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LANZA RETIREMENT CEREMONY

A 'SOLDIER FOR LIFE' ENDS HIS 37-YEAR ARMY CAREER



SCOTT HANSEN Northwest Guardian

Gen. Mark Milley, left, congratulates Lt. Gen. Stephen Lanza and his wife, Madeline, during Lanza's retirement ceremony June 2.

Former I Corps leader honored at ceremony

BY RUTH KINGSLAND
Northwest Guardian

Hundreds gathered in front of I Corps Headquarters on Lewis Main June 2 to honor Lt. Gen. Stephen Lanza as he officially retired from a military career spanning nearly four decades.

Lanza served most recently as the I Corps commanding general and senior mission commander for Joint Base Lewis-McChord. Prior to that, he was commander of 7th Infantry Division. In April, leadership of the installation was transferred to Lt. Gen. Gary Volesky, the current I Corps and JBLM commanding general.

"I personally saw Steve's courage and skill," said Gen. Mark Milley, Army chief of staff, in remarks at Lanza's retirement ceremony. "Steve Lanza has always been the right man and the right commander in the right place at the right time. Steve, you're one of our great generals of today."

During the ceremony, Lanza was presented with an American flag, a retirement certificate and a shell casing from the final cannon blast at the event.

Although much of the ceremony was devoted to honoring Lanza for his stalwart service and legendary leadership, recognition also was given to members of his family, including his wife of 21 years, Madeline; son, Raymond; dad and Korean War veteran, Ray; and mom, Marie. A handful of his classmates from the United States Military Academy at West Point's class of 1980 also attended the event.

SEE LANZA, 12A



AT LEFT: Lt. Gen. Stephen Lanza, right, addresses the audience outside I Corps headquarters on JBLM.

BELOW: Lt. Gen. Stephen Lanza, left, oversees the Retirement of the Colors one last time June 2.



WASHINGTON STATE LAW

Law banning hand-held devices in cars begins July 23

BY RUTH KINGSLAND
Northwest Guardian

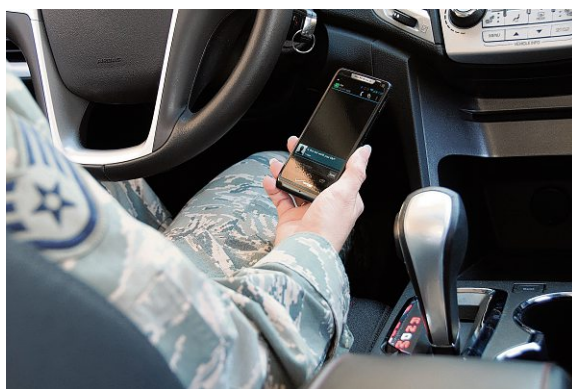
If you're used to holding your phone in your hand like a "Star Trek" communication device, it's time to get unused to it.

Washington state laws that become effective July 23 make unlawful the use of hand-held phones and other devices while driving. And, as with other state laws, Joint Base Lewis-McChord will assimilate this law, according to Lt. Marcus Todd, chief of traffic management and colli-

sion investigation for the JBLM police department.

"We do stop violators — it's all about safety," Todd said, explaining that even the few seconds someone takes to look at their phone screen, for a text or other distraction, could be enough to cause a crash or take lives. "A few seconds is all it takes for a vehicle to stop in front of you or for you to drift into another lane."

SEE LAW, 12A



MASTER SGT. VINCENT DE GROOT Department of Defense Photo

Hand-held phones and other devices while driving are against the law for Washington drivers beginning in July. That includes drivers on JBLM.

17TH FA BDE.

Artillery Soldiers welcome new leader

Commander has served 23 years

BY SGT. JACOB KOHRS
17th Field Artillery Brigade
Public Affairs

A week of multiple change of command ceremonies for the 17th Field Artillery Brigade units concluded with the brigade's change of command ceremony for Col. Andrew Gainey, outgoing brigade commander, to Col. Christopher Wendland, incoming commander, June 2 at Joint Base Lewis-McChord.

Gainey has commanded the 17th FA Bde since July 2015, being dual hatted as the commander for 17th FA Bde., and the I Corps Fires Support coordinator. He led the integration of the 17th FA Bde staff with the fire support staff of America's Corps formalizing the relationship for the first time.

He also led the brigade and I Corps fire support cell through combined, joint exercises Yama Sakura 69 and 71, Talisman Saber 15 and 17, and Ulchi Freedom Guardian 15 and 16. These exercises were paramount to

SEE LEADER, 12A

SPECIAL OLYMPICS

Soldiers lend support to local athletes

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

Soldiers from 4th Battalion, 1st Special Forces Group (Airborne) volunteered at the Special Olympics Washington's games during the power lifting portion on Saturday at Joint Base Lewis-McChord.

The Soldiers' mission during the event was to spot the athletes with the heavy weight and get the weight set on the bar for the next athlete to either bench, squat or deadlift.

When first walking into the event and seeing the amount of

SEE SPECIAL, 12A

CENTENNIAL CORNER



INGRID BARRENTINE Northwest Guardian / 2010

The Joint Base Lewis-McChord flag is flown for first time in 2010.

THE MAKING OF JBLM

The Base Realignment Commission of 2005 ordered that Fort Lewis and McChord Air Force Base merge. The merger was part of a nationwide program of joint basing, an effort that began in the mid-1980s. On Oct. 1, 2010, Fort Lewis and McChord Air Force Base became Joint Base Lewis-McChord.

JBLM READY AND RESILIENT LUNCH AND LEARN



RUTH KINGSLAND Northwest Guardian

Chaplain (Col.) Yvonne Hudson, left, command chaplain for I Corps, greets retired Col. William Reeder Jr., middle, as Chaplain (Col.) Marc Gauthier, Joint Base Lewis-McChord garrison chaplain, looks on after Reeder spoke at the Ready and Resilient Lunch and Learn at the Lewis North Chapel June 1.

Former Vietnam POW shares story of healing

BY RUTH KINGSLAND
Northwest Guardian

Hearing about retired Army Col. William Reeder Jr.'s experiences as the last U.S. Army Soldier taken prisoner during the Vietnam War was inspirational for many of those who attended Joint Base Lewis-McChord's Ready and Resilient Lunch and Learn at the Lewis North Chapel June 1.

The talk was open to the public but was primarily attended by JBLM's service members and chaplains.

"I think Colonel Reeder's story is a good reminder of the sacrifices Soldiers make; and if we are ever in a bad situation, we see that others made it so we can, too," said Chaplain (Col.) Yvonne Hudson, command chaplain for I Corps, at the end of Reeder's presentation.

Reeder was captured by North Vietnamese soldiers three days after the aircraft he was flying was shot down over South Vietnam, near the tri-border of Laos, Cambodia and Vietnam, the morning of May 9, 1972. The tale of his capture and how his faith in God sustained him through the ordeal is told by

"One of the best things you can do for your mental health and for your readjustment is to talk."

Retired Col. William Reeder Jr.
Former Vietnam POW

Reeder in his book, "Through the Valley: My Captivity in Vietnam."

Reeder was listed as missing in action until he was released in March 1973.

In the interim, despite a broken back and other injuries from his harrowing Cobra helicopter crash, as well as infected wounds from leeches, he was tied to a tree and interrogated for three days, placed in a bamboo cage with other prisoners and later made to walk about 200 miles through the jungle and up and down mountains to a prisoner of war camp in Hanoi.

During his captivity, he suffered through three different types of malaria and several intestinal parasites.

After his release, Reeder re-

turned to military duty and finished a 30-year career, with recognition as the Army Aviation Association of America's Army Aviator of the Year in 1977. He was inducted into the Army Aviation Hall of Fame in 2014.

At the JBLM event, Reeder spoke of the importance of talking about your experiences as a path to healing.

"One of the best things you can do for your mental health and for your readjustment is to talk," he said.

"It was so good to hear you," said Col. Tammie Pettit of Headquarters and Headquarters Battalion, I Corps.

She and other luncheon attendees lined up to talk with Reeder after his speech. Pettit said she knew Reeder prior to the event. He was involved in a leadership lab at JBLM's Mission Support Training Facility, which she attended after returning from a deployment nearly 10 years ago.

"I didn't know any of his story back then," she said. "But he's a great guy, and it's great to hear from him and get his sound advice."

BATTLEFIELD TO BALLROOM

Program treats trauma through dance

BY SPC. AMANDA RIDDER
1st Special Forces Group (Airborne)

Debbie Simpson, a retired Army colonel and nurse at the Veterans Affairs at American Lake in Tacoma, has loved dance since her youth. Little did Simpson know that her dance roots would become therapeutic for her as an adult, treating her combat-related post-traumatic stress disorder.

In 1984, Simpson joined the Army National Guard as an officer and nurse. She was assigned missions to Japan, Panama, Sinai, and Iraq where she witnessed and endured the epitome of stress. She managed stress by turning off her emotions and remaining focused on caring for Soldiers while under fire.

This, however, allowed her inner demons to surface later on, especially after losing comrades to suicide.

"Every day, I fight these feelings that I failed them," Simpson said.

Simpson battles the same guilt and anxiety that many veterans with combat-related PTSD have. After trying different forms of conventional treatment, such as taking medication, yoga and owning a dog, Simpson turned to a counselor who recommended that Simpson try what she used to love — dance.

Although Simpson never felt she could afford the classes or thought she was a good enough dancer, she tried a few classes at Arthur Murray anyway.

"The improvements in my emotional and psychological (state) were huge," Simpson said. "I felt more calm on a regular basis and I wasn't taking off as many sick days. I was attending more group classes



Courtesy Photo

Debbie Simpson, left, a retired Army colonel dances in a ballroom in Seattle recently. Through dancing, Simpson offers dance physical therapy for veterans suffering post-traumatic stress disorder.

and enjoying things again."

Debbie's discovery of ballroom's effectiveness inspired her to launch a study in 2015 that would prove the benefits of ballroom to help lessen anxiety for those suffering combat-related PTSD. She partnered with Arthur Murray and transformed the study into a non-profit organization.

With the help of TJ Lacy, Franchisee Capital Dance Enterprises, and the team at Arthur Murray, Battlefield to Ballroom was born.

"When Debbie brought up her idea, we were completely on board," Lacy said.

Simpson and Lacy worked together to raise more than \$5,000 at a December 2016 charity gala. The money raised was put into savings for the program that would help veterans apply for one-on-one private lessons at an Arthur Murray studio near them.

Simpson gathered a board of

professionals, including Dr. Debbie Ranniger, Etta Projects executive director, who is now the grant writer, to help build the program and prove the healing powers that dance has.

"While there are individual testimonials that indicate the positive impacts of dance," said Ranniger, "Research is just beginning to show that dance can help with brain disorders such as Parkinson's and Alzheimer's. As part of the program, (Simpson) hopes to gather data about the positive impacts for people suffering from PTSD."

Ranniger is thrilled to see Simpson's organization grow so it might eventually "add to the body of research" in healing combat-related PTSD.

"If I can get people to feel happy again, that gives me a purpose," Simpson said. "It's a journey of helping them do what they're passionate about."

For more information, visit battlefield2ballroom.org.

NEWS IN BRIEF

End of exercise at Yakima set to end with booms — lots of them

The 2nd Infantry Division Artillery and elements of the 17th Field Artillery Brigade will together fire more than 150 rounds of 155 mm artillery rounds and High Mobility Artillery Rocket System's Reduced Range Practice Rockets Saturday from 10 a.m. to noon at the Yakima Training Center.

Both units have been training at YTC, and this event is the artillery culminating exercise of their training.

The Yakima Training Center is expecting low cloud cover Saturday; therefore, it is very likely the sound of the firing will travel to the surrounding communities of Yakima, Selah and Mattawa.

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

Offensive bumper stickers not permitted on the installation

Per UCMJ Article 88 and Fort Lewis Reg 210-1, Fort Lewis, para. 7-34, bumper stickers on personally owned vehicles expressing contempt toward officials and/or featuring vulgar, obscene language are not allowed on Joint Base Lewis-McChord. Such bumper stickers are considered noise and offensive language and are not acceptable in public or private places, including family housing areas, where others are involuntarily exposed to it due to location.

All service members, families and visitors to JBLM will adhere to the above courtesy standards. Leaders, activity directors, facility managers and supervisors at all levels will correct violations of this regulation. If violators refuse to take corrective action, the situation will be reported to the military police for appropriate action.

— JBLM AND I CORPS STAFF JUDGE ADVOCATE

Fairchild AFB named as preferred location for additional KC-135s

WASHINGTON, D.C. — Air Force officials announced Monday Fairchild Air Force Base, Wash., as the preferred location for basing 12 KC-135 Stratotanker aircraft, and MacDill Air Force Base, Fla., as the reasonable alternative.

"Fairchild is the best choice for additional Air Force tankers," said Heather Wilson, the secretary of the Air Force. "It's well placed to gas up aircraft going across the Pacific, and it has the facilities we need without a lot of construction, making it the lower-cost option for the taxpayer."

The aircraft are currently scheduled to transfer from McConnell Air Force Base, Kan., in fiscal 2020, as McConnell is slated to receive the KC-46A Pegasus.

"Fairchild Air Force Base has been an integral part of our nation's defense since World War II and serves as a critical air refueling center of excellence for our nation," said Gen. Carlton Everhart II, the Air Mobility Command commander. "The addition of 12 KC-135 Stratotankers at this strategically located base enhances our ability to meet constantly evolving global needs of combatant commanders who rely on air refueling every day."

During detailed, on-the-ground site surveys of each candidate base, AMC evaluated operational and training requirements, potential impacts to existing missions, housing, infrastructure, manpower and cost. The Air Force is answering current air refueling constraints by building the tanker fleet to 479 aircraft.

"The KC-135 fleet will remain the backbone of the tanker mission for decades to come," said Gen. David Goldfein, the Air Force chief of staff. "We are committed to ensuring continued support of combatant commander tanker requirements during the tanker recapitalization effort by continuing to upgrade and modernize the KC-135 fleet."

— SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

Exchange celebrates the Army's birthday with special savings

DALLAS — The Army marks its 242nd birthday this year, and the Army and Air Force Exchange Service is helping military shoppers worldwide celebrate with special one-day offers on fuel, food, concessions and military gifts and collectables.

On Wednesday, service members and their families can take advantage of four celebratory deals:

- Take 10 cents off each gallon of gas at any Express fueling station when using a Military Star Card.
- Save \$10 on any concession purchase of \$25 or more when using a Military Star Card — a printable coupon will be available at shopmyexchange.com Tuesday.
- Take 15 percent off any food court purchase when using a Military Star Card.
- Save 20 percent on military gifts and collectables in stores and at shopmyexchange.com — offer excludes uniforms, bug-out bags and Alex and Ani jewelry.

To apply for a Military Star Card, authorized shoppers can visit MyECP.com or apply in either the Lewis Main or McChord Field exchanges.

— ARMY AND AIR FORCE EXCHANGE SERVICE

Historic vessels dock at Foss Waterway in Tacoma Thursday

Few are familiar with the term tall ship, but the Washington-based nonprofit Grays Harbor Historical Seaport is on a mission to change that. Their historic sailing ships, the Lady Washington and Hawaiian Chieftain, travel the west coast year-round introducing the public to maritime history.

From Thursday to June 18, the Lady Washington and Hawaiian Chieftain will dock at Foss Waterway Seaport, in Tacoma, as part of the Festival of Sails event. Dockside visitors can expect to tour the vessels and talk with the crew, while sailing passengers will experience the crew in action and the ship under wind power.

Festival of Sail Tacoma 2017 promises to be among the largest maritime event in the region's history featuring ship tours, daily sailing excursions, educational programming, food and beverage service, entertainment and fun.

Aside from the rare opportunity to see a historic sailing vessel in action, a point of interest is often the crew themselves. The Lady Washington typically has a crew of 10 to 14 people, from paid officers to volunteer deckhands to participants in our two-week maritime training program. Some sail for the fun of it, others to learn the job skills of the maritime industry.

If you're ready to run away to sea, a full schedule of events, tickets, and volunteering information can be found on the organization's website, historicalseaport.org. For the seasick-prone but curious, free walk-aboard tours never leave the dock. For tickets and other information, visit festofsailtacoma.com/festival/tickets.

