hope Island State Park, about 10 miles north of Olympia and six miles east of Shelton.

Bradley Hinton, one of three civilian NAC programmers who handles kayaking, said the trip is an easy one for beginners. Necessary skills are taught first, including how to paddle for propulsion and maneuvering.

Hinton skips teaching how to use a kayak rudder, saying that if you can maneuver with paddles, you can learn with a rudder.

Also included is how to not flip the kayak over.

"People are unsure of their abilities in the kayak and they get scared," Hinton said. "And when they get scared, they get stiff, and that's when you flip over."

Usually there is someone who flips, Hinton said, and usually it's right at the beginning of the trip, just off shore. A little balancing



Sea kayakers from the Northwest Adventure Center pause during a trip in 2012.

Courtesy Northwest Adventure Center

"People are unsure of their abilities in the kayak and they get scared. When they get scared, they get stiff. That's when you flip over."

BRADLEY HINTON,
Northwest Adventure Center programmer

practice tends to right the person.

As an added level of precaution, guides have sleeker kayaks that let them quickly reach troubled adventurers.

Wide, Necky-brand sea kayaks are provided by NAC, along with the basic gear a person needs to make the six-mile journey, including wetsuits. People are matched to

a kayak that fits their size.

Hinton said people should bring several other items, depending on their desired level of comfort: fleece or polyester, a swimsuit, sandals, a hat, sunglasses and sunblock.

For sunglasses, Hinton suggested a strap to hold them on your head, as weather can get tricky.

A guide favorite "duct tape and

string," he said.

Swells of 3 feet have happened before, though most trips feature calm waters.

NAC transports adventurers out to the launch site in Arcadia, just a few thousand feet away from the island's shoreline. Lunch is on the island, but it isn't provided, so bring whatever you like, Hinton said.

The kayaking trips are going to be a bigger part of NAC's season next year, Hinton said. NAC is planning different locations, but Hinton didn't say where.

"I can't give any hints," he said, "but hopefully we have some good kayaking trips next year."

Jake Dorsey: jake.dorsey@nwguardian.com

LOOKING FOR ADVENTURE?

The MWR Northwest Adventure Center doesn't stop at kayaking. Here are some other events scheduled for this fall and winter. For a full list of events, see Page C4 or go to www.jblmmwr.com/nw_adv_ctr.html.

RAFT THE WHITE SALMON RIVER

Tackle the class-III rapids of the White Salmon River on Sept. 22. The legendary 10-foot high Husum Falls (dependent on water levels, class IV) awaits rafters at the end of the trip. Minimum age: 10. **\$110**

HIKE GRANITE MOUNTAIN

Take a hike Sept. 28 with the Outdoor Recreation Program. This strenuous climb passes through second-growth forest and alpine meadows to end at an old fire outlook that offers incredible views of the surrounding peaks. 8 miles; gain 3,800 feet; 5 hours. Minimum age: 14. **\$40**

BUNGEE JUMPING

Bungee jump Sept. 29 from the highest bridge in the country (20 stories) at the base of Mount St. Helens. Jump twice from the private bridge nestled in the forest above a river. Trip fee includes two jumps and the coveted Dangerous Sports Club T-shirt. Minimum weight: 90 lbs. **\$135**

HORSEBACK RIDING

Take a two-hour guided afternoon horseback ride Sept. 29. No experience is necessary. Bring the entire family along for a great day in the outdoors. Space is limited. Minimum age: 7. **\$80**

APE CAVE ADVENTURE

Travel to Mount St. Helens on Oct. 5 to explore the largest continuous lava tube in the Western Hemisphere. We'll go deep into the underside of a 2,000-year-old lava flow to navigate volcanic formations. In this subterranean environment, the average temperature remains a constant 45 degrees, so dress warmly. Intermediate; 3 miles; gain 250 feet. Minimum age: 12. **\$40**

Out & About

SATURDAY, SEPT. 21

EXPLORE VICTORIA, B.C.

Hop on the ferry and spend the day exploring Victoria, B.C., by foot. The downtown area has everything from antique shops to artisan chocolate shops.

You can also stop in at the Royal B.C. Museum or watch a thrilling IMAX film. Trip fee includes walk-on round-trip ferry ticket and transportation to and from Port Angeles. A passport is required. **\$100**

HOPE ISLAND DAY KAYAK

Come out for a nice paddle and walk around Hope Island's beaches and tide pools. Hope Island offers visitors the chance to see wildlife such as bald eagles, harbor seals and starfish. Paddle distance: approximately 6 miles. Minimum age: 12. **\$40**

SUNDAY, SEPT. 22

EXPERIENCE TILlicum VILLAGE

This four-hour adventure to Tillicum Village features magnificent scenery during the 50-minute cruise to Blake Island State Park. Upon arrival, we'll be welcomed by a path strewn with white clamshells bleached by the sun and greeted with an appetizer of steaming clams in nectar broth. Inside the longhouse, watch as whole Chinook salmon are cooked over an alderwood fire on cedar stakes in the traditional style of the Northwest

