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MADIGAN ARMY MEDICAL CENTER

## Dedication honors medical trailblazer

### Preventive Medicine facility named after former Madigan commander

BY SUZANNE OVEL  
*Madigan Public Affairs*

Even before the marches led by Dr. Martin Luther King Jr., Guthrie Turner Jr. set about in his own way to break down the color barriers in the Army.

While Turner commissioned as an Army physician five years

after former President Harry Truman abolished racial discrimination in the military in 1948, it would take throughout the 1950s before segregation ended in the Army.

Turner's dedication to being a true leader, an exceptional physician and a trailblazer in Army

Medicine led Madigan Army Medical Center to dedicate the Brig. Gen. Guthrie Turner Junior Preventive Medicine Clinical Services Building Feb. 2.

"He became the first black doctor to be promoted to general officer on active duty," said his wife, Ella Turner — they were married for 57 years and raised four children before he passed away in 2014.

SEE TURNER, 12A



JOHN WAYNE LISTON Madigan Public Affairs

Brig. Gen. Bertram Providence, third from left, and Col. Michael Place, third from right, pose with The Turner family Feb. 2.

CAREY THEATER

## JBLM to celebrate culture, diversity

### African-American history honored

BY RUTH KINGSLAND  
*Northwest Guardian*

African-Americans have played a huge role in American history, including as service members in times of war from the Civil War on. Currently more than 19 percent of the Army is made up of African-American Soldiers, 17 percent in the Air Force, according to the Department of Defense.

Joint Base Lewis-McChord is honoring the contributions of African-American service members, civilians and family members with a celebration at Carey Theater Feb. 20 at 11:30 a.m. The theme of the 2018 African-American History Month is "African-Americans in

SEE CULTURE, 12A

593RD EXPEDITIONARY SUSTAINMENT COMMAND

## READY AND RESILIENT



SCOTT HANSEN Northwest Guardian

Staff Sgt. Tyrone Henderson, right, spars with Charlie Barnes, a fellow MMA fighter, at Battleground MMA in Lakewood Feb. 1.

SUICIDE PREVENTION

## Suicide survivor shares his story with JBLM troops

BY STAFF SGT. CHRIS MCCULLOUGH  
*201st Expeditionary Military Intelligence Brigade Public Affairs*

Kevin Hines, suicide survivor and author of "Cracked, Not Broken," shared his story of survival and living with severe mental illness Feb. 1 at the Lewis North Chapel on Joint Base Lewis-McChord.

Service members from JBLM

SEE SUICIDE, 12A

IN THE NEWS



U.S. Army Photo

Lt. Gen. Gary Volesky, right, speaks with Chad Robichaux at National Prayer Breakfast Feb. 2.

STILL IN THE FIGHT

Chad Robichaux, former MMA fighter, was the guest speaker at the JBLM National Prayer Breakfast Feb. 2. See story, 2A

## 593rd ESC combatives instructor prepares to fight at CageSport 49

BY DEAN SIEMON  
*Northwest Guardian*

Staff Sergeant Tyrone Henderson, of Headquarters and Headquarters Company, 593rd Expeditionary Sustainment Command, believes 2018 will be his year in the world of mixed martial arts.

2017 ended well for Henderson with two first-round wins; Henderson (5-3-1) is scheduled to fight Tyler McKinney (2-0) in a featherweight (146 pounds) fight at CageSport 49 Saturday at the Emerald Queen Casino in Tacoma.

2016 and most of 2017 were not the best years for Henderson, who suffered three consecutive losses. A mixture of personal problems, depression and injuries hindered his ability in the cage, he said.

"I want to show everyone that resiliency is a trait you must have in our sport," Henderson said. "In life, things happen. I want to show that if you put your mind to something and do everything you can to achieve those goals, it can happen."