— FESTIVAL OF SAILS

Page Three

QUOTE OF THE WEEK

"The struggles, sacrifices and successes among the LGBT community continue to shape our history and remind us to uphold tolerance and justice for all. Integrity and respect are fundamental qualities of our military and civilian culture. As we celebrate the diversity of the total force, we honor all who have answered the call to serve, and their unwavering commitment to our shared mission. During the month of June, let us celebrate the diversity of the DOD workforce and rededicate ourselves to equity, dignity and respect for all."

Anthony Kurta

Performing the duties of the undersecretary of defense for personnel and readiness

ALSO INSIDE



SCOTT HANSEN Northwest Guardian

SOCCER: 1st SFG defeated 5th ASOS 2-1 in two overtimes to win the JBLM Commander's Cup Soccer Championship June 2. **See story, 1B**

NWGUARDIAN.COM

● **Delta Dart discovery:** Nearly 37 years after the crash of an aircraft approaching McChord Field, an aviation archeologist discovered remnants of the crashed jet. David Trojan, an aviation archeologist came across various pieces of Capt. Mark Van Stone's downed Convair F-106A Delta Dart jet fighter after examining the crash site May 3 on Joint Base Lewis-McChord. Stone flew with the 318th Fighter Interceptor Squadron and was killed June 24, 1980, when his aircraft hit a tree on approach to the McChord Field runway.

● **446th AW's lineage:** On June 6, 1944, thousands of Allied troops crowded into ships and crossed the tumultuous waters of the English Channel to invade German-occupied France. Troops



fought a grueling battle. That day was D-Day. The 446th Bombardment Group paved the way for those troops storming the beaches. The 446th was selected to lead the 8th Air Force in bombing German strongholds. This bombardment prepared the Allies in gaining a strategic position in mainland Europe and perhaps the single greatest event of World War II.

627TH SECURITY FORCES SQUADRON

Airmen set sights on excellence

BY SENIOR AIRMAN JACOB JIMENEZ

62nd Airlift Wing Public Affairs

Airmen from Joint Base Lewis-McChord put their marksmen skills to the test May 29 to 30 during the Elementary Level Rifle Excellence Competition at JBLM.

The competition was hosted by the 627th Security Forces Squadron combat arms section to provide an opportunity for Airmen to compete for the U.S. Air Force Excellence in Competition Rifleman Badge.

"Airmen do not have to have any prior experience," said Staff Sgt. Philip Basalyga, 627th SFS combat arms instructor. "This way, career fields that don't shoot all the time get an opportunity to come out and be exposed to shooting."

Competitors were provided instruction, a rifle, ammunition and targets. The competition was among 103 competitors, of which only the top 10 percent would receive medals. This is the second competition of its kind held for Airmen at JBLM.

Prior to shooting, competitors were given instruction on safety



AIRMAN JACOB JIMENEZ 62nd Airlift Wing Public Affairs

Capt. Ryan Sample fires at a target at the Elementary Level Rifle Excellence Competition on Joint Base Lewis-McChord May 31.

and arms handling at Combat Arms Training and Maintenance on McChord. They were then transported to the firing range located by Solo Point.

"This provides weapons familiarization to Airmen," Basalyga said. "In my opinion, familiarization training is one of the most important things to have

in the event an Airman needs to use one of these weapon systems in a hostile environment."

Arriving at the range, Airmen received 50 rounds of M4 Carbine ammunition, safety gear and an M4 rifle ready for use. Unlike Air Force qualification shooting, the competition was hosted in the same manner as a

marksmen competition and instructors were not allowed to assist shooters in the use of the M4 or provide tips for shooting.

"It's a positive promotion for fire arms and introduces Airmen to the world of competitive shooting," Basalyga said. "This broadens their horizons and helps them get more familiar with the M4 Carbine beyond what is required of them to qualify for the Air Force."

Competitors were given a practice target and nine rounds to zero their rifles at 25 meters to ensure their rifle's sights were accurate and aligned to their field of sight. Following this, competitive shooting began with shooters firing in an unsupported standing position.

"As a paralegal, we don't get to fire often," said Staff Sgt. Preston Nealy, 62nd Airlift Wing judge advocate noncommissioned officer in charge of general law. "Coming off a four-day weekend, it's great to come out here and hit the range."

After shooting 10 rounds at a target in a standing position,

shooters shot 10 rounds at a new target from an unsupported kneeling position. This was followed by shooters firing 10 rounds at a third target from an unsupported sitting position.

"I've never shot in the sitting position before," Nealy said. "Shooting like this for the first time really challenged me and gave me experience in becoming a better marksman."

The last position shooters shot in was the unsupported kneeling position, where they shot their final 20 rounds at their fourth target. The four targets provided shooters the opportunity to make a maximum of 500 points.

"The ability to come out and be able to try our skills against fellow Airmen was a great experience," said Staff Sgt. Carl Kocon, 7th Airlift Squadron loadmaster. "This is something we don't normally get to do. The experience to operate a weapon system and get feedback on how we did makes us better prepared for the battlefield."

For a list of the winners, visit tinyurl.com/y9vbw3mj.

PACIFIC THEATERS

Lessons learned in the Pacific Theater

BY MAJ. KELLY HAUX

1st Brigade, 2nd Infantry Division Public Affairs

From February to May, Soldiers of the 1st Battalion, 23rd Infantry Regiment, developed their combat and interoperability skills in a series of joint bilateral exercises with allies in Thailand, Korea and the Philippines.

In order to expand upon the experience gained during these exercises, collectively known as Pacific Pathways, senior leaders of the 1st Brigade, 2nd Infantry Division's Ghost Brigade held a Key Leader Symposium May 31 at Joint Base Lewis-McChord to discuss key practices developed by 1-23 Inf. during Pacific Pathways.

"It's about how we see ourselves now and where we see our formation, the Stryker brigade, in the future" said Col. David Foley, the 1st Bde., 2nd Inf. Div. commander and host of the symposium. "Our purpose is to examine the lessons learned from Pacific Pathways and how best to resource our formation."

Pacific Pathways is an innovative training deployment or "pathway" for Army forces, linking existing exercises with partner-nation militaries and demonstrates U.S. commitment in the Pacific Region.

The overall assessment of Pacific Pathways was that it enabled the Soldiers of the Ghost Brigade to develop skills on the asymmetric battlefield similar to the situations they might encounter in the Middle East or in Africa. Not only did the training opportunity enable the Soldiers to grow in their tactics and skills but to learn from other nations' professional military forces, increasing the reputation of the U.S. Army as a premier fighting force.

During Pathways, military tactics was a common language among allied nations and an avenue of overcoming a perceived language barrier.

"A squad attack is a squad attack," said Lt. Col. Teddy Kleisner, 1-23 Inf. commander. "Of course, there are some nu-



MAJ. KELLY HAUX 1st Brigade, 2nd Infantry Division Public Affairs

ance differences between how it is carried out between U.S. and partnered nations, but essentially it is an easy common language between Soldiers."

The common terminology, along with the frequency of live-fire maneuver training during Pacific Pathways allowed a strong muscle memory to be developed, which in turn creates better Soldiers and leader, Kleisner said.

Kleisner further explained interoperability with allies is

much more than using the other nation's military hardware. In some cases it requires keeping plans simple, assigning language-capable liaison Soldiers with radios to the right leaders, or using "old school" signal solutions such as signal flags to ensure everyone can communicate effectively.

Attendees at the leadership symposium later collaborated efforts and described what they learned when they participated in group break-out sessions,

which were designed to develop strategies to enhance the Ghost Brigade's future training and campaign plans.

Additionally, brigade staff sections presented future training opportunities, discussed training objectives, challenges, possible risks and concerns which would provide details for future combat training center rotations.

In his closing remarks, Foley praised the participants for their active engagement in the conversation about the Ghost Brigade's future and how each of them has contributed to the unit's success.

"This has really been a great opportunity for us to actively participate in discussions about what we've learned, and where we're headed collectively as an organization," Foley said. "We don't look at this as an end state for we're barely scratching the surface of what we can do as we empower, develop and grow our leaders and prepare for the future."

446TH AIRLIFT WING

McChord Field Reservists bring their bosses to work

BY TECH. SGT. BRYAN HULL
446th Airlift Wing Public Affairs

Keeping life balanced can often be a very difficult challenge. Working two jobs brings on a unique set of challenges all on its own, especially when one job takes time away from the other.

It's a challenge that some members of the 446th Airlift Wing are all too familiar with.

Having an employer's support and understanding can help with that balance for Citizen Airmen serving in the Air Force Reserve. While some Reservists take time to explain their military duties to their

employers, others take a different approach by bringing out their bosses for a firsthand look at what they do.

The 446th Airlift Wing hosted Employer Orientation Day at McChord Field Saturday for a group of Reservists' full-time employers.

"The goal of an event like this is that the employers would walk away with a greater appreciation for what Airmen do while serving," said Col. Sean Pierce, 446th Operations Group commander. "At the same time, our hope is that we show employers that by supporting their employees that they are serving as well."

This year employers were invited to experience what happens when their Airmen prepare to deploy.

Employers got the chance to listen to a mock predeployment brief and experience what it's like to go through a deployment processing line, where they learned about various careers in the Air Force Reserve. Some even took the opportunity to try on ballistic vests and helmets.

"Employer Orientation Day is an important event because it raises awareness of the demands of our Airmen," Pierce said. "It highlights their Air Force Reserve careers, along with their service and dedica-

tion to country."

In addition to the processing line, employers were invited to take part in a training mission aboard a C-17 Globemaster III. During the flight, employers witnessed an airdrop, combat off-load, and observed the loading and care of a simulated critical care patient.

"Employer Orientation Day is a great illustration of the challenges and demands that the Air Force Reserve requires of its Airmen," Pierce said. "It's a great educational opportunity for employers who support their employee's devotion to duty in the military. It also provides a better understanding

for those employers who don't have as much understanding of the Air Force Reserve."

After the flight, employers were invited to spend the rest of the day with their Reservists to observe the day-to-day operations in their workplace.

"First and foremost, it was just great to come out and be with our service members, and an honor to see them in action," said Tim Peters, Boeing vice president of test and evaluation and an employer of a Reservist. "It was great to see how we can learn to better support our employees who also serve in the guard and reserve."

Viewpoint



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

**Commander, 62nd Airlift Wing and
Air Force Senior Commander, JBLM**
Col. Leonard J. Kosinski

Joint Base Garrison Commander, JBLM
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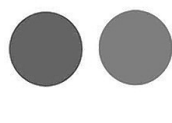
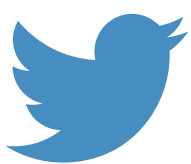
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STRAIGHT TALK

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



What has been your biggest career challenge, and how did you overcome it?

"Moving to a different state every nine to 15 months for four years. I switched careers, created my own business and had to build a new clientele at every stop. It gets easier and harder every time."

— GRACIE CRISLER

"As a spouse, quitting a job, relocating and finding a new job is a routine challenge. I rely heavily on letters of recommendations and experience to get my foot in the door."

— NIKKI CHIAVUZZI

"Balancing being a parent and keeping stable while also trying for advancement and education is my biggest challenge. I seem to be doing well; although, my house feels neglected sometimes, ha ha."

— JASON PAXTON

"Biggest challenge is childcare cost/availability, and the only way to deal with it is to suck it up and pay until the kids are in school."

— KATE RUNN

Next week's question

School's out for summer soon! What are your summer plans for the kids?

VIEW FROM THE TOP



RUTH KINGSLAND Northwest Guardian

Maj. Gen. Thomas James Jr., left, poses with Lt. Gen. Hal Moore's sons, Dave, middle, and Steve, on JBLM April 12.

Bayonets salute their legendary, former leader

BY MAJ. GEN. THOMAS JAMES JR.
7th Infantry Division Commander

Greetings from Task Force Bayonet. It is truly an honor to serve our great nation with the Soldiers of the mighty 7th Infantry Division.

I am especially privileged to hold the position as commanding general during the upcoming 100th anniversary of the division. As we continue our yearlong celebration, I would like to honor Lt. Gen. Harold "Hal" Moore, a legendary combat leader and former 7th Infantry Division



James

commander, who recently passed away in Auburn, Ala.

There is no question that Moore was one of our most iconic commanders. I pass his picture on the wall of our headquarters daily and it reminds me what combat leadership truly is and it also highlights his enormous contribution to the legacy of our great division.

I am inspired by Moore's leadership and use his leadership principles to develop and certify our subordinate leaders. We expect our command teams and leaders to internalize the Army profession by demonstrating character in decision and actions; competence in performance of duty; and commitment to the mission and Army values.

We also expect them to demonstrate inspired leadership; build teams and be physically, mentally and emotionally fit for the rigors of sustained land combat. Moore pos-

sessed all of these attributes and competence

Moore was commissioned as a second lieutenant of infantry after graduating from the U. S. Military Academy, at West Point, N.Y., in 1945. He served with the 187th Glider Infantry Regiment in Sapporo, Japan, then was reassigned to the 82nd Airborne Division at Fort Bragg, N.C.

There, he volunteered for the Army's Airborne Test Section, where he jump tested experimental parachutes, making more than 130 test jumps in two years.

During the Korean War, he was assigned to the 17th Infantry Regiment, 7th Infantry Division, where he commanded a heavy mortar company and an infantry company. He also served as a regimental operations officer before reporting to Fort Benning, Ga., and undergoing air assault and mobility training and testing.

During the Vietnam War, he commanded 1st Battalion, 7th Cavalry Regiment. It was their actions during the Battle of Ia Drang in 1965 that became the basis of his book "We Were Soldiers Once ... And Young." The book became a movie, "We Were Soldiers," in 2002, with Mel Gibson portraying Moore.

Moore later assumed command of 3rd Brigade, 1st Cavalry Division, and led it through several major campaigns in Vietnam, earning a Bronze Star Medal with Valor — the third of his career — for carrying wounded Soldiers to safety under "withering small and automatic weapons fire."

Back in Korea, he served as the

8th Army Plans and Operations Officer. He took command of 7th Infantry Division in Korea in 1970 after the division commander was relieved due to discipline issues in the unit.

Moore was later promoted to lieutenant general in 1974 and assigned to the Pentagon as the deputy chief of staff for personnel.

He was a native of Bardstown, Ky., and retired from the Army in 1977.

After his retirement, he worked with Joe Galloway to publish two books, "We Were Soldiers Once ... And Young" and "We Are Soldiers Still, A Journey Back to the Battlefields."

Moore passed away Feb. 10 at his home in Alabama.

On April 12, we re-named our division conference room in honor of Moore, our former commander. We dedicated the Lt. Gen. Harold "Hal" Moore Conference Room in a ceremony in our division headquarters.

Moore's sons, David and Steven Moore, attended and represented the Moore family, presenting items from the period their father commanded the 7th Infantry Division.

There is no question Moore was one of our most iconic commanders. I pass his picture on the wall of our headquarters building daily and it reminds me about the huge boots I am trying to fill.

It also reminds our team what true leadership is.

"Hold your bayonets high for freedom's fight will never die." Trust in me! Bayonet!

CHAPEL SERVICES

CATHOLIC MASSES

Saturday, 4:30 p.m. — Madigan Chapel

Saturday, 5 p.m. — McChord Chapel No. 2 (reconciliation at 4 p.m.)