Coast Indian. Your meal is served buffet-style and includes a menu of traditional Indian-style baked salmon, warm Tillicum whole-grain bread, new red potatoes, long-grain and wild rice, a fresh salad bar and Boehms chocolate salmon dessert. As you finish your meal, the lights will dim while the myth and magic come to life in the spellbinding performance of the Tillicum Village dancers. **\$90**

RAFT THE WHITE SALMON RIVER

Tackle the class-III rapids of the White Salmon River. The legendary 10-foot high Husum Falls (dependent on water levels, class IV) awaits rafters at the end of the trip. Minimum age: 10. **\$110**

SATURDAY, SEPT. 28

HIKE GRANITE MOUNTAIN

Take a hike with the Outdoor Recreation Program. This strenuous climb passes through a second-growth forest and alpine meadows to end at an old fire outlook that offers incredible views of the surrounding peaks. Difficulty: strenuous; distance: 8 miles; elevation gain: 3,800 feet; time: 5 hours. Minimum age: 14. **\$40**

SOLDUC HOT SPRINGS (FINAL VISIT OF SEASON)

Take a soak in the Olympic National Forest's Sol Duc Hot Springs. There are three min-

eral hot spring soaking pools and one freshwater pool. With varying temperatures, you'll find the perfect one in which to relax and soak. Each mineral pool is drained and cleaned nightly for health and safety. **\$50**

SUNDAY, SEPT. 29

BUNGEE JUMPING

Calling all adrenaline junkies! We have the perfect trip for you - bungee jumping from the highest bungee bridge in the country (it's 20 stories high). Head down to the base of Mount St. Helens to bungee jump twice from a private bridge nestled in the forest above a river. Trip fee includes two jumps and the coveted Dangerous Sports Club T-shirt. Minimum weight: 90 lbs. **\$135**

HORSEBACK RIDING

Head out for a two-hour guided afternoon horseback ride. No experience is necessary for you to participate in this trip.

Bring the entire family along for a great day in the outdoors! Space is limited so sign up quickly! Minimum age: 7. **\$80**

SATURDAY, OCT. 5

VISIT OUTLETS AND TULALIP CASINO

Shop till you drop! Serious bargain hunters will enjoy a day of shopping at Seattle Premium Outlet Mall in Marysville. Stores include The North Face, Oakley Vault, Banana Republic and Chico's. If you get tired of shopping, a short walk will bring you to Tulalip Resort Casino. **\$35**

APE CAVE ADVENTURE

Travel to Mount St. Helens to explore the largest continuous lava tube in the Western Hemisphere. We'll go deep into the underside of a 2,000-year-old lava flow to scramble under and climb over volcanic formations. In this subterranean environment, the average temperature remains a constant 45 degrees, so dress warmly.

Difficulty: intermediate; distance: 3 miles; elevation gain: 250 feet. Minimum age: 12. **\$40**

SUNDAY, OCT. 6

ATV RIDER COURSE(TM)

Learn to safely ride an ATV. In this half-day course, ATV Safety Institute instructors will guide you through the fun and excitement of four-wheeling. We'll ride rain or shine, so dress for the weather. Fee includes ATV, helmet and goggles. ASI ATV Rider Course Certification will be awarded upon completion. Minimum age: 16. **\$35**

HIKE MOUNT SI

If you're looking for a hike to get your blood pumping, this is it! Join us to hike the 4,167-foot Mount Si. With an 8-mile round-trip and a 3,200-foot elevation gain, it's an accomplishment to be proud of. You'll be treated to an amazing view of the Upper Snoqualmie Valley at the top, showing you why this is one of Washington's

most popular hiking trails. Difficulty: difficult; distance: 8.2 miles; elevation gain: 3,700 feet; time: 5.5 hours. Minimum age: 12. **\$35**

SATURDAY, OCT. 12

OKTOBERFEST IN LEAVENWORTH

Experience Oktoberfest in the beautiful Bavarian village of Leavenworth. Enjoy live music, German food, arts and crafts, a Bavarian clothing sale and activities for the entire family. **\$50**

KAYAK CUTTS ISLAND

Don't miss this South Sound classic! Paddle in Carr Inlet. Take a dip and explore the island while breaking for lunch. Trip location subject to change due to weather or conditions. Difficulty: easy; time: 4 hours. Minimum age: 12. **\$40**

See OUT, C8

Guardian Calendar

NIGHTLIFE

FRIDAY

BUFFINO'S GOLDEN WEST SALOON
5228 South Tacoma Way, Tacoma, Back Porch Blues Band (blues, 9 p.m.). 253-471-9892.

CHARLIE'S RESTAURANT AND LOUNGE
113 E. Main St., Puyallup, karaoke and open mike (9 p.m.). 253-845-0588.
MEDI'S PIZZERIA, 2710 Sixth Ave, Tacoma. Phavian, Acoustic, 8 p.m., Free, phavian.com.

THE SWISS 1904 S. Jefferson, Tacoma, Grinder, tribute (9 p.m.). 253-572-2821.

TRADITIONS CAFE & WORLD FOLK ART 300 Fifth Ave. SW, Olympia. The Clap Trap Trio, folk, traditional, (8 p.m.) \$15. Mark Ettinger, indie, (8 p.m.) \$15, \$10 student or low-income, 360-705-2819, traditionsfairtrade.com.