In 2016, Henderson was going through a divorce, and he was taking fights merely for financial reasons and from the influence of his former camp. Henderson lost his first pro fight in the U.S. during a King of the Cage event Feb. 6, 2016, in Lincoln City, Ore.: a technical knockout loss in the third round.

With only two weeks to train, Henderson accepted another fight with Tyler Diamond for King of the Cage March 19, 2016, losing again to a third-round TKO.

After taking time to recover from tearing

SEE MMA, 12A



LEFT: Staff Sgt. Tyrone Henderson, middle, poses for a picture with members of his unit during his most recent deployment to Afghanistan.

BELOW: Staff Sgt. Tyrone Henderson, right, prepares for his upcoming CageSport 49 fight against Terrance McKinney.

Courtesy photo



## NATIONAL PRAYER BREAKFAST

# Former Marine recalls his difficult battle with PTSD

BY PVT. ADELINE WITHERSPOON

20th Public Affairs Detachment

Chad Robichaux addressed an audience gathered for the annual National Prayer Breakfast on Joint Base Lewis-McChord Feb. 2. Robichaux, a Marine Corps veteran and former MMA fighter, softens when he mentions his daughter.

"She was so excited to have me home for her birthday party," Robichaux said. "My little girl didn't like the icing on her birthday cake, so I grabbed a handful and threw it against the wall in front of everyone."

"I ruined my little girl's birthday. I did that. My problems didn't begin in Afghanistan, they began at home."

Robichaux joined the Marines at age 17 and served eight tours in Afghanistan, where he earned a medal of valor for his bravery. Following a diagnosis of post-traumatic stress disorder and a successful career as a professional MMA fighter, Robichaux and his wife, Kathy, founded the Mighty Oaks Foundation.

The foundation teaches warriors, who have encountered tragedy and hardship during military service, with the spiritual tools they need to move forward.

After years of anger and pain, Robichaux can now speak candidly about his struggle with post-traumatic stress disorder that nearly cost him his family, and his life.

"I sat in the closet with a pistol, on and off, for two weeks trying to work up the courage," he said. "Knowing the kids might find me. Wondering if I could make it look like an accident."

According to the Army Study to Assess Risk and Resilience in Service Members, almost 25 percent of the nearly 5,500 active-duty, nondeployed Soldiers surveyed tested positive for a mental disorder of some kind. The Military Health System claims that about 20 percent of suicide deaths in the



PVT. ADELINE WITHERSPOON 20th Public Affairs Detachment

Guest speaker Chad Robichaux addresses the audience during the 2018 Joint Base Lewis-McChord National Prayer Breakfast on McChord Field Feb. 2.

United States each year are military veterans.

In response to these alarming numbers, the military has taken the initiative to chip away at the stigma associated with asking for help and seeking behavioral health treatment.

"We've all had the experience of losing Soldiers," said Command Sgt. Maj. Walter Tagalicut, I Corps command sergeant major, during the Value of Life Ruck March Feb. 1. "If these programs help just one Soldier, it helps them all."

The road march was indicative of Army leadership's willingness to seek new ways to connect with Soldiers, and explore unconventional training options, leaving Power Point slides and classrooms behind.

"Supportive units and leadership make it easier for Soldiers to get the help they need," said Sgt. Timothy Wagner, a chaplain assistant assigned to 2nd Brigade, 2nd Infantry Division. "If

the command knows the resources, they can push that information down to the squad leaders and anybody who might need help."

By sharing his journey navigating the murky waters of his mind, Robichaux helps others make sense of an act that is, by definition, antithetical to everything that makes us human, and challenges our most basic survival instincts. We look to rationalize a tragedy we do not fully understand, and so the self-termination of life can feel like a crime where the victim is as guilty as the perpetrator.

Suicide offers a permanent result to what is, in grim retrospect, a temporary problem. And, like most problems, asking for help can result in a solution.

The willingness of Robichaux and others like him, to make public their most intimate tragedies, is the first step forward to beginning a dialogue that could save a life.