Sunday, 9 a.m. — Lewis Main Chapel

Sunday, 9 a.m. — Madigan Chapel

Sunday, 10 a.m. — McChord Chapel No. 2

Sunday, noon — Lewis Main Chapel

Sunday, 5 p.m. — Lewis Main Chapel

Weekdays, noon — Lewis North Chapel

Weekdays, 11:45 a.m. — Madigan Chapel; call 253-968-1125

1st Friday, noon — McChord Chapel No. 2

PROTESTANT SUNDAY

9 a.m. — Liturgical — Soldiers' Chapel

8:30 a.m. — Traditional — McChord Chapel No. 1

10 a.m. — Contemporary — Four Chaplains Memorial Chapel

10:30 a.m. — Collective — Lewis Main Chapel

10:30 a.m. — Collective — Madigan Chapel

10:30 a.m. — Contemporary — Evergreen Chapel

11 a.m. — Contemporary — McChord Chapel Support Center

11 a.m. — Gospel — Lewis North Chapel

DIVERSE WORSHIP

Jewish
Friday, 7 p.m. — Lewis Main Chapel

Islamic
Friday, 12:30 p.m. — Evergreen Chapel, 253-968-1125

Buddhist
Friday, 6 p.m. — Soldiers' Chapel, 253-966-5959

Pagan/Wiccan
Wednesday, 7 p.m. — Building 6230, Lewis Main, 907-952-4156

JBLM SNAPSHOT



STAFF SGT. WHITNEY TAYLOR 62nd Airlift Wing Public Affairs

Some of the graduates of the Community College of the Air Force stand with distinguished guests following a commencement ceremony at the McChord Field Theater on Joint Base Lewis-McChord June 2. For the complete list of graduates, visit tinyurl.com/y8wu5oza.

THIS WEEK IN HISTORY

June 9, 1863: Cavalry forces clash at the Battle of Brandy Station.

June 10, 1752: Franklin flies kite during thunderstorm.

June 11, 1986: "Ferris Bueller's Day Off" released, featuring 1961 Ferrari.

June 12, 1898: Philippine independence declared.

June 13, 1805: Meriwether Lewis reaches the Great Falls.

June 14, 1777: Continental Congress chooses national flag.

June 15, 1215: Magna Carta sealed.

JANE WAYNE DAY

Testing spouses' true resiliency

1st SFG spouses get to enlist in a new experience

BY SPC. AMANDA RIDDER
1st Special Forces Group (Airborne)

Spouses of service members engaged in physical challenges at the first Jane Wayne Day at 1st Special Forces Group (Airborne) Coleman Compound on Joint Base Lewis-McChord May 12.

Hosted by the group's 3rd Battalion, the event welcomed more than 80 participants to experience what their military spouse does for their job, such as weapons training, airborne operations and to test their physical endurance in an obstacle course.

Before the event, families fueled-up with eggs, bacon and French toast at the Gold Star Room. Following breakfast, participants and service members listened to the ceremonial national anthem and chaplain remarks.

After the opening ceremony speech given by Lt. Col. Jason Clarke, 3rd Battalion commander, the teams were divided into six groups: Team Sentinel, Team Raider, Team Marauder, Team Shogun, Team Blackjack and Team Dragon.

Each group took part in team building exercises, such as litter carries, uniform building and an assault course. At the end of each event, teams received a riddle that would take them to the next challenge.

Participants then took on weapons training where they were equally divided amongst Range 43, 44 and 45. Spouses received a range safety brief and began a Round Robin of weapon stations, engaging in



WES CONROY 1st Special Forces Group (Airborne)



targets out to 100 meters.

Each shooter was provided rounds for an M4, MP5, M320,

and M9. In this event, they conducted a pistol qualification from 25 meters.

ABOVE: Spouses of 1st Special Forces Group (Airborne) go through an obstacle course during Jane Wayne Day on Coleman Compound on Joint Base Lewis-McChord May 17.

LEFT: Spouses of 1st Special Forces Group (Airborne) go through an airborne simulator during Jane Wayne Day.

Spouses learned to buddy rig in parachutes at the Rigger Shed in the final event, the

"My daughter thought it was both funny and cool to see mom wearing daddy's pants. It helped me realize that I am stronger than what I thought, and I met some pretty incredible women as well."

Belle Burgess

Spouse of Maj. Kevin Burgess, 1st Special Forces Group (Airborne)

airborne operations. Participants also received a firsthand look at what it's like to jump with a MC-6 parachute at the simulator and learn how to conduct chute shakeout.

Clarke presented awards at the closing ceremony to Team Blackjack who took home the "Team Jane Wayne" prize, dubbing them the top team. The "Esprit de Corps (To Free the Oppressed)" award was given to Team Dragon, the most inspirational team of the day.

Aside from the awards, participants, such as Belle Burgess, spouse of Maj. Kevin Burgess, 1st SFG, walked away with an invaluable experience.

"My daughter thought it was both funny and cool to see Mom wearing Daddy's pants," Burgess said in an e-mail.

Burgess enjoyed the opportunity to see how much fun, or "work," her husband has in the Army.

"This event was very enjoyable and hope they do it again next year," Belle said. "It helped me realize that I am stronger than what I thought, and I met some pretty incredible women as well."

The day concluded with laughs and a well-earned barbecue.

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JBLM ARMED FORCES COMMUNITY SERVICES

Spouses to hit the town, learn area

Learn the perks, benefits of your new community

BY RUTH KINGSLAND
Northwest Guardian

If you've recently moved to Joint Base Lewis-McChord and are the spouse of an active-duty service member or civilian JBLM employee, here's your chance to get to know the Seattle, Tacoma or Olympia area.

Armed Forces Community Services offers trips to either Seattle or the South Sound designed to introduce military spouse newcomers to their new locale and assist in making a connection to that area for the military or civilian employee spouse.

The event is not for the military member or employee, but for the spouses, said Monica Ulibarri, relocation readiness

program manager for Armed Forces Community Services at JBLM.

"It's a great way for them to see the area and get relocated," she said.

The event is a way for new spouses to meet others while enjoying a trip to Seattle, Tacoma and Olympia.

"With the help of Northwest Adventure Center tour guides, this tour is informative and well planned out ensuring a full day of fun and adventure," Ulibarri said.

The tours are meant to welcome military spouses to their new surroundings by showing them all the benefits and perks to living in this area, she said, noting that's good for the spouse's family and the service member.

"By ensuring that the spouse is welcomed and provided with information, spouses can make informed decisions," Ulibarri said. "This enables the service member to focus on the mis-



Courtesy photo

Spouses Out On The Town is a great way for spouses new to JBLM to meet others while enjoying a trip to Seattle, Tacoma or Olympia.

sion. Happy spouse makes for a happy service member."

Military Spouses Out on the Town tours are free for participants. One only needs to bring a lunch or food and spending

money, Ulibarri said. Free childcare also is available upon registration.

Upcoming trips to Seattle are set for Tuesday and Aug. 15. Trips to Tacoma, Olympia and

surrounding cities are planned for July 11 and Sept. 12. The Seattle trip leaves from Waller Hall on Lewis Main at 9 a.m., and the Tacoma/Olympia trip leaves from Point Defiance at 9 a.m.

The Seattle trip includes visits to several iconic locations and points of interest, including the Pike Place Market, Starbucks, the University of Washington, Ballard Locks and Kerry Park, on Queen Anne Hill, for a look at Seattle's iconic Space Needle.

The South Sound trip begins at Tacoma's Point Defiance Park and includes stops at a German bakery, Stadium High School, the Olympia Farmers Market, a drive near the Washington capital building and other historic and tourist spots.

To register or for more information, visit: jblmafcs.checkappointments.com. Information also is available at: facebook.com/jblmafcs.

COMMENTARY

Soldier writes of being a Sikh American in the Army

BY SPC. GURPREET GILL

1st Brigade, 2nd Infantry Division

In 2012, I immigrated to the United States at age 24. I knew I was going to a whole new world, one that was markedly different from Jaipur, India, where I was born and raised.

America is a melting pot; as a Sikh, I was excited to share my culture with my new friends and neighbors. While I did not know exactly what the future would hold for me, I knew that I wanted to be true to the Sikh values of serving others and my country while fulfilling the Sikh tradition of serving in the armed forces.

In 2014, I joined the U.S. Army.

I was first stationed at Fort Benning, Ga. I currently serve as an active-duty member of the U.S. Army at Joint Base Lewis-McChord.

For me, there was never any



Gill

question on whether I was going to join the military. The values with which I was raised placed a strong emphasis of serving my community and those around me.

These values are a core tenet of my religion — Sikhism, which is still not well known in the U.S.

To provide some background, Sikhism is the world's fifth largest religion. It was established in India in the 16th century as a response to a cultural caste system, which had a rigid social structure that dictated how you were treated by society.

Sikhism was founded, in part, to change that and to create equality and opportunity for all.

One of the ways Sikhs demonstrate their commitment to

equality is by wearing the turban, a symbol that is often misconstrued as a symbol of extremism in the U.S. Nothing could be further from the truth.

Sikh Americans wear the turban to demonstrate their commitment to equality and serving others. In fact, the turban symbolizes the same values that I defend as a member of the U.S. Army.

Approximately 600,000 Sikhs live in the U.S. and about 99 percent of the people seen wearing turbans in the U.S. are Sikh. Yet a majority of Americans don't know what Sikhism is and even more still have never interacted with a Sikh American.

To help close this information gap, the National Sikh Campaign just launched We Are Sikhs, a new, national effort to help Americans better understand their Sikh American neighbors.

Until recently, Sikh men and women were not able to wear a turban while serving in the U.S. military, including myself. Earlier this year, the U.S. Army revised its regulations to allow service members to wear a turban for religious reasons.

Due to the change in policy, I now wear my turban and beard with pride and I no longer have to choose between my country and my faith. This is a significant victory for Sikh Americans.

I believe this will allow more Sikhs to continue the tradition of serving in the U.S. armed forces, which for Sikhs dates back to World War I.

Undoubtedly, the U.S. military is among the most diverse fighting forces in the world. Not only do my fellow Soldiers fall across the socioeconomic spectrum, but our cultural, ethnic and religious backgrounds are just as varied.

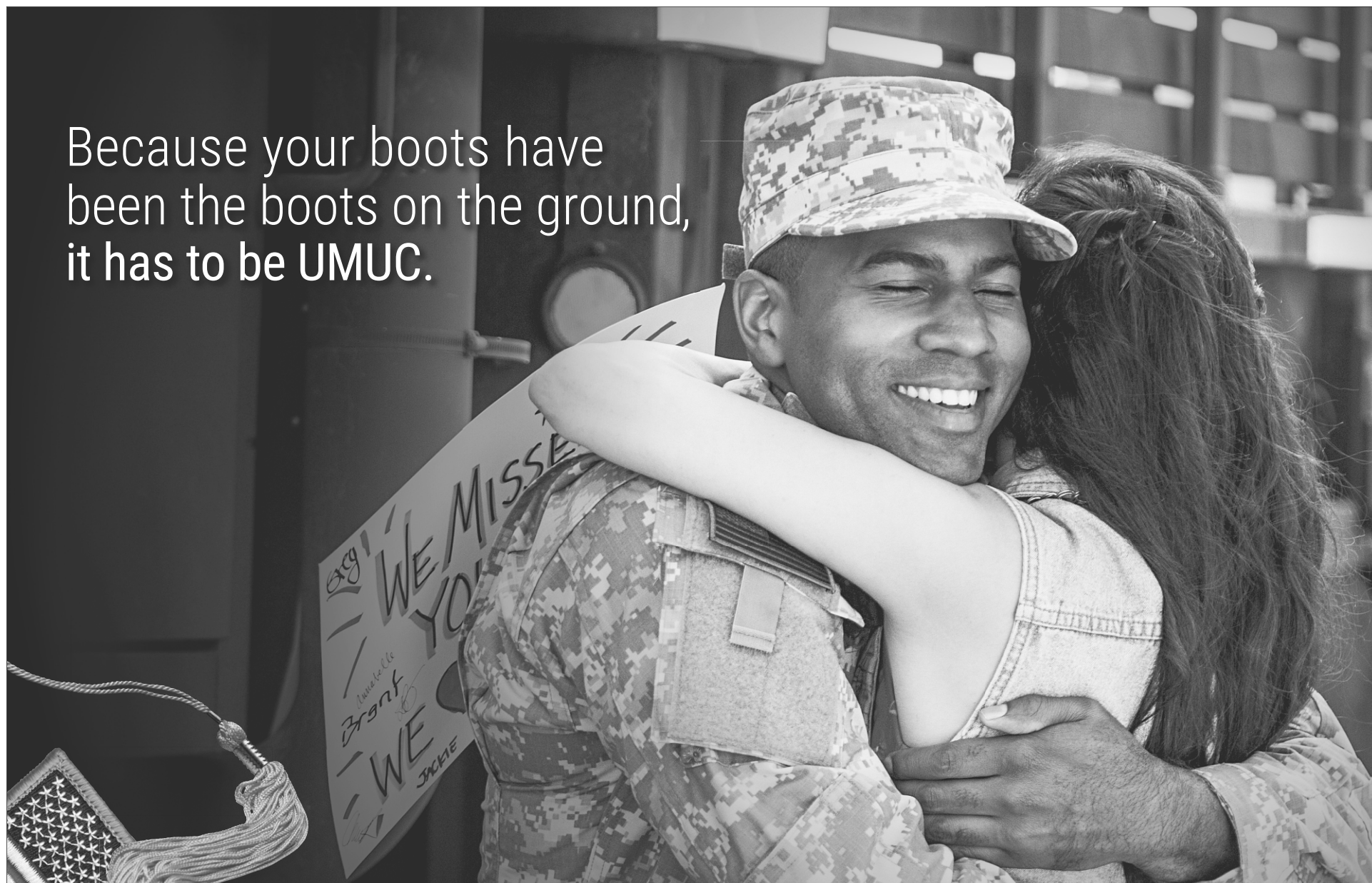
There are very few places in the world that I can work alongside someone who could trace their ancestry back to the founding of the U.S. or share a bunk with someone who left his or her hometown for the first time to go to basic training.

The diverse culture of the U.S. military is what makes it unmatched around the world — our shared commitment to defending the United States, despite our differences, is what makes it great. I joined the U.S. Army to fulfill my desire and drive to serve my community.

Even though I was not born in the United States, I know I am surrounded by Soldiers — people — who share these feelings.

I am proud to be an American. I am even prouder to be a Sikh American. It is an honor to serve my fellow Americans in the U.S. Army.

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EVENTO
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Health Beat

MADIGAN SHOUT OUT

Several days a week, Capt. Keisha Johnson can be found volunteering at the Lewis North Chapel.

Her exceptional volunteerism, in both leadership and dedication, earned Johnson the title of Active-Duty Volunteer of the Year at Joint Base Lewis-McChord.

Johnson, a nurse case manager at Madigan Army Medical Center's Warrior Transition Battalion, leads the chapel's music ministry's seven choirs, developed a women's ministry health fair, led an event to help feed and donate supplies to



homeless people and helped with a Harvest Fest and Back to School Bash for kids.

Since October 2014, Johnson volunteered altogether more than 630 hours.

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United Health Care: uhc-militarywest.com, 877-988-9378
Pharmacy Refill: 253-968-2999
Tricare Express-Script pharmacy service: 877-363-1433 or www.express-scripts.com
Referral Coordination Center

Hotline: 253-968-2903

Patient Admissions: 253-968-3827/3829

Patient Advocacy: 253-968-1145
Beneficiary Counseling Assistance Coordinator: 253-968-3348/3491

BEHAVIORAL HEALTH SERVICES

Soldier Readiness Service: 253-968-5140

Child and Family Behavioral Health: 253-968-4843

Military One Source: 800-342-9647

National Suicide Prevention

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

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

Armed Forces Blood Bank Center: 253-968-1850

Fisher House: 253-64-9283
Public Affairs Office: 253-968-1901

Veterinary Treatment Facility: 253-982-3951

Madigan Directory Assistance: 253-68-1110

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

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

Fisher House: 253-964-9283

WARRIOR TRANSITION BATTALION

Music group strikes chord at WTB

BY KIM WHEELER

Madigan Public Affairs

Every Thursday afternoon, Gary Ouellette unlocks a closet full of instruments and sets up an impromptu music studio in Madigan Army Medical Center's Warrior Transition Battalion. Within minutes, Soldiers trickle in and the sound of guitars, drums, keyboards and laughter fill the air.

This is the WTB Music Group, an informal gathering of WTB Soldiers, veterans and volunteers who meet weekly to share the one thing they all have in common — a love of music.

"This isn't a therapy group, and I'm not a therapist," said Ouellette, who has served as a social work assistant at the WTB for more than six years and created the group. "The group is purely for fun, enjoyment and relaxation. The music is the therapy."