SATURDAY

AUBURN WINE AND CAVIAR CO.2402 A St SE, Auburn, Mark Lewis and Ray Ohls, jazz (6 p.m.) free. 253-887-8530.

BUFFINO'S GOLDEN WEST SALOON
5228 South Tacoma Way, Tacoma, Back Porch Blues Band (blues, 9 p.m.). 253-471-9892.

CHARLIE'S RESTAURANT AND LOUNGE
113 E. Main St., Puyallup, karaoke and open mike (9 p.m.). 253-845-0588.

JOHNNY'S DOCK 1900 E. D St., Tacoma, Felix, (5 p.m.) 253-627-3186.

O'MALLEY'S PUB 2403 Sixth Ave., Tacoma, Phavian with Digital Chemistry, Sources In Code, (8 p.m.) Free, phavian.com.

ROCK THE DOCK 535 Dock St., Tacoma, Open Mike (6-9 p.m.). 253-272-5004.

THE SWISS 1904 S. Jefferson, Tacoma, KRY, rock (7 p.m.) 253-572-2821.

WINDMILL BISTRO, 16009 60th St. E., Sumner, Chuck Gay, (6 p.m.), chuckgaymusic.com.

SUNDAY

AUBURN EAGLES CLUB 702 M Street, Auburn, 8 Second Ride (country, 5 p.m.). 253-833-2298.

CLUB SILVERSTONE 739 Saint Helens Ave., Karaoke (9 p.m.). Tacoma. 253-404-0273.

FIREHOUSE PUB Firehouse Pub, 780 E. Main St., Buckley. Open Mike, (7 p.m.). 360-829-2999.

JOHNNY'S DOCK 1900 E. D St., Tacoma, Darrel Data, (5 p.m.). 253-627-3186.

RED DOG SALOON 2590 SE Mile Hill Dr., Port Orchard, Steve Cooley and the Dangerfields (blues, 7 p.m.). 360-876-1018.

MONDAY

JAZZBONES 2803 Sixth Ave., Tacoma, Rockaraoke (rock, 11 p.m.). 253-396-9169.

THE SWISS 1904 S. Jefferson Ave., Tacoma, Blues Night (blues, 8 p.m.). 253-572-2821.

TUESDAY

JOSEPPPI'S ITALIAN RISTORANTE.
2207 N. Pearl St., Tacoma, Robin Miller (standards and Broadway, 5 p.m.). 253-761-5555.

WEDNESDAY

STONEGATE 5421 South Tacoma Way, Tacoma, Humpster Jam, blues (8 p.m.) 253-472-7493.

THE SWISS 1904 S. Jefferson Ave., Tacoma, _ 253-572-2821.

THURSDAY

FIREHOUSE PUB Firehouse Pub, 780 E. Main St., Buckley, Johnny Smokes, JT. Hennessy, Mark Mauldin, Levi Allen-Sinner, Alice Stewart, Aaron and Jenny Palmer (variety, 7 p.m.). 360-829-2999.

JAZZBONES 2803 Sixth Ave., Tacoma, Kry and DJ Switch (11 p.m.). 253-396-9169.

THE SWISS 1904 S. Jefferson Ave., Tacoma, The Twang Junkies, rock (7 p.m.) 253-572-2821.

MUSIC

ALTERNATIVE

NEKO CASE 7:30 p.m. Sept. 18, Paramount Theatre, 911 Pine St., Seattle. \$28.35-\$33.25. 877-784-4849.

CHILDREN'S

NOT-ITS 10 a.m. Sept. 14, Charles Wright Academy, 7723 Chambers Creek Road W., University Place. Free, charleswright.org/.

CLASSICAL

RICHARD D. MOE ORGAN RECITAL SERIES: Paul Tegels, University Organist, 3-5 p.m. Sept. 15, Lagerquist Concert Hall, Mary Baker Russell Music Building, Pacific Lutheran University Campus. \$15, \$10 senior citizen (55 and older) and PLU alumni; \$5 PLU community, parent passes, students and 18 and under. 253-535-7411, plu.edu/soac/events.

SHEILA BRISTOW, ORGANIST 12:10-1 p.m. Sept. 20, Christ Episcopal Church, 310 N. K St., Tacoma. Donation. 253-383-1569, ccptacoma.org.

DALLAS BRASS CONCERT 7 p.m. Sept. 20, Puyallup High School, 105 Seventh St. SW, Puyallup. \$10.

UNIVERSITY OF PUGET SOUND JACOBSEN SERIES: FINISTERRA PIANO TRIO 7:30 p.m. Sept. 20, University of Puget Sound Schneebeck Concert Hall, North 14th Street and Union Avenue, Tacoma. \$12.50 general; \$8.50 senior citizens, students, military. 253-879-6013, pugetsound.edu.

STUDIO SERIES: OPERA NIGHT 8-9:30 p.m. Sept. 21, Lagerquist Concert Hall, Mary Baker Russell Music Building, Pacific Lutheran University Campus, Tacoma. Free admission, no tickets required. 253-535-7411, plu.edu/soac/events.

COUNTRY

CARRIE UNDERWOOD 7:30 p.m. Sept.

13, Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. \$45-\$95. 253-841-5045, thefair.com.
ALABAMA 7:30 p.m. Sept. 16, Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. \$35-\$95. 253-841-5045, thefair.com.

JAZZ

REGENCY JAZZ ENSEMBLE 8 p.m. Sept. 18, Lagerquist Concert Hall, Mary Baker Russell Music Building, Pacific Lutheran University Campus. 253-535-7602.

POP

CARLY RAE JEPSEN 7:30 p.m. Sept. 20, Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. \$20-\$50. 253-841-5045, thefair.com/concerts.

R&B AND SOUL

LEROY BELL AND HIS ONLY FRIENDS 8 p.m. Sept. 13, Jazzbones, 2803 Sixth Ave., Tacoma. \$15. 253-396-9169, jazzbones.com.

MAVIS STAPLES 8 p.m. Sept. 23, Moore Theatre, 1932 Second Ave., Seattle.

DRAKE - WOULD YOU LIKE A TOUR? 7 p.m. Sept. 26, Tacoma Dome, 2727 E. D St., Tacoma.

ROCK

BLONDIE 7 p.m. Sept. 17, Marymoor Park, 6046 W. Lake Sammamish Parkway NE, Redmond.

JEREMY CAMP, TENTH AVENUE NORTH, KUTLESS, JARS OF CLAY 7 p.m. Sept. 17, Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. \$20-\$40, (price includes Fair gate admission, unless noted). 253-841-5045, thefair.com.

A DAY TO REMEMBER 6:45 p.m. Sept. 17, WaMu Theater, 800 Occidental

Ave. S., Seattle.

AVETT BROTHERS 7:30 p.m. Sept. 18, Key Arena, 305 Harrison St., Seattle. \$35-\$49. 206-684-7200.

SHINEDOWN 5 p.m. Sept. 18, Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. \$35-\$45.
AVETT BROTHERS 7:30 p.m. Sept. 18, Key Arena, 305 Harrison St., Seattle. \$35-\$49. 206-684-7200.

THE NATIONAL 7:30 p.m. Sept. 19, 8 p.m. Sept. 20, Paramount Theatre, 911 Pine St., Seattle. \$35.75. 877-784-4849.

AARON NEVILLE 8 p.m. Sept. 20-21,

Triple Door, 216 Union St., Seattle.

AUSTIN MAHONE AND BRIDGIT MENDLER 7 p.m. Sept. 21, Washington State Fair Events Center, 110 Ninth Ave. Southwest, Puyallup. \$25-\$60.

253-841-5045, thefair.com/concerts.

KID ROCK 7:30 p.m. Sept. 22, Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. \$45-\$95.

253-841-5045, thefair.com/concerts.

THE NATIONAL 8 p.m. Sept. 25, Paramount Theatre, 911 Pine St., Seattle. \$35.75-\$51.25. 877-784-4849, stgppresents.org.

EVENTS

BAZAARS

DEMOLAY CRAFT FAIR AND BAZAAR 10 a.m. Sept. 22, William P Dougherty Lodge, 3819 N. 27th St., Tacoma.

CHARITY & VOLUNTEER

WALK TO END ALZHEIMER'S 8 a.m. Sept. 14, Thea's Park, 535 Thea's Dock

See CALENDAR, C8

Never go against 'The Family,' eh? Not this time

BY ROGER MOORE
*McClatchy-Tribune
News Service*

Robert De Niro, Michelle Pfeiffer and Tommy Lee Jones revisit some blasts from their pasts in "The Family," a violent action comedy about a mob family in France thanks to the witness protection program.

De Niro does a little "Analyze This" as Giovanni Manzoni, who ratted out his mob pals back in Brooklyn and now has a \$20 million price on his head. He is, he narrates, "a nice guy" who just has to control "my sadistic urges" better. He's prone to beating people senseless or to death over things like poor service, "disrespect" and the like. And he's in France.

Funny. Pfeiffer tones down her "Married to the Mob" turn as Maggie, the long-suffering wife, moving to yet another town where these people – "The Blakes," they're called

THE FAMILY

★ ★

Cast: Robert De Niro, Michelle Pfeiffer, Tommy Lee Jones, Dianna Agron, Jon D'Leo

Director: Luc Besson, based on a book by Tonino Benacquista.

Running time: 1:48

MPAA rating: R for violence, language and brief sexuality

this time – need to fit in. But her encounters with rude French salesclerks bring out the practicing pyromaniac in her.

Their kids – Belle (Dianna Agron) and Warren (John D'Leo) – have another high school to reconnoiter, master and have their way with.

And Jones is a milder-mannered version of his U.S. marshal characters as a government agent who tries to keep these four alive, and



Relativity Media

Michelle Pfeiffer stars with Robert De Niro and Tommy Lee Jones in "The Family."

keep the incidents with the locals to a minimum.

As the Blakes set up shop in small-town Normandy, Gio, or "Fred," decides he'll write his memoirs. His cover

story now is that he's "a writer." Silly Fred – he says he's doing a D-Day book when he doesn't know a thing about the subject. ("It's about the Marines on D-Day." Ev-

ery Frenchman in Normandy knows there were no Marines there.)