## GOLD STAR YOUTH MENTORSHIP PROGRAM

## Mentors are vital to Gold Star kids

BY RUTH KINGSLAND

Northwest Guardian

There are still a few months before the annual Memorial Day weekend wear blue: run to remember program, but now is the time for service members to step up and help local kids through a two-month (or longer) mentorship program and run training, the Gold Star Youth Mentorship Program.

The program, which is in partnership with Big Brothers-Big Sisters, matches young people with military mentors in order to not only help the kids prepare for the run, but also provide role models and keep the military connection alive, despite the loss of a military parent.

"The program is meant to empower youth, help them reclaim their lost identities as military children and to illuminate the life of their fallen parent by illuminating a life of service," said Lisa Hallett, executive director of wear blue: run to remember program and a Gold Star Wife. "Our Gold Star youth need people and experiences to empower them on their journeys of healing."

One Gold Star family currently benefiting from the program is the Newlove family, of Bonney Lake, Wash.

"It's such a great program," said Kimberly Newlove, whose 10-year-old daughter, Addison, joined the program last year.

Addison is matched with 1st Lt. Eraina D'Ambrosio, 109th Military Intelligence Battalion, 201st Expeditionary Military Intelligence Brigade. The two began their journey together about this time last year, and made such a great connection they continued the relationship throughout the year and plan to do so again this year.

D'Ambrosio said she'd heard about the Big Brothers-Big Sisters program while she was in the ROTC program at The Citadel, the Military College of South Carolina.

"I really wanted to participate but it just never worked out



INGRID BARRENTINE

Addison Newlove, left, of Bonney Lake, runs with her Gold Star youth mentor, 1st Lt. Eraina D'Ambrosio, during the 2017 Memorial Day wear blue: run to remember.

### How to get involved

For more information or to sign up as a mentor, visit [tinyurl.com/ybwe67yg](http://tinyurl.com/ybwe67yg).

then," she said.

D'Ambrosio said she is impressed with the process Big Brothers-Big Sisters uses to match up "biggs" with "littles."

Her "little," Addison, is very similar to her, she said.

"I put that I'm kind of tomboy, with a girly side, and have been into sports all of my life, and Addison is so much like me," D'Ambrosio said. "We are so alike, it's super awesome."

After being matched up prior to the run, the duo decided they enjoyed each other's companionship so much they continued in the program and, after the first 8 months, were allowed to spend one-on-one time together, going out for ice cream together and participating in activities, such as at an indoor jump and skydiving facility in the Renton area, D'Ambrosio said.

The match has been positive for Newlove as well. She said she enjoys watching her daughter and D'Ambrosio laugh together.

"It's great Addison has such a great military role model," Newlove said.

Newlove's late-husband, Navy 2nd Class Petty officer Jarod Newlove, was a Reservist out of Everett, serving in Afghanistan when he was captured and killed by the Taliban July 28, 2010. He served more than 5 years in the active-duty Navy in San Diego before joining the Navy Reserve in June 2009.

He died five days before the couple's son, Jordon, turned 1. Addison was then 3 years old.

Jordon, now 8 years old, also joined the Gold Star Youth Mentorship Program in 2017, and he will have a new mentor this year, his mom said.

Twenty-five additional service member mentors are needed for this year's program.

Mentors must sign up by the end of February in order to allow time for the background screening process and a March 31 program launch, according to Hallett.

## NEWS IN BRIEF

## An Army Ranger from JBLM dies going through exercise in Oregon

CAMP RILEA, Ore. — A U.S. Army Ranger from Joint Base Lewis-McChord died Jan. 31 of wounds sustained while conducting training at Camp Rilea, Ore.

Specialist Devin James Kuhn, 24, a native of Philadelphia, sustained serious wounds during the training. He was transported to a nearby treatment facility where he died. The incident is under investigation.

Kuhn is survived by his wife and parents.