Ouellette first had the idea for the group three years ago after noticing how often Soldiers stopped in and asked to play the guitar he kept in his office. Plucking and strumming the strings seemed to lift a weight from their shoulders and bring a smile to their faces, even if only for a moment, Ouellette said.



KIM WHEELER Madigan Public Affairs

Gary Ouellette leads the Warrior Transition Battalion Music Group at Joint Base Lewis-McChord May 25.

With instincts honed by 33 years as an Army chaplain's assistant and several years as a suicide prevention coordinator for the Army, Ouellette recognized a gateway to healing.

So, he began researching music therapy and music programs for veterans. Inspired by initiatives such as the Warrior Cry Music Project, Guitars for Vets, and the MusiCorps Wounded Warrior Band, he developed a plan that would provide WTB Soldiers with long-term access

to instruments, help learning how to play and a group of fellow music-lovers to "jam" with.

The two-fold program includes the weekly music group as well as an instrument lending closet that allows WTB Soldiers to choose from a wide variety of instruments to take home for as long as they are assigned to the unit.

"There are 170 people in the WTB, and this is a very stressful time for most of them," Ouellette said. "Music gives them

"This isn't a therapy group, and I'm not a therapist. The group is purely for fun, enjoyment and relaxation. The music is the therapy."

Gary Ouellette

JBLM Warrior Transition Battalion Music Group

something positive to focus on. And the group gives them a way to improve their mood, reduce feelings of depression and loneliness and learn how to play an instrument for their own enjoyment."

The group is open to all WTB Soldiers whether they are practiced musicians or have never touched an instrument.

"I know a few chords, and I can tune a guitar, but I'm not a music teacher," Ouellette said. "We're all at different levels, and the talented players work with those who are learning. They all teach each other here. Because it's not about performance; it's about enjoying what music does for you."

One of those "talented players" who comes to help out is

Spc. Andrew Tran, a combat medic assigned to Headquarters and Headquarters Company, 1st Battalion, 23rd Infantry Regiment, 1st Brigade, 2nd Infantry Division.

The self-taught musician said he can play 27 different instruments and enjoys showing others the basics and how to make good sound.

Tran said he attends the group as often as his duties permit, because he's seen firsthand how it helps WTB Soldiers.

"A lot of people stay shuttered and to themselves," Tran said. "But playing in this group helps them meet new people, express themselves and get involved."

And that is exactly what Ouellette hopes his program will achieve.

"What I really want people to do is get involved with music," he said. "Take an instrument, find a song that's meaningful to you, work on it, come back the next Thursday and we'll work on it together."

The WTB Music Group meets Thursdays from 3 to 4:30 p.m. on the second floor of Building 9059. For more information about volunteering with the group, email Ouellette at gary.a.ouellette.civ@mail.mil.

REGIONAL HEALTH COMMAND-PACIFIC

Cellphone use is taking away your sleep

BY 1ST LT. JASON KILGORE

Regional Health Command-Pacific

Something that is used in everyday life is stealing minutes, even hours of sleep without the user's knowledge.

Mobile smartphones are commonly the last thing that most people use right before going to sleep. There are simple nuances that app designers use to intentionally keep people awake.

"The average adult should be getting seven to nine hours of sleep a night," said Dr. Darryl Salvador, an integrated behavioral health consultant and staff psychologist at Schofield Barracks, Hawaii. "If someone was to get less than five hours of sleep for five days or more, they will have (the equivalent of) a blood alcohol content level of 0.08 percent, which is the same as being legally drunk."

If someone gets less than four

hours of sleep, it increases to the equivalent of a blood alcohol content level of 0.10, which creates a concern for safety, Salvador said.

During sleep, both the body and brain are undergoing repair, establishing new connections between synapses and removing plaque buildup, which has been implicated in the development of dementia and memory loss difficulties.

It is also storing all the events and information into memory. The less sleep one gets, the less the brain is capable of repairing itself completely.

A major commonality that has been observed in those who complain about poor sleep is that they use their phone before bed.

"We are unknowingly allowing phones to affect our sleep," Salvador said. "Along with stimulation from games or Facebook posts, our phones produce a



U.S. Army photo

wavelength that has the ability to keep us awake. Some app designers use this to their advantage."

According to Salvador, there is a reason why some of the most popular social media sites use generous amounts of blue in their apps and logos.

"Blue light is stimulating to the eyes, and when combined with the stimulation from what one is reading or playing, it makes it very hard to fall asleep," he said. Scientific data also shows that

the blue light from smartphones inhibits the release of melatonin, disrupting normal cycles.

Throughout the day, a person's melatonin levels naturally increase, which causes individuals to become tired by night fall.

As sleep ensues, melatonin levels eventually decrease. By using a phone before bed, the blue light emitted tricks the brain into thinking that it's still daylight and time to be awake.

Disabling all notifications on a

Setting your cellphone across the room when you sleep could help in getting a better night's sleep.

phone and placing a phone on the opposite side of the room can help remove cellphone distractions at night. Patients are also encouraged to speak with their medical provider, who can assess health factors further and assist in ordering a consult for a sleep study as needed.

There are multiple ways to get assistance in getting better sleep. There is an app called "CBT-I coach." This app assists with tracking sleep and providing suggestions to increase the quality and duration of sleep.

In addition, a medical provider or a behavioral health consultant who specializes in strategies and techniques to improve the duration and quality of sleep can always assist with making cognitive, behavioral or environmental changes, or if needed, in ordering a consult for a sleep study to be done.

PTSD AWARENESS MONTH

DOD offers wellness resources for the military community

By the National Center for Telehealth and Technology

Between 2004 and 2012, the percentage of all active-duty service members with a diagnosis of post-traumatic stress disorder increased from 1 to 5, the Institute of Medicine reported recently.

Furthermore, the report stated, "13.5 percent of U.S. Army service members had PTSD, as did 10 percent of Marines, 4.5 percent of Navy personnel, and 4 percent of Air Force personnel. In the same time frame, more than half a million veterans of all eras sought care for PTSD through (the Department of Veterans Affairs') health care services-making up 9.2 percent of all VA users."

During PTSD Awareness Month in June, the National Center for Telehealth and

Technology — or T2, which has a center on Joint Base Lewis-McChord — wants to let service members and veterans know that they are not alone, and that help is available.

"PTSD impacts many service members, veterans and their families," said Kelly Blasko, counseling psychologist at T2. "Those in the military community who experienced a traumatic event, while deployed or in any other situation, may carry the effects of that experience with them."

Blasko said there are health technology-based resources from T2 that can help service members, veterans and their families understand and cope with PTSD.

T2's advanced health technology solutions include After-Deployment, dcoe.mil, a website providing wellness resources for

the military community; militarykidsconnect.dcoe.mil, a website that helps military children ages 6 to 17 build resilience and cope with challenges like a parent's PTSD; and a variety of mobile health apps for access to help anytime, anywhere.

AfterDeployment addresses the behavioral health challenges that are common in the military community — including PTSD. The program provides information that explains the issues service members and veterans may be facing, while helping the family members who support them.

A range of tools — including free, anonymous and easy assessments — help users evaluate what they might be experiencing, like symptoms of PTSD. They can also check out videos of real service members and

veterans sharing their stories of PTSD, a booklet of essential information on the causes and signs of PTSD and how to manage symptoms; and guidance on how and when to seek help from a health care professional.

T2's mobile apps portfolio offers additional resources for managing PTSD. Innovative and engaging mobile apps, such as Breathe2Relax, LifeArmor and Virtual Hope Box, have helped many people navigate the tough challenges of military life, addressing issues like PTSD, anxiety, sleeplessness and traumatic brain injury.

The Military Kids Connect program is the only Department of Defense initiative developed specifically for military youth and their psychological health. The web-based resource provides age-appropriate tools for

military children, including information on how to deal with a parent who has PTSD. A video series shows how other military kids coped with parents who experienced PTSD and how they made their relationships stronger.

"We want the military community to know that help is available, and T2's resources can be the first step to recovery," Blasko said. "Our resources can help them understand what they are going through and learn how to make things better for themselves and their loved ones, as well as knowing when to seek treatment."

To learn more about T2, After-Deployment, Military Kids Connect and mobile apps, visit t2health.dcoe.mil, After-Deployment, dcoe.mil and militarykidsconnect.dcoe.mil.

Community Ledger

ATTENTION

Event announcements must be received no later than the Friday before publication. They can be emailed to nwgeditor@nwgardian.com. Announcements can be viewed online at nwgardian.com. The Northwest Guardian office is in the basement of 1010 Liggett Ave. on Lewis Main. For more information, call 253-477-0182.



SNAPSHOT

Remembering Midway

The Naval Base Kitsap-Bremerton Rifle Team, funerals and honors division, render a 21-gun salute during Naval Base Kitsap's annual Battle of Midway Commemoration. The event marked the 75th anniversary of the Navy and the nation's most historically significant naval victory.

PETTY OFFICER 2ND CLASS JAMIE HAWKINS
U.S. Navy photo

LET'S HEAR IT

What do you want to know in 2017? The Northwest Guardian, Joint Base Lewis-McChord's command authorized source for installation news and information, wants to hear from you. Go to the JBLM Facebook page to answer the Straight Talk question of the week on Page A4, or submit a 1MB JPEG of your favorite photo of life on JBLM. Got a news tip or know a story you'd like to see in the Guardian? Coordinate with your unit public affairs section, then call 253-477-0182.

SCHEDULED FAMILY DAYS FOR 2017

The following are the scheduled dates for Army's Day of No Scheduled Activity and Air Force's Family Days on Joint Base Lewis-McChord.

Friday - Army DONSA
July 3 - Army DONSA and Air Force Family Day
Sept. 1 - Army DONSA
Nov. 24 - Air Force Family Day

ENJOY MIL SPOUSE APPRECIATION NIGHT

Bring your friends and make new ones at Military Spouse Appreciation Night at the McChord Pub Friday from 4 to 9 p.m. Order specialty cocktails and a variety of food while you play games and try your voice with karaoke tunes. The pub is located inside the Club at McChord Field at 700 Barnes Blvd. For more information, call 253-982-5581.

WIN PRIZES AT SAM ADAMS TRIVIA NIGHT

Are you good at trivia? Test your knowledge at Samuel Adams Brewhouse's free Friday trivia nights: Friday and June 30 from 7 to 9 p.m. for fun and prizes. Sam Adams is located at 2400 Bitar Ave. and Division at Lewis Main. For more information, call 253-964-2012.

COME TO FREE FISHING FAIR SATURDAY

Want to learn how to fish or get more tips on improving your catch? Bring the family to a free Fishing Fair Saturday from noon to 4 p.m. at Russell Landing Marina. Enjoy fly fishing demos, info on salmon and bass fishing and clam digging. No fishing license required for this fair. Russell Landing Marina is located at 8981 American Lake Ave. at Lewis North. For more details, call 253-967-8282.

JOIN OPEN HOUSE, THEATER SHOW

Join SKIESUnlimited Saturday for an afternoon of fun. The open house from noon to 2 p.m. includes student demonstrations and opportunities to meet instructors, a book giveaway with Book Patch Library, arts and crafts activities and a free hot dog lunch from the USO. Following the open house is a performance of "Once Upon a Time" with drama, dance, gymnastics and a recital at Evergreen Theater from 4 to 6 p.m. Evergreen Theater is located at Lewis Main, 3405 Second Division Drive. For additional information, call 253-966-3539.

PLAY BUNCO AT SAM ADAMS BREWHOUSE

Do you like to play Bunco? Grab some friends or make some new ones Saturdays at Bunco at the Brewhouse Saturday from 6 to 10 p.m. The buy-in per person is \$10. Samuel Adams Brewhouse is located at 2400 Bitar Ave. and Division at Lewis Main. For more information, call 253-964-2012.

ARMY, AIR FORCE PCS MOVE WORKSHOPS

Joint Base Lewis-McChord's Armed Forces Community Service hosts a First PCS Move workshop every Monday from 3 to 4 p.m. at Waller Hall, 2140 Liggett Ave., Lewis Main,

and the second Thursday of each month at the Service Member and Family Readiness Center, 551 Barnes Blvd., McChord Field. For more information, call 253-967-3633 or 253-982-2695. To register, visit jblmafcscheckappointments.com.

JBLM FAMILY HOUSING FIRE SAFETY CLASS

Base housing residents are required to take a Family Housing Fire Safety class within 30 days of moving in. Service member must attend; spouse is welcome and encouraged. Classes take place Tuesdays and Thursdays at 1 p.m. at Bldg. 2014, Fire Station 107 Pendleton on Lewis Main.

JOIN MCCHORD FIELD LIBRARY BOOK CLUB

Do you like to discuss books? Join the McChord Library's Novel Navigators. This adult discussion group meets the second Wednesday of each month at the McChord Library at 4:30 p.m. The next meeting is Wednesday to discuss "Station Eleven" by Emily St. John Mandel. Registration is required; register in person for the group. Copies will be available at the circulation desk, 851 Lincoln Blvd., ground floor, on McChord Field. For questions or more information, call 253-982-3454.

EXTRAORDINARY DADS CLASSES ON JBLM

Join a dads support group "extraordinary dads" where fathers support fathers. Learn how to become a better father and have a place to do activities with your children. Receive support from other dads who understand the day-to-day struggle of raising children. Classes take place on the second Wednesday

of the month from 11:30 a.m. to 12:30 p.m. at Bldg. 2013 N. 3rd Ave., Lewis Main. Next class is Wednesday. For more information, call 253-967-5901 or email extraordinarydads@gmail.com.

ENJOY NINE, WINE AND DINE EVENING

Sign up for a fun golf evening of wine sampling, nine-hole golf and dinner at Whispering Firs Golf Course Thursday from 5 to 10 p.m. Pay \$90 per couple for your green fees, cart, dinner and wine sampling for ages 21 and older. Advance registration is required; call 253-982-2124. Whispering Firs is located at 895 Lincoln Blvd. on McChord Field.

SMA OF NORTHWEST MONTHLY MEETING

The general membership meeting of the Sergeants Major Association of the Northwest meets at Samuel Adams Brewhouse, Bldg. 2400 on South Division Street on the third Thursday of every month. Social time begins at 4:30 p.m. and official business at 5 p.m. Next meeting is Thursday.

WARRIOR ZONE'S OPEN MIC AND KARAOKE

Celebrate the return of Open Mic Night at the Warrior Zone the first and second Thursday of the month at 6 p.m. Entertain your friends on stage and come back for more. Karaoke Night debuts the first and third Saturdays of the month at 6 p.m. Have fun belting out your favorite tunes with your buddies with host DJ Rae. WZ is open to ages 18 and older only. For more information, call 253-477-5756. The WZ is on the corner of 17th and D streets at Lewis North.

TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

Find jobs on the "JBLMunlimited" website at jblmunlimited.com or on Facebook at [facebook.com/jblmunlimited](https://www.facebook.com/jblmunlimited).

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

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

What's My Next Move?
Second Monday of the month from 1:45 to 3:15 p.m. at Work Source Pierce. Next meeting is Monday. Email kmryers@esd.wa.gov or call 253-552-2547.

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

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

Amazon Web Services Cloud Support Associate Training Orientation takes place Tuesdays and Thursdays at 1:30 p.m. at Hawk Transition Center. Course time is divided between instructor-led sessions, hands-on lab work and case studies. Learn how to install Linux OS and work at the command line, configure and troubleshoot networks and more. Class starts July 10 and lasts 16 weeks. For more information, contact Camo2Commerce at 253-967-0319 or email lee@pacmtn.org.

Brown Bag Mini Job Fair Wednesdays from 11 a.m. to

1 p.m. in the Hawk Transition Center Lobby. Walk-ins are welcome. Employer registration is now required by emailing shenathan.d.burton2.civ@mail.mil and mitchel.s.watson.civ@mail.mil.

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

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

WorkSource Veterans Service Orientation Briefings take place the first and third Wednesdays of the month from 9 to 11 a.m. at 500 SW Seventh St., Renton, Wash. Next meeting is June 21. For more information, call 206-205-3500.