Maggie finds a charming, ancient church, and curdles the blood of the local priest

with her confession (which we don't hear).

Warren, 14, is bullied, but born to work the angles until

See FAMILY, C8

Music/Comedy

TICKETS ON SALE THIS WEEK

KANYE WEST is bringing his Yeezus tour to Seattle's KeyArena for an 8 p.m. Oct. 19 show. Tickets are \$51 to \$141 and go on sale at 10 a.m. Friday.

Also on sale this week:

THE JONAS BROTHERS 7:30 p.m. Nov. 6, The Paramount Theatre, Seattle. Tickets are \$35-\$146 and go on sale at 10 a.m. Saturday.

JOHN LEGEND 8 p.m. Nov. 25, The Paramount Theatre, Seattle. Tickets are \$47-\$87 and go on sale at 10 a.m. Friday.

SLAYER 7:30 p.m. Nov. 1, WaMu Theater, Seattle. Tickets are \$53 and go on sale at 10 a.m. Friday.

TRANS-SIBERIAN ORCHESTRA'S LOST

CHRISTMAS EVE 8 p.m. Nov. 23, KeyArena, Seattle. Tickets are \$46-\$85 and go on sale at 10 a.m. Friday.

JEFF TWEEDEY 8 p.m. Dec. 8, The Moore Theatre, Seattle. Tickets are \$32.50-\$42.50 and go on sale at 10 a.m. Friday.

CHARLIE MURPHY 8 p.m. Jan. 11, The Neptune, Seattle. Tickets are \$30 and go on sale at 10 a.m. Friday.

ALREADY ON SALE

CARLY RAE JEPSEN with **HOT CHELLE RAE** 7:30 p.m. Sept. 20, Washington State Fair, Puyallup. \$20-\$50.

"ROCKY HORROR PICTURE SHOW" 9 p.m. Sept. 20, The Neptune, Seattle. Free.

AUSTIN MAHONE & BRIDGIT MENDLER 7 p.m. Sept. 21, Washington State Fair, Puyallup. \$25-\$60.

BRUNO MARS 7:30 p.m. Sept. 21, KeyArena, Seattle. \$49-\$102.

INDIA.ARIE 9 p.m. Sept. 21, The

Neptune, Seattle. \$35.

KID ROCK 7:30 p.m. Sept. 22, Washington State Fair, Puyallup. \$45-\$95.

RON WHITE 7 p.m. Sept. 22, Snoqualmie Casino Ballroom. \$79-\$110.

FURTHUR with **PHIL LESH** and **BOB WEIR** 6 p.m. Sept. 24, Marymoor Park, Redmond. \$59.50.

DANE COOK 8 p.m. Sept. 25, The Paramount Theatre, Seattle. \$36-\$51.

JASON ALDEAN 7:30 p.m. Sept. 27, Tacoma Dome. \$29-\$55.

MAVIS STAPLES 8 p.m. Sept. 27, The Moore Theatre, Seattle. \$70.

MAROON 5 and **KELLY CLARKSON** 7 p.m. Sept. 28, The Gorge Amphitheatre. \$45.50-\$116.

CHERRY POPPIN' DADDIES 8:30 p.m. Sept. 28, Tractor Tavern, Seattle. \$26.

TECH N9NE 7 p.m. Sept. 29, The Paramount Theatre, Seattle. \$35.

SCOTT AUKERMAN'S COMEDY BANG! BANG! 8 p.m. Oct. 2, The Neptune, Seattle. \$23.50.

MARTIN SHORT 8 p.m. Oct. 3, The Paramount Theatre, Seattle. \$41 to \$71.

RICHARD MARX 7 p.m. Oct. 3, Snoqualmie Casino-Ballroom. \$31-\$62.

JOSH GROBAN 8 p.m. Oct. 4, KeyArena, Seattle. \$61-\$114.

LONESTAR 8 p.m. Oct. 4, Lucky Eagle Casino, Rochester. \$31 and \$65.

JON BATISTE AND STAY HUMAN 8 p.m. Oct. 4, The Neptune, Seattle. \$30.

BILL BURR 8 p.m. Oct. 4, The Paramount Theatre, Seattle. \$31.

MICHAEL FRANTI & SPEARHEAD 8 p.m. Oct. 5, The Moore Theatre, Seattle. \$32.50.

KATHARINE MCPHEE 7 p.m. Oct. 6, Snoqualmie Casino-Ballroom. \$74 to \$121.

CARRIE: THE MUSICAL Oct. 10-26, The Moore Theatre, Seattle. \$17.50-\$35.

LUCIUS 9 p.m. Oct. 11, Columbia City Theater, Seattle. \$12.

DON MCLEAN 7 p.m. Oct. 14, Snoqualmie Casino-Ballroom. \$19-\$57.

LORETTA LYNN 8:30 p.m. Oct. 17, Emerald Queen Casino, Tacoma. \$39-\$76.

THE AVETT BROTHERS 7:30 p.m. Oct. 18, KeyArena, Seattle. \$46-\$61.

TIM ALLEN 8:30 p.m. Oct. 19, Emerald Queen Casino, Tacoma. \$50-\$116.