Kuhn was assigned to Alpha Company, 2nd Battalion, 75th Ranger Regiment, at JBLM, since December 2015. He was an automatic rifleman who deployed once in support of Operation Freedom's Sentinel.

Kuhn was born Jan. 28, 1994, and graduated from high school in 2013. He enlisted in the Army in April 2015 and attended One Station Unit Training at Fort Benning, Ga. He later graduated from the Basic Airborne Course, the Ranger Assessment and Selection Program 1, and the U.S. Army Ranger Course, also at Fort Benning.

His awards and decorations include the National Defense Service Ribbon, Army Service Ribbon, the Expert Infantryman's Badge, the Parachutist Badge and the Ranger Tab.

For more information, call the 75th Ranger Regiment Public Affairs at 706-545-4260.

— 75TH RANGER REGIMENT

## Joint Base Lewis-McChord has upcoming late-night firing nights

Units on Joint Base Lewis-McChord will conduct day, evening and nighttime artillery and mortar training Tuesday and the next few weeks.

● Mortar training will take place Tuesday from 7:30 a.m. to 11:59 p.m. Training will occur throughout daytime and nighttime hours.

The unit will take part in 120 mm mortar training on JBLM.

● Mortar training will take place from Feb. 20 at 6:30 a.m. to Feb. 23 at 9:30 p.m. Training will occur throughout daytime and nighttime hours.

60 mm, 81 mm and 120 mm mortar training on JBLM.

Increased levels of activity will be noticed.

This is required training, which allows military members to practice and improve skills necessary during combat. As often as possible, JBLM conducts larger scale artillery firing and demolition training at the Yakima Training Center in an effort to minimize inconvenience for the surrounding communities. However, some training must take place on base.

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

## Construction starts around the Grandstaff Library, Waller Hall

Construction is scheduled to begin Friday on the parking lot next to the Grandstaff Library and Waller Hall on Lewis Main. During this time, the Grandstaff Library and Waller Hall will be open.

Construction will be conducted in two phases. Phase one will begin in the main parking lot located in Front of Grandstaff Library and Waller Hall to include 10th Avenue which will also be closed down.

During this time, the main entrance to the library will be closed. Patrons can enter the building via the rear entrance located on the opposite side of the building near North 8th Street. The drive-up access book drop will be relocated to the pass-through located on Pendleton Avenue.

Phase two will begin in early summer.

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

## I CORPS COURTS-MARTIAL

### U.S. V. SPC. MONTANOPARRA, 16TH CAB

On Jan. 5, Spc. Edgar J. Montanoparra, 16th Combat Aviation Brigade, was convicted of abusive sexual contact. Montanoparra was also acquitted of two specifications of abusive sexual contact. Montanoparra was sentenced to be confined for 15 days and to be discharged from the service with a bad-conduct discharge.

### U.S. V. SERGEANT

On Jan. 10, a sergeant was acquitted of assault upon a child and providing a false official statement. All rights and privileges have been restored.

### U.S. V. SPC. HANSEN, 1ST BDE., 2ND INF. DIV.

On Jan. 15, Spc. Eric T. Hansen, 1st Brigade, 2nd Infantry Division, was convicted of larceny and false official statements. Hansen was sentenced to be reduced to the grade of private (E-1), to be confined for 3 months and to be discharged from the service with a bad-conduct discharge.

### U.S. V. PVT. SALAZAR, 555TH ENG. BDE.

On Jan. 17, Pvt. Jacob A. Salazar, 555th Engineer Brigade, was convicted of wrongful distribution of cocaine, wrongful distribution of ecstasy, wrongful distribution of Xanax, wrongful use of cocaine, wrongful introduction of cocaine, wrongful use of marijuana, insubordinate conduct toward a warrant officer, noncommissioned officer or petty officer and absence without leave. Salazar was sentenced to be confined for 17 months and to be discharged from the service with a bad-conduct discharge.