SFL-TAP Summer Job Fair starts June 26 at Carey Theater from 8:30 a.m. to 1 p.m. Day one consists of workshops tailored to help veteran job

FATHER-DAUGHTER DANCE JUNE 16

Enjoy the evening at the Club at McChord Field's popular Father-Daughter Dance June 16 from 6 to 9 p.m. with entertainment, door prizes and deejay dancing. Appetizers and punch will be served. The cost is \$20 per couple and \$8 per additional daughter. Dress is semi-formal. No walk-ins allowed. Online reservation and prepayment are required at JBLMmwrRegistration.com.

ATTEND LAKEFEST AT SHORELINE PARK

Everyone at JBLM is invited to Lakefest at Shoreline Park June 17 from 10 a.m. to 5 p.m. Enjoy inflatable games and fun water activities, such as paddleboarding, kayaking and canoeing. Personal safety equipment is included. Shoreline Park is located at the end of Shoreline Beach Road at Lewis North.

JBLM NEWCOMERS' ORIENTATION BRIEF

Joint Base Lewis-McChord has grown and changed over the years. Whether you're new, returning or just want to learn your way around the installation, all service members, civilians and adult family members are invited to attend the Newcomers' Orientation June 20 at American Lake Conference Center, located at 8085 NCO Beach Road on Lewis North. Report time for Soldiers and Airmen is 7:30 a.m. Orientation begins at 8 a.m. Complimentary hot breakfast and free on-site child care is available upon request with registration; call 253-966-2977. For more information, call 253-967-3633 or visit jblmafcscheckappointments.com.

EARN AT HOME AS CHILD CARE PROVIDER

Looking for a job? If you live on base at JBLM, become a Family Child Care provider and make a difference in the lives of military children and their families. FCC providers earn up to \$2,000 a month, may qualify for subsidies and receive free child care while in training and free resources for the business. Learn about FCC at the June 27 orientation from 6 to 8 p.m. at the FCC office at 2013B Third Street and Pendleton at Lewis Main. Children are not permitted at the orientation due to space/discussion topics. Full-day training classes meet weekdays from 8 a.m. to 4:30 p.m. All classes are required for FCC Certification. FCC will provide free child care during the training classes. For more information, call 253-967-3039.

ENTER CLASSY CHASSIS CAR SHOW

Do you have a car or truck you'd love to show off and compete for a trophy? Enter it into the Classy Chassis car show at Freedom Fest July 3 at Memorial Stadium. Preregister by June 18, and save on your entry fee. The preregistration cost is \$15 per vehicle. The first 200 entrants will receive a dash plaque and free goodie bag. The day-of-event cost is \$20 per vehicle. Categories for entry are:

- Classic stock (pre-1941; 1941-1969)
- Open class (1970-present)
- Any year of street rod, muscle car, Mustang, Camaro, Corvette, low rider, custom, truck-custom, truck-stock, electric car and motorcycle

Compete for first, second or third place, plus

AP/AR SPECIALIST POSITION IN SEATTLE

Global Diving and Salvage — Salary: DOQ. We are currently seeking an AP/AR Specialist to join our team in Seattle. This position is responsible for ensuring timely payments of vendor invoices and expense vouchers, maintaining accurate records and control reports, sending follow-up inquiries, negotiating with past due accounts, maintaining cash receipts and referring accounts to collection agencies. May recommend improvements to processes. For more information, visit gdiving.com/about/employment.

ADMINISTRATIVE OPS COORDINATOR IN TACOMA

Tacoma Community College HR — Salary: \$52,000 to 58,000 per year. Tacoma Community College is pleased to invite applications for administrative operations coordinator. This position is responsible for administration, coordination and technical support for the College's 25Live room scheduling system, support in academic programming and scheduling and back-up support for curriculum management. Academic and Student Affairs is a project-based unit, and as such, is engaged in various projects that may change as institutional needs change. This position will participate in other project-related assignments that fall under the purview of Academic and Student Affairs. For more information about the job, visit tinyurl.com/yc4kw2pw.

People's Choice and Best of Show trophies. Voting ends at 2 p.m., and trophies will be presented at 4:30 p.m. Check in at 8 a.m. via the DuPont Gate from Interstate 5's Exit 119. The show begins at noon. On-base access requires the driver to have a valid enhanced state license according to the Real ID Act or passport, proof of insurance and vehicle registration. Download your registration form from jblmmwr.com/auto. Call 253-967-3728 for more information.

PERSONAL FIREWORKS PROHIBITED ON BASE

The use of personal fireworks on JBLM is not authorized in accordance with JBLM Regulation 420-30. That includes sparklers, smoke bombs and firecrackers. The JBLM garrison commander may authorize pyrotechnic displays. Public displays shall be conducted by an experienced, state licensed private contractor IAW DA PAM 385-64. For more information, call JBLM Fire Prevention at 253-966-7164.

LEARN TO SCUBA DIVE FOR LESS

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

FREE RIDE TO DUPONT WITH GO TRANSIT

Enjoy a free ride out to the City of DuPont with GO Transit Route 1 weekdays from 7 a.m. to 5:40 p.m. with 20 minute frequencies. The route goes from the City of DuPont to Madigan Army Medical Center. Visit popular DuPont restaurants, run errands, make a connection to Seattle or Tacoma, or access JBLM without driving a car. Common Access Card required to board at the DuPont stop. For more information, call 253-966-3939 or visit GOLewisMcChord.com.

REGISTER YOUTH FOR SUMMER PROGRAMS

Register your CYS-enrolled children for summer programming at Cascade School Age Center for grades first through fifth, Lewis North School Age Center for grades kindergarten through fifth and McChord School Age Center for grades kindergarten through fifth. Enroll at Parent Central Services. Fees are based on total family income. Weekly program info is available at fb.com/jblmcys. For more information, call 253-966-2977.

SKIESUNLIMITED INSTRUCTORS NEEDED

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

FROM PAGE 1A

LEADER

increasing interoperability with key allies in Australia, Japan and Korea.

Also, he oversaw the execution of the Reduced Range Practice Rocket noise test; the first training event in which rockets were fired on JBLM. He also deployed the brigade's High Mobility Artillery Rocket System battalions in support of Central Command operations. Thunderbolt troopers fired more than 600 precision munitions, eliminating numerous enemy facilities, vehicles and equipment.

"Brigade command has been an amazing journey for me," Gainey said, "I have been surrounded by fantastic Soldiers

and leaders since my first day in command. I only have to look out across this field and into the audience to see some of the finest professionals I have encountered in my career."

Wendland comes to the brigade after serving as the I Corps' deputy G3/5/7. Wendland has served in various field artillery staff and leadership positions over his 23-years of military service with assignments in the continental United States, Korea, Germany and Hawaii as well as two additional combat deployments. In addition, Wendland served for three years as a Combatant Command Joint/Interagency Crisis Response planner in the Pacific developing plans for Foreign Humanitarian Assistance (Taiwan, Indonesia, Philippines, Thailand, Nepal and Haiti),

Maritime/Air Counter Proliferation, and Foreign Consequence Management / Noncombatant Evacuation Operations (Japan). He also served as a committee co-chair/planner for the U.S. - Philippines Mutual Defense Board/ Security Engagement Board from 2009-2011.

"We are excited today to join the Thunderbolt team," Wendland said. "These incredible Soldiers will continue to make a significant impact in today's world, they will deter an adversary from inflicting potential harm unto those we are entrusted to protect, and if that adversary is not deterred, they will answer our nation's call without question or hesitation."

In the upcoming months, the 17th FA Bde will support Talisman Saber 17 and Operation Ulchi Freedom Guardian 17.



SGT. JACOB KOHRS 17th Field Artillery Brigade Public Affairs

Col. Christopher Wendland, right, Maj. Gen. Thomas James Jr., second from right, and Col. Andrew Gainey, outgoing commander, salute the flag during the national anthem on JBLM June 2.

FROM PAGE 1A

LANZA

After the event, Ray and Marie Lanza both expressed pride in their son's accomplishments.

"I'm so proud of him; he's a wonderful son," Marie said with tears in her eyes.

The event wasn't just filled with emotion and accolades. Humor was a key component throughout Milley's speech, as Milley, a Boston Red Sox fan, alternately ribbed his longtime friend for his choice in athletic teams and joked about Lanza's West Point education — Milley is a Princeton University graduate.

"Steve is a native New Yorker, a native of Brooklyn, but it gets worse than that," Milley said with a laugh. "He's a New York Yankees fan; they are morally corrupt, in your face...."

In addition to graduating from West Point, Lanza is also a graduate of the United States Army Command and General Staff College and the School for Advanced Military Studies. He earned a Master of Science in Administration from Central Michigan University, as well as a Master of Science in National Security and Strategic Studies from the National War College — part of the National University of Defense in Washington, D.C. Lanza also served as a National Security Fellow at the Massachusetts Institute of Technology.

All jokes aside, Milley praised Madeline for her volunteerism and thanked each of the Lanza family members for their support in helping the retiring general accomplish so much in his 37 years. Milley also gave high praise to the service members under Lanza's command.

"Soldiers from I Corps are in 17 countries, here and abroad; that's amazing," he said. "I Corps is the most capable, highly-trained in the U.S. Army."

Milley said he credits the success of I Corps as a direct reflection of the last 3-and-a-half years of leadership. Lanza's service at JBLM, as well as in myriad positions and deployments, achieved a high level of excellence, Milley said.

"This country has benefited under almost four decades of the leadership and competence of General Lanza," he said.

During the event, Lanza took



SCOTT HANSEN Northwest Guardian

Lt. Gen. Stephen Lanza, left, former I Corps commanding general, greets retired Maj. Gen. Thomas Cole following Lanza's retirement ceremony outside I Corps headquarters on Joint Base Lewis-McChord June 2.

"This country has benefited under almost four decades of the leadership and competence of General Lanza."

Gen. Mark Milley
Army chief of staff

a few moments to thank Soldiers, friends and family, as well as the generations of leaders and mentors who have shaped and influenced him.

"Most importantly, I want to thank my beautiful wife and amazing son ... for your steadfast love and encouragement," he said. "Without your support, I could not have pursued my lifelong passion of being a leader and Soldier in the world's greatest Army. As a proud Soldier for life, let me wish you all God-speed and Army Strong."



Gen. Mark Milley, left, Army chief of staff, escorts Lt. Gen. Stephen Lanza, former I Corps commanding general, during Lanza's retirement ceremony outside I Corps headquarters on Lewis Main June 2.

FROM PAGE 1A

SPECIAL

weight these athletes were throwing around one would never know they were at a Special Olympics event. The athletes' effort and drive to perform at their best, with perfect form, being able to out lift most guys one sees in the gym, was truly motivating and inspirational for the Soldiers, they said.

The Soldiers, who volunteered for the event, said they would gladly volunteer at any type of Special Olympics event if ever such occasion arises.

"For us it might be a little thing, but for them it's such a great accomplishment, and you can see the satisfaction on their face and that's definitely something that sparked the light in



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

4th Battalion, 1st Special Forces Group (Airborne) Soldiers volunteer at the Special Olympics Washington Spring Games Saturday.

me that made me want to do this more and more," said Sgt. 1st Class Juan Heward, a human

resources specialist in the battalion."

For Heward and the other

"For us it might be a little thing, but for them it's such a great accomplishment, and you can see the satisfaction on their face."

Sgt. 1st Class Juan Heward
4th Battalion, 1st Special Forces Group (Airborne)

Soldiers, they said that's what being a Soldier is all about, supporting the community they reside in and willfully volunteering whenever one can, showing selfless service in everything they do.

The amount of support that the Soldiers gave to the athletes throughout the competition was overwhelming to the athletes

and their families. Nothing but smiles and happy people the whole day everywhere one looked.

The athletes were proud of themselves after every complete lift as the building erupted in cheers and were greeted with high fives on all sides of them from Soldiers and other athletes alike.

The Soldiers who volunteered at this event, volunteer for events whenever they can, work permitting.

"My wife and I always volunteer and try to participate, it's good to volunteer and give back to the community," Heward said. "Why not? It's better than sitting at home on the couch. When you do this type of event, it makes you feel good and that's what we should do. Nobody told us to come here, we participate every year."

FROM PAGE 1A

LAW

The law means anyone older than 18 can no longer hold their phone as they drive; except to call 911 for emergencies or to activate or deactivate a call or select GPS navigation service.

As for anyone younger than

18, as was the case prior to the new state law, those individuals are not allowed to use a phone while driving, whether a hand-held or Bluetooth device, Todd said.

Todd said it's important to pay attention to the laws. The new state law means there will be additional law enforcement patrol enforcement aimed at stopping violators — similar to

those aimed at seat belt use, aggressive driving and DUI infractions for the state's Target Zero program.

Target Zero is the Washington State Strategic Highway Safety Plan 2016 — a strategic plan used to identify and implement goals and solutions for the next few years of traffic across the state, according to the state's TargetZero.com web site.

The name of the plan came about because, according to the site: "We have to ask ourselves: How many deaths and serious injuries are acceptable on Washington's roadways? How many of your family members would it be acceptable to lose to traffic crashes each year? Ten? Five? Of course, the answer is none. Zero. The goal of every Washington State citizen should be

zero deaths and serious injuries on our roads and highways."

According to the site, there are some stiff penalties for being caught using a hand-held device. Off base, the first infraction is a \$136 fine. The second offense is about double, Todd said.

On the installation, fines are set forth by federal courts, so it's an \$80 ticket, Todd said.

Sports

JBLM CENTENNIAL

Pro wrestling part of JBLM history

Former world-title holder trained Soldiers in hand-to-hand combat

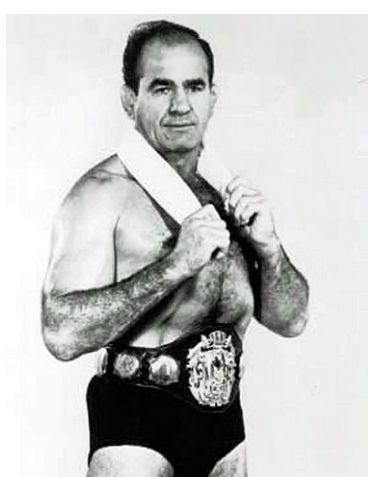
BY DEAN SIEMON
Northwest Guardian

The way professional wrestling is viewed as a sport may be different than sports like football, baseball or boxing, but it has had its fair share of popularity through the years. Like many athletes, wrestlers were also subject to being drafted into the military during World War II between 1939 and 1945.

One of the biggest names at the time was Aloysius "Lou" Thesz. During his career that

spanned from 1932 to 1990, Thesz won several world championships for multiple promotions, including the National Wrestling Association — the top governing body of pro wrestling at the time.

"Lou Thesz would have easily been the biggest-named wrestler stationed at Fort Lewis," said Matt Farmer, local pro wrestling historian and producer for Defy Wrestling in Seattle.



Courtesy of Professional Wrestling

Pro wrestlers John Bonica, left, and Lou Thesz, a former world champion, served at Fort Lewis after being drafted during WW II.

SEE JBLM, 2B

SALUTE TO SERVICE

Rainiers prepare to honor local service members

BY DEAN SIEMON
Northwest Guardian

America's Joint Base will be part of the festivities during America's pastime Sunday at Cheney Stadium in Tacoma.

The Tacoma Rainiers — the Pacific Coast League affiliate of Major League Baseball's Seattle Mariners — will host its annual Salute to Armed Forces Day Sunday before the game against the Las Vegas 51s, the affiliate of the New York Mets.

The Rainiers have a long history of providing opportunities for active and prior service

SEE SALUTE, 2B

JBLM COMMANDER'S CUP SOCCER CHAMPIONSHIP



SCOTT HANSEN Northwest Guardian

1st SFG's Guillermo Jimenez, middle, directs a header past 5th ASOS goal keeper Sammie Ervan, right, to win the annual JBLM Commander's Cup Soccer Championship at the Lewis North Athletic Complex June 2. 1st SFG defeated 5th ASOS 2-1 in two overtimes.

1ST SFG WINS TITLE IN WALK-OFF STYLE

Jimenez scores winner with header in 2nd OT

BY DEAN SIEMON
Northwest Guardian

What better way to finish your soccer final game with your team than to get the game-winning goal in the final moments of overtime?