MOODY BLUES 8 p.m. Oct. 19, The Paramount Theatre, Seattle.

PINK 7:30 p.m. Oct. 20, KeyArena, Seattle. \$51-\$141.

EMPIRE OF THE SUN 7:30 p.m. Oct. 23, The Paramount Theatre, Seattle. \$35.75.

SARAH BRIGHTMAN 8 p.m. Oct. 26, The Paramount Theatre, Seattle. \$51-\$126.

CHAKA KHAN 7 p.m. Oct. 27, Snoqualmie Casino-Ballroom. \$69 to \$121.

J. COLE featuring **WALE** 7:30 p.m. Oct. 30, The Paramount Theatre, Seattle.

GARFUNKEL & OATES 9 p.m. Nov. 1, The Neptune, Seattle. \$25.

MIKE DOUGHTY 8 p.m. Nov. 2, The Neptune, Seattle.

BUDDY GUY 7 p.m. Nov. 3, Snoqualmie Casino-Ballroom. \$41 to \$84.

THE LONELY FOREST 9 p.m.

Nov. 9, The Neptune, Seattle.

BEN HARPER 8 p.m. Nov. 12, McCaw Hall at the Seattle Center. \$52-\$90.

MICHAEL BUBLÉ 8 p.m. Nov. 15, KeyArena, Seattle. \$55-\$110.

ALICE COOPER 8:30 p.m. Nov. 15, Emerald Queen Casino, Tacoma. \$44 and \$88.

MARGARET CHO 8 p.m. Nov. 16, The Moore Theatre, Seattle.

NINE INCH NAILS with **EXPLOSIONS IN THE SKY** 8 p.m. Nov. 22, KeyArena, Seattle. \$51 to \$113.

SARAH COLONNA 8 p.m. Nov. 22, Snoqualmie Casino-Ballroom. \$14 to \$47.

MANNHEIM STEAMROLLER CHRISTMAS 7:30 p.m. Nov. 24, The Paramount Theatre, Seattle.

TERRY FATOR 7 p.m. Nov. 24, Snoqualmie Casino-Ballroom. \$74-\$121.

BLACK JOE LEWIS 9 p.m. Nov. 29, The Neptune, Seattle.

KC & THE SUNSHINE BAND WITH THE VILLAGE PEOPLE 7 p.m. Dec. 1, Snoqualmie Casino Ballroom. \$41 and \$100.

DRAKE with **MIGUEL** 7 p.m. Dec. 4, Tacoma Dome. \$59-\$114.

ROB DELANEY 8 p.m. Dec. 4, The Neptune, Seattle.

PEARL JAMTT 8 p.m. Dec. 6, KeyArena, Seattle. \$83.

COLIN QUINN 8 p.m. Dec. 6, Snoqualmie Casino Ballroom. \$14 and \$47.

MACKLEMORE AND RYAN LEWIS Dec. 11 and 12, KeyArena, Seattle. \$54-\$75.

HEART 7:30 p.m. Dec. 12, Benaroya Hall, Seattle. \$50-\$95.

MOVIES

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12:30, 1, 3:30, 4, 6:30, 7, 9:20, 9:50 **The Family** (R) 12:15, 3:15, 6:15, 9:15 **The Family** (21+ only) 12:15, 3:15, 6:15, 9:15 **We're the Millers** (R) noon, 2:30, 5, 7:30, 10

PORT ORCHARD

■ **REGAL SOUTH SOUND 10: 360-698-1510**

Despicable Me 2 (PG) 1:30, 4:30, 7:30 **Elysium** (R) 6:40, 9:10 **Insidious: Chapter 2** (PG-13) noon, 2:30, 5, 7:40, 10:10 **Lee Daniels' The Butler** (PG-13) 12:20, 3:20, 6:20, 9:20 **One Direction: This Is Us - Extended Fan Cut** (PG) 4 **One Direction: This Is Us - Extended Fan Cut 3-D** (PG) 1, 7, 9:40 **Percy Jackson: Sea of Monsters** (PG) 12:40, 3:40 **Planes** (PG) 1:10, 4:10, 7:10, 9:30 **Riddick** (R) 1:40, 4:40, 7:30, 10:10 **The Family** (R) 1:20, 4:20, 7:20, 10 **The Grandmaster** (PG-13) 9:50 p.m. **This Is The End** (R) 12:30, 3:30, 6:30, 9:30 **We're the Millers** (R) 12:50, 3:50, 6:50, 9:50

SOUTH KING COUNTY

■ **CENTURY FEDERAL WAY 16: 800-326-3264 EXT. 995**

Blue Jasmine (PG-13) 2:15, 4:45, 7:10, 9:35 **Despicable Me 2** (PG) 11:15, 1:45, 4:10, 6:40, 9:10 **Elysium** (R) 11:40, 2:20, 5, 7:40, 10:25 **Getaway** (PG-13) 12:25, 2:45, 5:05, 7:25, 9:45 **Insidious: Chapter 2** (PG-13) 12:15, 2:50, 5:25, 8, 10:40 **Lee Daniels' The Butler** (PG-13) 1:35, 4:35, 7:35, 10:35 **One Direction: This Is Us** (PG) 7:05 **One Direction: This Is Us 3-D** (PG) 11:05, 1:45, 4:25, 9:50 **Percy Jackson: Sea of Monsters** (PG) 11, 1:40, 4:20, 7, 9:35 **Planes** (PG) 12:10, 2:40, 5:05, 7:25, 9:55 **Riddick** (R) 11, 1:50, 4:40, 7:30, 10:20 **The Family** (R) 11:30, 2:15, 5, 7:45, 10:30 **The Grandmaster** (PG-13) 11:50, 2:30, 5:10, 7:50, 10:30 **The Mortal Instruments: City of Bones** (PG-13) 1:10, 4:15, 7:15, 10:20 **The World's End** (R) 11:45, 2:30,