### U.S. V. MASTER SGT. TILLER, 17TH FA BDE.

On Jan. 18, Master Sgt. Vernon W. Tiller, 17th Field Artillery Brigade, was convicted of adultery. Tiller was sentenced to be fined \$5,000.

### U.S. V. PFC. HALL, 1ST BDE., 2ND INF. DIV.

On Jan. 31, Pfc. Alexander B. Hall, 1st Brigade, 2nd Infantry Division, was convicted of desertion. Hall was sentenced to be confined for 90 days, to be reduced to the grade of private (E-1) and to be discharged from the service with a bad-conduct discharge.

### U.S. V. PFC. LONG, DIVARTY

On Jan. 31, Pfc. Joshua K. Long, 2nd Infantry Division Artillery, was convicted of wrongful distribution of a controlled substance, false official statement, involuntary manslaughter and wrongful use of a controlled substance. Long was sentenced to be confined for 22 months and to be discharged from the service with a bad-conduct discharge.

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

# Page Three

## QUOTE OF THE WEEK

"As hard as the last 16 years of war have been, no enemy in the field has done as much to harm to the readiness of the U.S. military than the combined impact of the Budget Control Act's defense spending caps, worsened by operating for 10 of the last 11 years under continuing resolutions of varied and unpredictable duration. The Budget Control Act was purposefully designed to be so injurious that it would force Congress to pass necessary budgets — it was never intended to be the solution."

**James Mattis,**  
Secretary of Defense

## ALSO INSIDE



SCOTT HANSEN Northwest Guardian

**HOOPS 4 HEROES:** JBLM team members are busy preparing for the third annual Hoops 4 Heroes charity basketball game. **See story, 1B**

## NWGUARDIAN.COM

● **Back to basics:** Members of the 62nd Airlift Wing command staff traveled to Joint Base San Antonio, Texas, to tour Basic Military Training Jan. 11 to 12. The visit gave Col Rebecca Sonkiss, 62nd AW commander, Chief Master Sgt. Jeffery Sandusky, 62nd AW command chief, and commanders from maintenance, aircraft maintenance, operations group, operations support, medical, 7th, 8th and 4th airlift squadrons, comptroller and safety, many of whom had never experienced BMT, the opportunity to see the training that enlisted Airmen go through to transition from civilian to Airman.

● **Waiting on budget:** While the National Defense Strategy and the Nuclear Posture Review align with the president's National



Security Strategy, no strategy can survive without necessary stable, predictable funding, Defense Secretary James Mattis said in a Capitol Hill hearing about the budget Tuesday. Mattis also urged legislators "to lift the defense spending caps (from the Budget Control Act) and support a budget for our military of \$700 billion for fiscal 2018 and \$716 billion for the next fiscal year."

## 627TH SECURITY FORCES SQUADRON

# Airmen sharpen sights, readiness

## 627th SFS holds combat arms training on JBLM

BY SENIOR AIRMAN  
TRYPHENA MAYHUGH  
62nd Airlift Wing Public Affairs

The 627th Security Forces Squadron holds combat arms training and maintenance courses to train Airmen on the characteristics, nomenclature, assembly, disassembly, maintenance and firing of small-arms weapons such as the M-4 carbine and M-9 pistol at Joint Base Lewis-McChord.

"The main purpose of combat arms is typically for people to get qualified to not only defend themselves, but defend the people next to them," said Tech. Sgt. Casey Blickenstaff, 627th SFS noncommissioned officer in charge of combat arms. "We try to stay away from marksman-type shooting, which is easy to get into when you're shooting at a paper target. We teach anyone from the basic skill level who comes in for the first time since basic training to people who have been doing this for 10 years."

Until recently, Airmen in certain career fields were only required to qualify on small firearms before they deployed. If multiple years passed and they were not tasked to deploy, it could be some time before they were back on a range.

Now Airmen are required to maintain currency every 36 months, with some career fields requiring it once a year.