Josh Avila of the 1st Special Forces Group (Airborne) team gave Guillermo Jimenez a farewell gift with a precise corner kick to allow Jimenez to head in the winning goal to defeat 5th Air Support Operations Squadron, 2-1, in the Joint Base Lewis-McChord Commander's Cup Soccer Championship June 2 at the Lewis North Athletic Complex.

"Everything just opened up," Jimenez said. "I wasn't expecting it, but when I saw it, I just put a head on it."

Jimenez's goal in the 10th and final minute of sudden death overtime prevented a round of penalty kicks. In an exciting and physical soccer match, Jimenez — known as "Memo" by his teammates — was a

SEE SOCCER, 2B



1st SFG's Jon Dyer, right, battles 5th ASOS' Fernando Torres Lopez for a loose ball during the JBLM Commander's Cup Soccer Championship at the Lewis North Athletic Complex June 2.

ON THE SCHEDULE

FREE FISHING FAIR AT RUSSELL LANDING

Recreation: A free fishing fair is set for Saturday from noon to 4 p.m. at the Russell Landing Marina on Lewis North. Enjoy demonstrations and information about fly fishing, salmon fishing, bass fishing and clam digging. No fishing license is required to attend; open to all ages. For more information, call 253-967-8282.

EAGLES PRIDE TO HOST GREEN GOLF CLASSIC

Golf: Eagles Pride Golf Course will host the fifth annual Green Golf Classic Thursday from 10:30 a.m. to 7:30 p.m. featuring a round of 18 holes and presentations on sustainability efforts. Outdoor enthusiasts can also enjoy a birdwalk. Lunch is included. Register Monday at 3 p.m. Visit greengolfclassic2017.eventbrite.com.

LEARN THE SPORT OF POLO AT FREE CLINIC ON JUNE 18

Recreation: The Polo Zealot School in Roy will host a free introduction clinic for service members and retirees June 18 from 10 a.m. to noon. No horse riding ability is necessary; open to all levels and ages. Participation is limited to 12 people; register by Thursday at polo-zealot-school.com. Lunch is provided. For more information, contact info@polo-zealot-school.com or call 503-927-2608.

RAINIER CUP TO FEATURE INTRASERVICE RIVALRY

Golf: The annual competition between local Army, Air Force and Navy 36-person teams will take place at the Rainier Cup golf tournament June 23-25. Open to service members, retirees, family members and Department of Defense civilians. Entry is \$120 per golfer. For more information, call 253-967-6522.

GET FIT WITH FIDO FUN RUN SET FOR JUNE 24

Races: Joint Base Lewis-McChord's Sports, Fitness and Aquatics, in a partnership with Public Health Activity, will host the Get Fit With Fido fun run June 24 at Family and Morale, Welfare and Recreation's Fest Tent. The run starts at 9 a.m. with day-of-race packet pick-up starting at 7 a.m. Register online for \$20. For more information, visit jblmmwr.com/races.

TRIPLE THREAT TRIATHLON SERIES BEGINS ON JUNE 25

Races: Service members are invited to sign up for the 2017 Triple Threat Triathlon series, beginning with the Black Hills Triathlon June 25 and followed by the Lakewood SummerFest Triathlon July 8 and the JBLM Pacific Pathways Triathlon Aug. 19. Series registration limited to 200 participants. For more information, visit regtorace.com/event/217 or call 253-967-4768.

YOUTH BOWLING EVENT SET FOR SOUNDERS LANES

Youth: Sounders Lanes on McChord Field will host a Child and Youth Bowling event July 1 from noon to 2 p.m. Multiple activities will be offered by Joint Base Lewis-McChord Armed Forces Community Services' Survivor Outreach Services program. Youths receive one free bowling ticket. Register online at child-youth-bowling-event-july-2017.eventbrite.com. For more information, call 253-966-5047.

FROM PAGE 1B

JBLM

Farmer is familiar with professional wrestling and the local military presence. When he was first training to be a wrestler in the early 1990s, he went to Soldiers Field House with his friend for time on the mat.

It was around the mid-1940s when some of the best came to Fort Lewis. During Thesz's career, he was drafted into the

Army and stationed at Fort Lewis in January 1945. Originally slated to be an Army medic, he was recognized in a combatives class and quickly became a hand-to-hand combat instructor.

"Not only did Thesz help train hand-to-hand combat, prior to being stationed at Fort Lewis he trained dobermans for the Army," Farmer said.

While becoming a corporal in the Army, Thesz continued to wrestle when he could in the Pacific Northwest.

Another wrestler who gained

fame was John Bonica; although, he later became an expert mind on anesthesiology and pain management.

Bonica became the chief of anesthesiology at Madigan Army Medical Center in 1944. He was also a wrestler who had a NWA World Light Heavyweight Championship to his name.

Farmer said although he won gold, he was not a major star in this era of wrestling.

"During this era, most of the top guys, unless they were gimmick attractions like the French

Angel, had strong wrestling fundamentals," Farmer said. "In the case of a guy like Lou Thesz, he would have been a step above that and would have been a high level master of submissions."

During the 1940s, several pro wrestlers at local events were being advertised from Fort Lewis or McChord Air Force Base: Sgt. "Dirty" Dick Raines, Lt. Bud Higgins, Pfc. Morris Shapiro — "Mighty Atlas" and Pfc. Hal Rumberg — who became a promoter in cities like Seattle,

Tacoma, Bremerton and Portland, Ore.

Their active duty status was common knowledge; it was often advertised in the notices about upcoming Northwest wrestling exhibitions.

"When reading articles during that time, it was common for the local newspapers to promote wrestlers by their rank or where they were stationed," Farmer said.

Dean Siemon: 253-477-0235, @deansiemon



SCOTT HANSEN Northwest Guardian

1st SFG coach Anel Roe, middle, celebrates with teammates after winning the JBLM Commander's Cup Soccer Championship at the Lewis North Athletic Complex June 2.

FROM PAGE 1B

SOCCER

unanimous pick for the championship's Most Valuable Player award.

Jimenez said it was a team effort by a team he won't be able to return to next intramural season. Jimenez's expiration of term of service date is next March — right before the next Commander's Cup season. He said he's just glad his final game with his teammates ended in victory.

"These guys played their butts off," Jimenez said.

The 5th ASOS team members built up momentum after big saves from their goalkeeper Sammie Ervan. In the 11th minute, Ervan made a stretching save off a header from 1st SFG's Jon Dyer. A few minutes later, Ervan was able to stop a shot from Dyer after the 1st SFG had a two-on-one advantage inside the box.

The 5th ASOS turned that energy into a goal in the 17th minute when Fernando Torres Lopez, team captain, delivered a long pass that was redirected by Austin Spagnola's head for the first goal of the game.

In the second half, the 1st SFG



1st SFG goal keeper Mario Miranda makes a diving save during the JBLM Commander's Cup Soccer Championship at the Lewis North Athletic Complex June 2.

made adjustments and was able to create more quality opportunities early on. Dyer finally got past Ervan with a breakaway goal in the 10th minute. Dyer's sidestep juke led Ervan to go for a sliding save as Dyer avoided him for an easy tap-in goal.

"It ignited a fire in the team; we realized we were back in it," Dyer said. "It really emphasizes having to capitalize. You can have 20 opportunities, but you have to put some away."

After the two 25-minute halves of regulation, the tied

game went into two five-minute overtime periods where the next goal would win. Both teams had scoring chances, and each had physical defensive plays where players were knocked down or pushed.

Before Jimenez's deciding

Scoring summary

5th ASOS 10 (0) – 1

1st SFG 0 1 (1) – 2

A – Austin Spagnola goal (Fernando Torres Lopez assist), 17th minute

S – Jon Dyer goal (unassisted), 35th minute

S – Guillermo Jimenez goal (Josh Avila assist), 60th minute

TEAM STATISTICS

Shots on goal – 5th ASOS, 8; 1st SFG, 11; **Goalie saves** – 5th ASOS, 6; 1st SFG 3. **Corner kicks** – 5th ASOS, 1; 1st SFG, 8; **Yellow cards** – 5th ASOS, 0; 1st SFG, 1; **Red cards** – 5th ASOS, 0; 1st SFG, 0.

goal for the 1st SFG, the 5th ASOS had some confidence to score another goal in the overtime period. Torres Lopez said the 1st SFG was able to counter perfectly on defense.

"Our morale was still high, but we just couldn't capitalize on our chances," Torres Lopez said.

Dean Siemon: 253-477-0235, @deansiemon

FROM PAGE 1B

SALUTE

members to enjoy a game. At every home game, the team works with USO Northwest and local organizations to provide the USO Heroes Suite free of charge to local military groups, but a special night allows the Rainiers to show their respect for the military on a larger scale.

"Being so close and tied to the military community, this is a chance to really blow it out for a full game," said Brett Gleason, media and communications director for the Tacoma Rainiers.

Pregame festivities will include a Marine Color Guard. Current serving service members, veterans and wounded warriors from all military branches, including Joint Base Lewis-McChord, will take the field as the youth choir from Lighthouse Christian School in



SCOTT HANSEN Northwest Guardian / 2016

The Tacoma Rainiers will host the team's annual Salute to Armed Forces Game at Cheney Stadium in Tacoma Sunday.

Gig Harbor sings the national anthem.

There will also be a first-pitch ceremony featuring retired

Army Sgt. Aaron Boyle who served in Iraq and Afghanistan. It was in 2010 when he lost most of his right arm, right leg

and severely damaged his left leg from a land mine explosion in Afghanistan.

Boyle will take the mound as a Purple Heart recipient, and it won't be hard to find someone to be the catcher for the first pitch. Actually, the ease of finding someone for any current or prior service member is common every year.

"On military night, I've got more volunteers than I have slots," he said.

In addition to the pregame festivities, the Rainiers will wear special military-themed uniforms. Fans will be able to place bids on each of the game-worn jerseys during a silent auction that takes place during the game. The money from the sale of the jerseys will go to the USO Northwest.

One of the unique qualities of a minor league baseball game is the atmosphere in both dugouts. Along with the intimate settings of Cheney Stadium, fans can see Rainiers players who are trying

to earn themselves a spot on the Rainiers' roster.

And in many cases, Rainiers fans will see names they recognize as injuries have forced a number of players to make the short trip from Tacoma's Cheney Stadium to Seattle's Safeco Field.

On Tuesday, long-time Rainiers' ace pitcher Felix Hernandez made a start for the Rainiers as part of his rehab to return to Seattle.

"In Triple-A, you have big league guys with experience trying to get back to the majors, and you have a lot of young guys trying to get called up for the first time," Gleason said.

Gleason said several tickets have been purchased and donated to military service members and families for Sunday's game. Single seats tickets at \$11 each can still be purchased by visiting tacomarainiers.com.

Dean Siemon: 253-477-0235, @deansiemon

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Cover charge includes light appetizers and punch.
Tickets must be purchased in advance at JBLMmwrregistration.com

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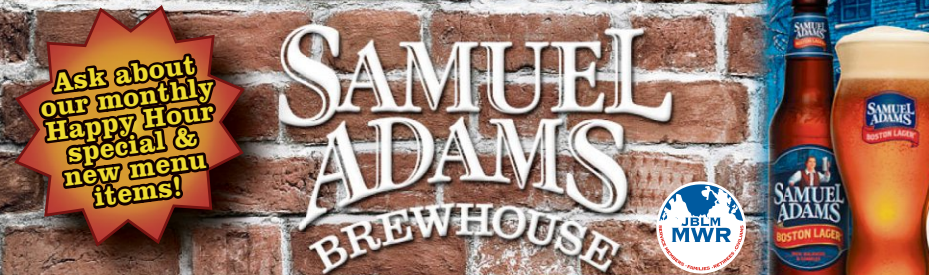
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Class descriptions & schedules at JBLMmwr.com/arts_crafts



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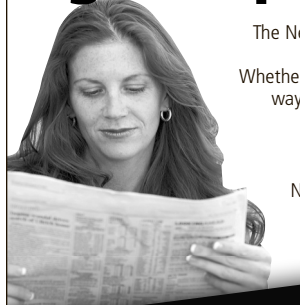
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SECTION C

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



COVER STORY

SOMETHING FUN FOR DAD

Three fun activities
to share with dad
this Father's Day, 3C

FOR THE WEEK OF JUNE 9-15

9

McCHORD PUB 4 to 9 p.m. Bring your friends to Military Spouse Appreciation Night. Order specialty cocktails and appetizers to go.

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

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

10

BOWL ARENA LANES 12:30 p.m. Doubles No-Tap Tourney. Check in at noon. \$50 per 2-person team.

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

11

WHISPERING FIRS HABAÑERO MEXICAN GRILL 7 to 10:30 a.m. breakfast and 11 a.m. to 2 p.m. lunch. Order a hearty breakfast burrito or traditional breakfast.

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

12

McCHORD GRILL 11 a.m. to 1 p.m. Try the fresh, never frozen, burgers, salad bar, pasta and the chef's special.

WARRIOR ZONE 10 a.m. to 11 p.m. Order the chicken Corona macho burrito for \$7.50, six-piece wing and 12-inch pizza combo for \$15.

BATTLE BEAN AT McCHORD FIELD 7 to 11 a.m. Located inside Bldg. 100 in the customer service mall. Order breakfast with your made-to-order coffee. Breakfast burritos, muffins, pastries and more.

13

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 6 p.m. Swedish meatballs over rice for \$8.25.

SAMUEL ADAMS BREWHOUSE 4 to 10 p.m. Flip a coin for your first drink. Call it correctly and you get \$1 off.

WHISPERING FIRS HABAÑERO MEXICAN GRILL 11 a.m. to 2 p.m. Order vegetarian dishes at Habañero for burritos or salads; just ask for veggie substitutes.

14

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

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

WARRIOR ZONE Poker night jalapeño poppers for \$6 and loaded fries for \$5.

SOUNDERS LANES AND BOWL ARENA LANES Kids bowl for free this summer. Register to get your bowling passes at kidsbowl-free.com/jblm.

15

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

SAMUEL ADAMS BREWHOUSE 4 to 10 p.m. Try our menu featuring Sam Adams classic wings, chicken-bacon-ranch flatbread, ham and bacon wrap, chicken chipotle wrap and fries.

THE CLUB AT McCHORD FIELD Last chance to attend the Father-Daughter Dance June 16 from 6 to 9 p.m. Register and pay at jblmmwrregistration.com.

JOINT BASE LEWIS-McCHORD MARKETPLACE DIRECTORY

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Cascade Community Center/Heroes Lounge	253-964-0331
Globemaster Grill at McChord Club	253-982-5581
McChord Catering	253-982-8175
The Bistro at Russell Landing	253-964-2813
The Warrior Zone (Lewis North)	253-477-5833
Whispering Firs Habanero Mexican Grill	253-982-3271
To see menus, visit JBLMmwr.com.	

AT THE MOVIES

Carey Theater
on Lewis Main

King Arthur: Legend Of The Sword (PG-13)

Friday at 7 p.m.

King Arthur: Legend Of The Sword (PG-13)

Saturday at 1 p.m.

Snatched (R)

Saturday at 7 p.m.

King Arthur: Legend Of The Sword (PG-13)

Sunday at 1 p.m.

Snatched (R)

Sunday at 7 p.m.

MOVIE TIMES

FRIDAY ONLY

TACOMA AREA

BLUE MOUSE THEATRE: 253-752-9500

Beauty and the Beast (PG) 7

GRAND CINEMA: 253-593-4474

Megan Leavey (PG-13) 1:15, 3:50, 6:25,

9 My Cousin Rachel (PG-13) 1:40, 4:15,

6:45, 9:15 Obit (Not Rated) 1:50, 9:10

Churchill (PG) 2:10, 4:30, 6:50 The

Lovers (R) 4, 6:15 Dr. Jekyll and Mr.

Hyde (Not Rated) 9 p.m.