5:15, 8:05, 10:45 **This Is The End** (R) 1:40, 6:45 **We're the Millers** (R) 11:55, 2:35, 5:15, 7:55, 10:50 **You're Next** (R) 11:15, 4:15, 9:25

■ **STARPLEX GATEWAY MOVIES 8: 253-946-5289**

Epic (PG) 12:20, 5 **Iron Man 3** (PG-13) 11:30, 4:50 **Iron Man 3 3-D** (PG-13) 2:10, 7:30 **Man of Steel** (PG-13) 10:10 p.m. **Now You See Me** (PG-13) 11:55, 2:30, 5:05, 7:35, 10:05 **Pacific Rim** (PG-13) 3:30, 9:40 **Pacific Rim 3-D** (PG-13) 12:30, 6:50 **R.I.P.D.** (PG-13) 12:10, 4:55, 9:45 **R.I.P.D. 3-D** (PG-13) 2:35, 7:15 **The Conjuring** (R) 12:15, 2:50, 5:20, 7:50, 10:20 **The Croods** (PG) 2:40, 7:20 **The Lone Ranger** (PG-13) 12:05, 3:20, 6:45, 9:50 **White House Down** (PG-13) 9:35 p.m. **World War Z** (PG-13) noon, 5:15, 10:15 **World War Z 3-D** (PG-13) 2:45, 7:45

OLYMPIA/LACEY

■ **MARTIN VILLAGE STADIUM 16: 360-455-5003**

Despicable Me 2 (PG) 1:20, 4:05, 7 **Elysium** (R) 12:25, 3:20, 6:20, 9:20 **Getaway** (PG-13) 9:10 p.m. **Insidious: Chapter 2** (PG-13) 1:15, 3:15, 4:15, 6:15, 7:15, 9, 10 **Lee Daniels' The Butler** (PG-13) 12:40, 4, 7:05, 10:20 **One Direction: This Is Us - Extended Fan Cut** (PG) 2:30 **One Direction: This Is Us - Extended Fan Cut 3-D** (PG) noon, 5, 7:35, 10:10 **Percy Jackson: Sea of Monsters** (PG) 12:50, 3:50, 6:50, 9:45 **Planes** (PG) 12:20 p.m. **Riddick** (R) 12:30, 3:30, 6:30, 9:40 **Riddick: IMAX** (R) 1:30, 4:30, 7:30, 10:40 **The Family** (R) 1:40, 3:40, 4:40, 6:40, 7:40, 9:30, 10:30 **The Grandmaster** (PG-13) 12:45 p.m. **The Mortal Instruments: City of Bones** (PG-13) 1, 4:10, 7:20, 10:25 **The Ultimate Life** (PG) 12:05, 3:05, 6:10 **The Wolverine** (PG-13) 12:10, 3:25, 6:35, 9:50 **This Is The End** (R) 1:05, 3:55, 6:45, 9:55 **This Is The End** (R) 9:35 p.m. **We're the Millers** (R) 1:25, 4:25, 7:10, 10:05

FAMILY

Continued from Page C6

he's had his revenge.

And Belle is a streetwise bombshell who sets her sights on a student teacher as her first-ever sexual conquest.

Gio narrates as he types up his book, detailing his family history, papering over his sadistic impulses even as he sets out to find out why their old house has brown water coming out of the tap.

Everybody speaks English, which helps the kids and their “fuggedaboutit” parents adjust.

Except they don't.

The movie also lacks much in the way of “Frenchness,” which is a pity.

And even though the cast is first rate, “The Family” tends to lurch between laughs, with the most reliable humor coming from the Blakes' over-the-top violence

as a way of solving every problem.

De Niro is the funniest he's been since the “Analyze” series, and one scene – he's invited to be a guest speaker at a film society – manages huge laughs based on his past filmography.

Director Luc Besson established his action cred decades ago with “La Femme Nikita” and “The Professional,” and he wrote and produced “The Transporter” and “Taken” movies. But nobody ever accused Monsieur Luc of having any flair for comedy.

The backhanded slaps at French snootiness, softness and overrated cuisine, and his idea of this sort of mob folk – adept at violence and quick to use it – aren't particularly funny.

Whatever the source material (Tonino Benacquista's novel “Malavita”), this feels inspired by Netflix's “Lilyhammer,” about a mobster

hiding out in Norway.

Besson & Co. should have learned from that series that the fish out of water / culture clash stuff is where the fun comes from.

The violence is rare, for shock value.