LAKEWOOD TOWNE CENTER

CINEMAS: 888-262-4386

It Comes At Night (R) 11:50, 2:25, 5,

7:30, 10 My Cousin Rachel (PG-13) 1,

3:40, 6:15, 9 The Mummy 3-D (PG-13) 2,

4:45, 9:55 The Mummy (PG-13) 10, 11:25,

12:35, 3:10, 5:45, 7:20, 8:20, 11, 11:35

Captain Underpants: The First Epic

Movie 3-D (PG) 12:45, 3 Captain Under-

pants: The First Epic Movie (PG) 11:40,

2, 4:35, 5:30, 6:50, 9:10 Wonder Woman

3-D (PG-13) 10:40, 2:10, 5:20, 8:30 Wonder

Woman (PG-13) 10, 11:50, 1:10, 3:20,

4:20, 6:30, 7:30, 9:45, 10:45, 11:30, 11:40

Pirates of the Caribbean: Dead Men

Tell No Tales (PG-13) 10:20, 1:20, 4:20,

7:10, 10:15 Baywatch (R) 11:50, 2:30, 5:15,

8, 10:45 Alien: Covenant (R) 8, 10:50

Guardians of the Galaxy Vol. 2 (PG-13)

10:30, 1:40, 4:50, 7:45, 11

REGAL LAKEWOOD STADIUM 15:

844-462-7342

It Comes At Night (R) 1, 4:15, 7:15,

10:20 Megan Leavey (PG-13) 12:30, 3:45,

6:45, 9:45 The Mummy 3-D (PG-13) 4:30,

10:30 The Mummy (PG-13) 1:30, 3, 6,

7:30, 9 Captain Underpants: The First

Epic Movie 3-D (PG) 5:15, 10:15 Captain

Underpants: The First Epic Movie (PG)

12:15, 2:45, 7:55 Wonder Woman 3-D

(PG-13) 11:30, 1:15, 5, 6:30, 9:30 Wonder

Woman (PG-13) noon, 12:45, 2:45, 4, 6, 7,

8:30, 10 Pirates of the Caribbean: Dead

Men Tell No Tales 3-D (PG-13) 3:15, 9:45

Pirates of the Caribbean: Dead Men

Tell No Tales (PG-13) 11:30, 2:30, 5:45,

8:45 Baywatch (R) 1:45, 4:45, 7:40, 10:30

Alien: Covenant (R) 12:30, 3:30, 6:30,

9:30 Everything, Everything (PG-13)

12:15 King Arthur: Legend of the

Sword (PG-13) 11:45, 3, 6:15, 9:15 Guardians

of the Galaxy Vol. 2 (PG-13) 11:45,

3:15, 6:45, 10

CENTURY POINT RUSTON AND XD:

800-246-6215 33238

The Mummy 3-D (PG-13) 11:10, 2:20,

4:05, 5:20, 8:20 The Mummy (PG-13)

10:15, 1:10, 7, 10:20 Captain Underpants:

The First Epic Movie 3-D (PG) 4:25,

9:30 Captain Underpants: The First

Epic Movie (PG) 10:40, 1:20, 6:50 Wonder

Woman 3-D (PG-13) 12:30, 5, 10:10,

11:10 Wonder Woman (PG-13) 9:50,

11:20, 1:30, 3, 4, 6:45, 7:30, 8:30 Pirates

of the Caribbean: Dean Men Tell No

Tales (PG-13) 12:50, 4:20, 7:40, 10:55

Baywatch (R) 10:20, 1:40, 4:50, 7:50,

10:50 Guardians of the Galaxy Vol. 2

(PG-13) 12:20, 3:40, 7:10, 10:30

PUYALLUP

LONGSTON PLACE: 253-770-9901

It Comes At Night (R) 11:45, 1:45, 5:15,

7:30, 10:30 Megan Leavey (PG-13) 12:45,

3:45, 6:45, 9:45 The Mummy (PG-13) 11,

noon, 1, 2, 3, 4, 4:45, 5:45, 7, 8:30, 10

Wonder Woman 3-D (PG-13) 11:45, 1:15,

2:45, 4, 7:15, 9:15 Wonder Woman

(PG-13) 12:30, 2:15, 3:15, 5:30, 6, 6:45,

8:45, 10 Pirates of the Caribbean: Dead

Men Tell No Tales 3-D (PG-13) 1:30,

4:30, 7:30, 10:30 Pirates of the Carib-

bean: Dead Men Tell No Tales (PG-13)

11:30, 12:30, 3:30, 6:30, 9:30 Baywatch

(R) 11, 4:15, 7, 10 Alien: Covenant (R)

11:15, 2:15, 7:45, 10:15 Guardians of the

Galaxy Vol. 2 3-D (PG-13) 3:15, 8 Guard-

ians of the Galaxy Vol. 2 (PG-13) noon,

4:30, 6:30, 10

SOUTH HILL MALL SIX: 253-445-

8801

Captain Underpants: The First Epic

Movie 3-D (PG) 1:45, 4:15, 6:45, 9:15

Captain Underpants: The First Epic

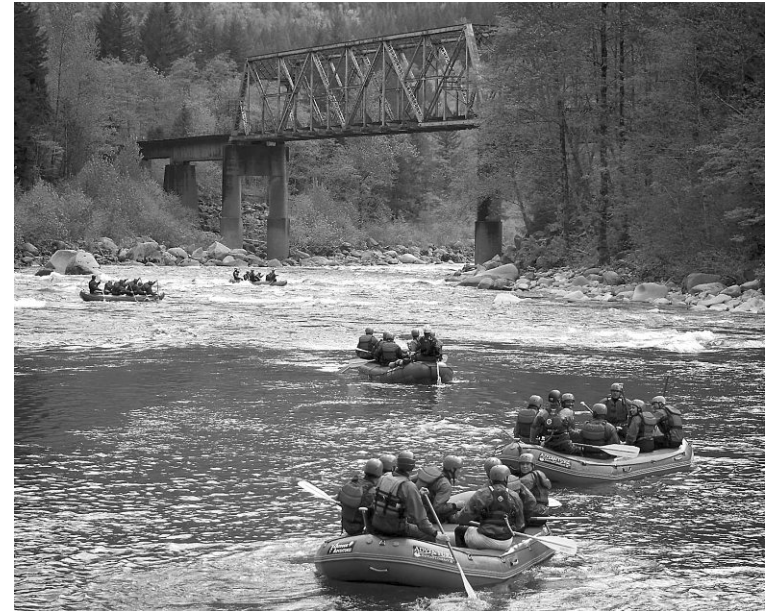
Movie (PG) 12:45, 3:15, 5:45, 8:15 Diary

SEE MOVIES, 6C



Courtesy photo

The annual Father and Daughter Dance is set for June 16 from 6 to 9 p.m. at the Club at McChord Field. Games, pictures and appetizers will be available during the event.



JBLM Outdoor Recreation

JBLM Outdoor Recreation has planned a special Father's Day whitewater rafting trip on the Skokomish River June 18.

FATHER'S DAY EVENTS

Three ways to tell dad you love him

Take him dancing, rafting or golfing

BY DEAN SIEMON
Northwest Guardian

Father's Day, June 18, is a special day to honor the work of dads. On Joint Base Lewis-McChord, military parents will have a chance to enjoy the weekend devoted to recognizing fatherhood.

The Club at McChord Field will once again host a Father and Daughter Dance June 16 from 6 to 9 p.m. The event has been an annual tradition at the

club for about 10 years, according to Erika Scott, special events assistant coordinator for JBLM's Family and Morale, Welfare and Recreation.

The event provides military fathers a chance to spend time with their daughters. Scott said it is a perfect date when dad is about to leave on deployment or has just returned from overseas.

"It really is a special evening with dad and daughter," Scott

SEE DAD, 7C

JUNE 10 INTRO TO STANDUP PADDLEBOARDING

Learn how to standup paddleboard in the safest environment possible. Join us as we show you the ins and outs of SUP on American Lake. We use very forgiving inflatable boards from NRS. Ages 3 and older are welcome, but children younger than 12 must be on a board with an adult. **\$45;** ages 3 to 12: **\$25.**

JUNE 11 WATERFALL PHOTO SKILLS WORKSHOP

Head to Lower and Middle Falls to work on your waterfall photography skill. Waterfalls are all different with variable lighting conditions, air saturation, surrounding landscape, water speed and footing. In this trip, you'll learn the effect different settings have on the final image, as well as how to choose the correct setting and exposure, correct use of filters, composition and choice of lens — plus how to get that silky water effect. Minimum age: 16. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. **\$75.**

WENATCHEE WHITEWATER RAFTING TRIP

Join us for a trip down the beautiful Wenatchee River. We'll put in near the unique Bavarian town of Leavenworth and paddle through the many exciting class-III rapids. Travel to the east side of the mountain for a hot day in the sun. Gear, instruction and transportation included. Minimum age: 12. No rafting experience necessary. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. or McChord Field's Adventures Unlimited at 8:30 a.m. Reasonable accommodations can be made for persons with special needs. Popular family trip. Trip with NAC expert guides. **\$65.** Add **\$20** for a steak dinner. Ask about our private trips for groups and units; groups of 24 or more are just **\$60** per person.

JUNE 17

BELLA DONNA YOGA AND CLIMB COMBINATION

Yoga and rock climbing complement each other in an extraordinary way, and as such, this is

the perfect opportunity to take the yogic disciplines of breath, balance, focus and flexibility into the vertical world. Take your rock-climbing skills to the next level with individualized instruction during a workshop at Exit 38. Start the day with an invigorating yoga practice, climb all day, learning new tricks or refining others and wind down with a relaxing flow as the sun sets. Depart from the Northwest Adventure Center at Lewis North at 7 a.m. Minimum age: 16. **\$75.**

BICYCLE RIDE THROUGH SNOQUALMIE TUNNEL

Ride through the Snoqualmie Tunnel that's nearly 2 miles long. From there, we'll snake our way around the hills and over old train trestles on our way to Rattlesnake Lake. The best part is it's all downhill. Trip fee includes guide, transportation, bike, helmet, gloves and headlamp. Difficulty: easy; distance: 22.5 miles; ride time: about three hours. Minimum age: 14. Depart from the Northwest Adventure Center at Lewis North at 8:30 a.m. **\$55.**

PADDLEBOARD TRIP IN FOSS WATERWAY

The Foss Waterway Seaport is dedicated to connecting people

to the wonder that is the Puget Sound. We travel up this waterway to access Commencement Bay as see all of water this waterfront has to offer. Minimum age: 12. Depart from the Northwest Adventure Center at Lewis North at 8:30 a.m. **\$60.**

JUNE 18

FATHER'S DAY RAFTING TRIP ON SKYKOMISH

Your expertly-guided rafting adventure includes 9 miles of class III-V whitewater rapids of the Skykomish. About 3 miles into the trip, you're faced with the infamous class-V, "Boulder Drop" which challenges even the most experienced boaters. Exciting rapids such as "Lama Ledges," "Lunch Hole," "Railroad," "Fun," "Proctor Rapid" and "Deja Vu" will continue to keep your adrenaline pumping the entire trip. Don't worry — a photographer will be there to capture the most memorable moments so that you can share them. Difficulty: beginner; time: 10 hours. Minimum age: 16; prerequisite: confident swimmer. Depart from the Northwest Adventure Center at Lewis North at 11 a.m. or McChord Field's Adventures Unlimited at 11:15 a.m. Preregistration required before June 14 at 5 p.m. **\$120.**

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EVENTS

COMMUNITY

Historic Fort Steilacoom: United States Flag Retirement Ceremony 10 a.m. to 4 p.m. Saturday. Historic Fort Steilacoom, 9601 Steilacoom Blvd. SW, Lakewood. Bring your old, worn flags for proper disposal. Building tours will follow. Donations accepted. Free. 253-582-5838, historicfortsteilacoom.org.

Family Fun Day at Pierce College Noon to 3 p.m. Saturday. Pierce College Puyallup, 1601 39th Ave. SE, Puyallup. Celebrate 50 years of education with an afternoon full of fun for the whole family. Free.

Do Dad Right Father's Day Bazaar Saturday. Buckley Hall,

127 North River Road, Buckley. More than 20 vendors offering a variety of items not only for dad, but everyone on your gift list. 253-831-7894.

Tacoma Wined Up 2 to 6 p.m. Saturday. Tacoma Armory, 715 S. 11th St., Tacoma. Featuring more than 20 Northwest wineries, live music and food pairings of cheese, charcuterie, olive oils and more. 253-591-5894, broadwaycenter.org.

Bird Walk With Nisqually Land Trust and Tahoma Audubon 8 to 10 a.m. Saturday. Red Salmon Creek, DuPont. Free but registration required. 360-489-3400.

Morse Wildlife Preserve Open Trails 10 a.m. to 4 p.m. Sunday. Morse Wildlife Preserve, 25415 70th Ave. E., Graham.

Explore this natural treasure by walking the trails and discovering the beauty of the five habitat zones. Registration not required, call for directions. Free. 253-565-9278, morskewildlifepreserve.org.

WORKSHOP

Healthy Living For Your Brain and Body 2 to 3 p.m. Friday, Franke Tobey Jones Retirement Community, 5340 N. Bristol St., Tacoma. Tips from the Latest Research. Free. 253-756-6219, franketobeyjones.com.

MUSIC

CLASSICAL

Sonoro Women's Choir 7 to 9 p.m. Saturday. First Presbyterian Church, 20 Tacoma Ave. S.,

Tacoma; 3 to 5 p.m. Sunday. Steilacoom Community Church, 1603 Rainier St, Steilacoom. Love and War: The Conflict and Passion of Humanity. \$15 in advance on brownpapertickets.com and \$17.50 at the door.

HIP-HOP/RAP

Future 7 p.m. Saturday. White River Amphitheatre, 40601 Auburn Enumclaw Road SE, Auburn. \$26-\$89.50. 360-825-6200, livenation.com.

JAZZ

Jazz LIVE at Marine View 5 to 7 p.m. Sunday. Marine View Presbyterian Church, 8469 Eastside Drive E., Tacoma. Featuring the Dan Duval Good Vibes Quartet. Free admission, all ages. 253-229-9206, marineviewpc.org.

ROCK

Def Leppard 7 p.m. Friday. White River Amphitheatre, 40601 Auburn Enumclaw Road SE, Auburn. \$29.50-\$139.50. 360-825-6200, livenation.com.

NIGHTLIFE

FRIDAY

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

B Sharp Coffee House 706 Opera Alley, Tacoma, Something to Tell story telling open mic, 7 p.m.. 253-292-9969.

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

Emerald Queen I-5 Nightclub 2024 E. 29th St., Tacoma, Nortorius 253. 253-594-7777.

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

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

G. Donnalson's 3814 N. 26th St., Tacoma, Johnaye Kendrick, jazz vocals, 7:30-10:30 p.m.. 253-761-8015.

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

Jazzbones 2803 Sixth Ave., Tacoma, Stay Grounded, 9 p.m. \$10-\$15. 253-396-9169.

Louie G's 5219 Pacific Highway E, Fife, Sin Circus, RAW, Dead Rebel Saints and Mosgilla, 8 p.m.. 253-926-9700.



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FATHER'S DAY BRUNCH 2017

THREE COURSE SERVED BRUNCH Starting fresh fruit, assorted muffins, croissants and Danish

MENU SELECTIONS Prime rib & Eggs, smoked salmon frittata, prosciutto, asparagus & feta quiche, Dungeness crab omelet, meat lover omelet, egg white omelet, home town brunch, Oregon berry French toast, red velvet waffle, strawberry pancakes, eggs Benedict

MENU SELECTIONS DESSERT Dipped strawberries, mini cream puffs, berry tarts, lemon tarts, fudge brownies \$16.95 to \$19.95

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June 16, 17, 18, 2017

Meeker Days at the Meeker Mansion

6/16 - Quilter's Tea - 1:30, \$12.00 - Share your quilt at a tea and tour - Reservations needed.

6/17 - Fiber Arts & Garden Festival - 10am to 4pm - (Outside Spaces, \$20), Quilt Display and Fiber Demos inside the Meeker Mansion (Normal Tour Prices) plus FREE Garden Talks in our Ed Building.. 11am-Mason Bees, 12pm- Butterflies&Hummingbirds, 1pm-Chickens, 2pm-Moss

6/18 - Family Day - 11 to 3 - Family Activities, plus Mansion Tours - Children & Students are FREE.