Here, the mayhem is personal, plentiful and graphic enough to make you wince. Just a bit.

The beat-downs are funny enough in their excess, but nobody in this film “gets what he deserves.” And none of the bystanders in the film's quite-high body count earns their fate.

Besson aims his movie at anyone who's ever held a grudge at an ill-mannered French waiter or clerk (haughty, and by the way, they would never condescend to speak to you in English).

If you like your wish fulfillment payback served with a baseball bat, “The Family” is the French travelogue for you.

CALENDAR

Continued from Page C5

St., Tacoma. Free Registration. 206-529-3898

SOUTH SOUND AIDS WALK 9 a.m.-1:30 p.m. Sept. 21, Cheney Stadium, 2502 S. Tyler St., Tacoma. Register/Join a Team. 253-383-2565, piercecountyaid.org.

TACOMA DOMINICAN COMMUNITY 125TH ANNIVERSARY FUNDRAISING SUPPER AND AUCTION 4 p.m. Sept. 21, Marymount Event Center, 423 E. 52nd St., Tacoma.

LE DINER EN BLANC 6-8 p.m. Sept. 26, W.W. Seymour Conservatory, 316 S. G St., Tacoma. \$10 fundraiser for First Night. 253-278-9593, firstnighttacoma.org.

FAIRS & FESTIVALS

HOPS & CROPS BREW FESTIVAL noon-6 p.m. Sept. 14, Mary Olson Farm, 28728 Green River Road, Auburn. \$15-\$20. 253-288-7433, wvmuseum.org/hopsandcrops.html.

COMMUNITY

SHELLFISH FEAST 1-4 p.m. Sept. 14, Little Skookum Shellfish Growers, 2264 SE Lynch Road, Shelton. \$45. 360-0943-3012, capitollandtrust.org.

PIONEER DAYS FESTIVAL noon-4 p.m. Sept. 21, Job Carr Cabin Museum, 2350 N. 30th St., Tacoma. Free. 253-627-5405, jobcarmuseum.org.

FALL EQUINOX BARTER 1-2:30 p.m. Sept. 22, Pt. Defiance/Ruston Senior Center, 4716 N. Baltimore St., Tacoma. Fee to barter is one nonperishable food item per-person in your group. All food collected is donated to food banks. 253-752-6834

RICK STEVES 5 p.m. Sept. 22, Broadway Center for the Performing Arts, 901 Broadway, Tacoma. \$15-\$75. 253-591-5890, broadwaycenter.org.

TACOMA RESIDENT FREE DAYS 9:30 a.m.-5 p.m. Sept. 25, Point Defiance Zoo and Aquarium, 5400 N. Pearl St., Tacoma. 253-591-5337

TALKS & LECTURES

GUEST LECTURE: “THOSE WHO WAIT FOR US,” BY TIPHANIE YANIQUE 6:30 p.m. Sept. 16, Wheelock Student Center, University of Puget Sound, North 15th and Alder streets., Tacoma. Free. 253-879-3555, pugetsound.edu

PRESENTATION ON JOHN FLETT, LAKEWOOD PIONEER DAIRYMAN 7-9 p.m. Sept. 17, St. Mary's Episcopal Church, 10630 Gravelly Lake Drive SW, Tacoma. Free. 253-582-8682, lakewoodhistorical.org.

“NAVIGATING DIFFERENT CULTURES: WOMEN IN BUSINESS IN SAUDI ARABIA” A TRAVEL TALK BY SANDI FUNK 7-8:30 p.m. Sept. 18, The Great Hall of Annie Wright School, 827 N. Tacoma Ave., Tacoma. Free, wactacoma.com.

CARVING OF TOTEM POLES WITH LEN TALBOT 1:30 p.m. Sept. 17, Franke Tobey Jones, 5340 N. Bristol St., Tacoma. Free. 253-756-6219, franketobeyjones.com.

150TH ANNIVERSARY OF CIVIL WAR BATTLE OF CHICKAMAUGA 2 p.m. Sept. 21, King's Books, 218 Saint Helens Ave., Tacoma. Free. 253-589-8426, PoppaNick.com.

HABITAT FOR HUMANITY: BUILDING HOUSES, BUILDING HOPE 10:30 a.m.-12:30 p.m. Sept. 23, Garfield Book Company at PLU, 208 Garfield St. South, Tacoma. \$10. 253-241-4166, plu.edu/lifeelderhostel.

OUT

Continued from Page C4

SUNDAY, OCT. 13

PIKE PLACE MARKET/ RIDE THE DUCKS

You haven't seen Seattle until you've seen it from a Duck! From both land and water, Coast Guard-certified maritime captains take you on a musical tour aboard amphibious World War-II vehicles. You'll see downtown, Pike Place Market, Pioneer Square and Fremont before splashing into Lake Union for a view of the city skyline, yachts and houseboats. After the tour, walk through Pike Place Market for shopping and food. **\$45**

BIKE CARBON RIVER TRAIL

Join us as we bike through the rainforest at Mount Rainier National Park. We'll follow the Carbon River five miles toward Carbon Glacier. The road is closed to motor vehicle traffic. Easy; 9.2 miles; gain: 600 feet; 3 hours. Minimum age: **12. \$40**