JUNE 2 -
JUNE 18, 2017

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FROM PAGE 2C

MOVIES

of a Wimp Kid: **The Long Haul** (PG) 1:15, 3:45 **Everything, Everything** (PG-13) 1, 3:30, 6:15, 8:45 **King Arthur: Legend of the Sword** (PG-13) 6, 9 **Snatched** (R) 2, 4:30, 7, 9:30 **The Boss Baby** (PG) 1:30, 4, 6:30, 9
OLYMPIA/LACEY MARTIN VILLAGE STADIUM 16: 360-455-5003
It Comes At Night (R) 12:10, 2:40, 5:20, 7:50, 10:25 **Megan Leavey** (PG-13) 1:30, 4:25, 7:20, 10:10 **My Cousin Rachel** (PG-13) 11:05, 1:50, 4:40, 7:30, 10:15 **The Mummy IMAX 3-D** (PG-13) 1:20, 4:10, 7, 10 **The Mummy 3-D** (PG-13) 2:20, 3:20, 5:10, 8:40 **The Mummy** (PG-13) 11:30, 8 **Captain Underpants: The First Epic Movie 3-D** (PG) 6:05 **Captain Underpants: The First Epic Movie** (PG) 11:40, 2:10, 4:50, 7:25, 9:55 **Wonder Woman 3-D**

(PG-13) 11:50, 2:30, 3:10, 6:30, 9:50 **Wonder Woman** (PG-13) 11, 12:30, 1:40, 3:50, 5, 5:45, 7:10, 8:20, 9:10, 10:30 **Pirates of the Caribbean: Dead Men Tell No Tales 3-D** (PG-13) 5:55, 9 **Pirates of the Caribbean: Dead Men Tell No Tales** (PG-13) noon, 3:30, 7:10, 10:30 **Baywatch** (R) 12:50, 3:40, 6:40, 9:30 **Alien: Covenant** (R) 1, 4, 7:05, 10:20 **Everything, Everything** (PG-13) 12:40 **Snatched** (R) 11:10 a.m. **Guardians of the Galaxy Vol. 2** (PG-13) 11:45, 3, 6:20, 9:40
CENTURY OLYMPIA: 360-943-0769
Alien: Covenant (R) 8, 10:50 **Baywatch** (R) 10:30, 1:30, 4:25, 7:15, 10:05 **Captain Underpants: The First Epic Movie 3-D** (PG) 9:40 a.m., 9:50 p.m. **Captain Underpants: The First Epic Movie** (PG) 10:10, noon, 12:30, 2:30, 2:55, 5, 5:15, 7:25 **Guardians of the Galaxy Vol. 2** (PG-13) 9:30, 10:40, 12:35, 1:45, 4:55, 6:50, 7:40, 9:55, 10:45 **It Comes at**

Night (R) 9:45, 12:10, 2:40, 5:10, 7:35, 10 **Megan Leavey** (PG-13) 10:55, 1:50, 4:45, 7:45, 10:35 **The Mummy 3-D** (PG-13) 9:35, 2:55, 5:35, 11 **The Mummy** (PG-13) 10:35, 12:15, 1:25, 4:15, 7:30, 8:20, 10:20 **Pirates of the Caribbean: Dead Men Tell No Tales** (PG-13) 9:50, 10:25, 12:55, 3:55, 4:50, 7, 7:55, 10:10, 10:55 **Wonder Woman 3-D** (PG-13) 9:30, 7:05, 10:30 **Wonder Woman** (PG-13) 9:40, 10, 12:40, 12:50, 1:15, 1:35, 3:40, 4, 4:10, 4:35, 7:20, 7:50, 10:15, 11
YELM YELM CINEMAS: 360-400-3456
The Mummy (PG-13) 11:30, 2:00, 4:40, 7:00, 9:30 **It Comes at Night** (R) noon, 2:15, 4:30, 6:45, 9:00, 11:15 **Wonder Woman** (PG-13) 11, noon, 3, 5, 6, 8, 9, 11 **Captain Underpants** (PG) 1:30, 2, 4:30, 7, 9:30 **Pirates of the Caribbean: Dead Men Tell No Tales** (PG-13) 11:30, 2:15, 5, 7:45, 10:30 **Baywatch** (R) 12:30, 3, 5:30, 8, 10:30 **Guardians of the Galaxy Vol. 2** (PG-13) 11, 2, 5, 8, 11

ON SALE THIS WEEK

Arcade Fire "Infinite Content" tour comes to KeyArena Oct. 15. Tickets go on sale Friday.

Nitro Circus Live comes to Safeco Field Sept. 16. Tickets go on sale Friday.

John Bellion — Human Condition Tour Part III performs at The Paramount Theatre, Seattle on Oct. 1. Tickets go on sale Friday.

Piano Guys at McCaw Hall, Seattle, Oct. 2. Tickets go on sale Friday.

Tedeschi Trucks Band comes to The Paramount Theatre, Seattle for Nov. 5 concert. Tickets go on sale Friday.

ALREADY ON SALE

DEF LEPPARD 7 p.m. Friday

White River Amphitheatre, Auburn. \$29.50-\$139.50.

BRAD PAISLEY 7 p.m. June 20, White River Amphitheatre, Auburn. \$33-\$62.75.

MAXWELL 8 p.m. June 20, ShoWare Center, Kent. \$56-\$96.

STYX and **REO SPEEDWAGON** 7 p.m. June 21, White River Amphitheatre, Auburn. \$27.50-\$99.50.

ROGER WATERS 8 p.m. June 24, Tacoma Dome. \$55-\$199.50.

DEFTONES and **RISE AGAINST** 6:30 p.m. July 3, White River Amphitheatre, Auburn. \$25-\$75.

SHAWN MENDES 7:30 p.m. July 9, KeyArena, Seattle. \$43.50-\$63.50.

MATCHBOX TWENTY and **COUNTING CROWS** 6:45 p.m.

July 18, White River Amphitheatre, Auburn. \$29.50-\$99.50.

LYNYRD SKYNYRD 8 p.m. July 20, Emerald Queen Casino, Tacoma. \$75-\$330.

GLADYS KNIGHT AND THE O'JAYS 7 p.m. July 20, Tulalip Amphitheatre, 10400 Quil Ceda Blvd. \$75-\$240.

JOHN MAYER 7 p.m. July 21, Gorge Amphitheatre, George. \$28-\$117.

CHEECH and **CHONG** 8:30 p.m. July 22, Emerald Queen Casino, Tacoma. \$35-\$90.

BRUNO MARS 7:30 p.m. July 24, Tacoma Dome. \$41-\$121.

ED SHEERAN 7:30 p.m. July 29, Tacoma Dome. are \$36.50-\$86.50.

GREEN DAY 7 p.m. Aug. 1, White River Amphitheatre, Auburn. \$22-\$81.50.

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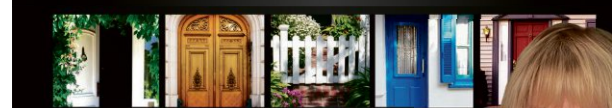
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Megan Leavey (PG-13)

Fri-Wed: 1:15, 3:50, 6:25, 9:00
Thu: 3:50, 6:25, 9:00

My Cousin Rachel (PG-13)

Fri-Wed: 1:40, 4:15, 6:45, 9:15
Thu: 1:40, 4:15, 9:15

Obit (NR)

Fri-Thu: 1:50, 9:10

Churchill (PG)

Fri: 2:10, 4:30, 6:50
Sat-Sun: 11:50 AM, 2:10, 4:30, 6:50
Mon: 2:10, 4:30, 6:50; Tue: 4:30, 6:50
Wed-Thu: 2:10, 4:30, 6:50

The Lovers (R)

Fri: 4:00, 6:15
Sat-Sun: 11:35 AM, 4:00, 6:15, 8:30
Mon: 4:00; Tue: 4:00, 8:30
Wed-Thu: 4:00, 6:15, 8:30

Dr. Jekyll & Mr. Hyde (NR)

WEIRD ELEPHANT SERIES:
WITH LIVE MUSICAL SCORE Fri: 9:00

Dr. Strangelove (PG)

WEIRD ELEPHANT SERIES: Sat: 11:00
Hidden Figures (PG)

SCIENCE ON SCREEN: Mon: 6:30
Heal the Living (NR)

TUESDAY FILM SERIES: Tue: 2:10, 6:15
Michelangelo:

Love & Death (NR)

EXHIBITION ON SCREEN:
Tue: 1:30, 6:45
Now serving local beer & wine
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Tacoma's only nonprofit movie theater.

FROM PAGE 3C

DAD

said. "Dads usually dress up in their uniforms because the girls love it."

In addition to the dance, there will be games and light appetizers, deserts and punch served throughout the evening. Pictures can be taken in a designated area.

Prizes are also given away during the dance for the best dressed and the best slow dance. At the end of the night, a "king and queen" will be selected. Scott said she expects a large turnout similar to last year's 150 people.

"It's definitely one of our most popular events," Scott said. "We do it up. We try to make it a very special night."

The event costs \$20 per couple and is \$8 for each additional daughter. The cover charge includes the snacks and drink. Tickets must be purchased by Thursday at jblmmwrregistration.com.

If dad is looking for something a little more exciting, the JBLM Outdoor Recreation team has



SCOTT HANSEN Northwest Guardian/2016

Eagles Pride and Whispering Firs golf courses will offer discounts for dads on Father's Day.

a special Father's Day rafting trip along the Skokomish River June 18.

The trip is designed for beginners with a minimum age of 16. Participants will raft 9 miles through white-water rapids that range from Class III to Class V. Some of the signature rapids include "Railroad," "Lama Ledges" and "Proctor Rapid."

The one rapid where the group will get out of the

water to scout is "Boulder Drop" — known to challenge even experienced boaters.

First timers who don't want to do the "Boulder Drop" can walk around and join the group later,

according to Brad Hinton of JBLM Adventure Trips. After hitting the river, the group will have a steak dinner at the River House — included in the trip fee. The goal is for all to have an enjoyable experience

from watching the safety video to hitting the rapids and finally relaxing with a steak dinner, Hinton said.

"Sometimes, we see a grandfather, father and son," Hinton said. "But usually it's a father and son."

Preregistration is required for the rafting trip. The deadline is Wednesday at 5 p.m. The registration fee is \$120 and can be paid online at jblmmwr.com/nw_adv_ctr.

What would Father's Day be without dad going out for a round of golf? Both JBLM golf courses

are providing special deals for Father's Day weekend. On June 18 after 11 a.m., there will be a 25 percent discount on green fees. Fathers who have already purchased the annual green fee will get 50 percent off their cart rental.

Both pro shops will offer a 15 percent discount for men's golf equipment and apparel — excluding 2017 Ping golf clubs — from June 16 to 18.

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An hilarious, hopeful farce that follows young Frederic, an orphan mistakenly apprenticed to an ineffectual but raucous band of pirates. LAKEWOOD: Shop, Eat, Play, Stay!
Ticket Info: Adults: \$30 • Military: \$28 Seniors: \$27 • Students/Educators: \$25 (253) 588-0042 or online
www.lakewoodplayhouse.org

FRI/SAT AT 7:30PM & SUN AT 2:00PM JUNE 2-JUNE 18, 2017 PAY WHAT YOU CAN THUR, JUNE 15, 2017 AT 7:30PM

Tacoma Little Theatre

THE MAN WHO SHOT LIBERTY VALANCE

Tacoma Little Theatre 210 N I Street
Tacoma, WA 98403

Journey into the Wild West, 1890 in this classic story of good versus evil, law versus the gun, one man versus Liberty Valance.
Ticket Info: \$24 (Adult) \$22 (Sr/St/Mi) \$20 (Children 12 and under)
www.tacomalittletheatre.com
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SAT • JUNE 10, 2017, 7:00 PM

Sonoro Choral Society/ Sonoro Women's Choir CHORAL CONCERT - "LOVE AND WAR: THE CONFLICT AND PASSION OF HUMANITY

First Presbyterian Church, 20 N
Tacoma Ave, Tacoma, WA 98402

Features trilogy of Memley/Teasdale songs with oboe. Eric Whitacre's Five Hebrew Love Songs with violin. Spirituals, Spanish, French folksongs, Broadway! Learn more at sonorochoralsociety.com

Ticket Info: \$15 from brownpapertickets.com or \$17.50 at the door.

JUNE 11 • SUNDAY • 5PM

New Connections & Immanuel
Presbyterian Church

WOMEN 'N' BLUES: KIM ARCHER SPECIAL BLUES VESPERS BENEFIT CONCERT

Immanuel Presbyterian Church
901 North J Street, Tacoma, WA 98403
Blues Vespers presents powerhouse blues-rock vocalist and songwriter, Kim Archer. Proceeds benefit New Connections' post-prison services for women.
Ticket Info: Free event, donations encouraged! Small Bites in the Basement fundraiser after the concert.
www.nctacoma.org

JUNE 11 • SUNDAY • 3PM

Sonoro Choral Society/ Sonoro Women's Choir CONCERT - "Love And War: The Conflict And Passion Of Humanity"

Steilacoom Community Church
1603 Rainier St, Steilacoom, WA 98388
Features trilogy of Memley/Teasdale songs with oboe. Eric Whitacre's Five Hebrew Love Songs with violin. Spirituals, Spanish, French folksongs, Broadway! Learn more at sonorochoralsociety.com
Ticket Info: \$15 from brownpapertickets.com or \$17.50 at the door.

SUN • JUNE 11, 2017, 2:00 PM

Tacoma Musical Playhouse AN AFTERNOON WITH GILBERT AND SULLIVAN

Tacoma Musical Playhouse
7116 Sixth Avenue Tacoma, WA 98406
Don't miss this small group of talented performers bring some of the best music from Gilbert & Sullivan.

Ticket Info:
All Tickets: \$25, Reserved Seating
Phone at 253-565-6867, and online at www.tmp.org

JUNE 11 • SUNDAY • 3PM

Evergreen Brass Quintet EVERGREEN BRASS & FRIENDS

Trinity Lutheran
12115 Park Ave S, Tacoma, WA 98444
Music by: Joplin, Holst, Sousa & more...
Ticket Info: Joplin, Freewill donation.

JUNE 9, 10, 16, 17, 7:00PM • JUNE 11, 18, 2:00PM

City of Auburn BRAVO Performing Arts Series AUBURN COMMUNITY PLAYERS PRESENT HAIRSPRAY

Auburn Avenue Theater,
10 Auburn Avenue
The 1950s are out, and change is in the air! Hairspray takes place in 1962 in Baltimore, and the lovable plus-size teen, Tracy Turnblad, has only one desire, to dance on the popular "Corny Collins Show." When her dream comes true, Tracy is transformed from social outcast to sudden star.
Ticket Info: \$15 regular;
\$13 student/senior (pre-sale price only);
\$20/\$18 at the door
253-931-3043,
www.auburnwa.gov/arts



JUNE 16-18 • FRI & SAT 7:30PM • SUN 2PM

Tacoma Musical Playhouse 9 TO 5 THE MUSICAL

Tacoma Musical Playhouse
7116 Sixth Avenue, Tacoma, WA 98406
The Young at Heart Players, TMP's Senior (50+) Musical Theater Education program is pleased to present *9 to 5 the Musical* based on the beloved hit movie.
Ticket Info: \$15; Senior/Military/Students \$13; Children 12 and under \$12; Group of 10 or more \$10. All seating is reserved.
253-565-6867 and online at www.tmp.org

MON • JUNE 12, 2017, 7:30 PM

Tacoma Musical Playhouse SWING REUNION ORCHESTRA'S A CELEBRATION OF SWING

Tacoma Musical Playhouse
7116 Sixth Avenue Tacoma, WA 98406
Join us for a special evening celebrating spring Big Band style, with Tacoma's own SWING REUNION ORCHESTRA (SRO).
Ticket Info: All Tickets: \$25, Reserved Seating
Phone at 253-565-6867, and online at www.tmp.org

Sponsored by The News Tribune and participating Art Groups

For advertising information, contact Laurie Herbert 253.597.8539 or Melissa Meissner 253.552.7061 • Fax 253.552.7057