"It's much better because people are getting a lot more trigger time," Blickenstaff said. "They're not coming in (where it's unfamiliar) to them because they weren't getting much time with those weapons."

With the recent readiness initiative pushing for all Team McChord Airmen to be able to deploy in a more compressed timeline, the 627th SFS combat



SENIOR AIRMAN TRYPHENA MAYHUGH 62nd Airlift Wing Public Affairs

Airmen prepare to fire for their M-4 carbine qualification training during the 62nd Security Forces Squadron's Combat Arms Training and Maintenance class at Joint Base Lewis-McChord Jan. 31.



arms course has seen an increase of personnel needing training in a year by 50 percent.

"I am very proud of how the unit has come together to get our mission partners ready," said Maj. Michael Holt, 627th SFS commander. "We have taken noncombat arms individuals from the unit to help augment the busy schedule, everyone is stepping up, to include

our ABG comrades. Combat arms is one of the three pillars of the unit's mission, and I constantly receive praise from our mission partners on how awesome Technical Sergeant Blickenstaff and his section carry out that mission."

Airmen who are going through combat arms training recognize and value the opportunity for hands-on training.

Tech. Sgt. Christopher Groessler, 62nd Maintenance Squadron munitions technician, practices kneeling behind a barricade during the 627th Security Forces Squadron's Combat Arms Training and Maintenance class at Joint Base Lewis-McChord Jan. 31.

"This is one of those things where if you don't use it you're going to lose it," said Tech. Sgt. Christopher Groessler, 62nd Maintenance Squadron munitions technician. "So if you do it repeatedly and often enough you'll know how to do it and getting through the class and these firings become a lot easier."

The ramping up to meet read-

iness requirements presented challenges with logistics, supplies and scheduling, but Team McChord and joint partners stepped up to satisfy the mission requirement.

Despite the spike in training, combat arms Airmen have developed a schedule to fit the extra bodies in, to include teaching three classes a day as well as increasing class sizes.

For Airmen who are tasked to deploy and need to gain their qualification as soon as possible, the instructors are able to fit them in, which may mean bumping a student without an immediate need to a later class.

"We have plenty of range days and the Army is very good with our range times," Blickenstaff said. "We even have Saturdays and Sundays to fire, so if we need to come in on the weekend to get someone taken care of we can do that as well."

The 627th SFS has had help to fulfill the new regulation. The 62nd Logistics Readiness Squadron has supplied Airmen to be bus drivers for the new larger classes to take them to and from the range, while the 62nd MXS has provided the extra munitions and equipment needed for the increase in students.

"Because we distribute their ammunition we know what's going on, and as much as I have seen from our end I think they handle that quite well," Groessler said. "I haven't seen any tripping up or shortfalls when it comes to that kind of stuff. I think they do a good job."

The majority of Team McChord will probably find themselves in a combat arms classroom at some point in their time at JBLM.

"Essentially whenever someone deploys they have to come see us, so we touch everyone on this base," Blickenstaff said. "Anytime someone needs small arms weapon training, whether it be the M-9 pistol or M-4 carbine, we're here for them."

## DOD WARRIOR GAMES

# Talking the talk and walking the walk

BY ANNETTE GOMES  
Warrior Care and Transition

ARLINGTON, Va. — Army Sgt. 1st Class Heather Moran doesn't have room for negativity. Positivity fills every fiber of her being.

"Anything you believe and can see yourself doing, well then that's half the battle and at that point you can achieve your goal," Moran said.

With half the battle already won, Moran is focused on the other half, competing at the upcoming Army Trials at Fort Bliss, Texas. She will arrive at Fort Bliss with one goal in mind; cementing a spot on Team Army for the 2018 Department of Defense Warrior Games in Colorado Springs, Colo. June 2 to 9.

Moran represented Team Army at last year's Warrior Games in Chicago where she garnered two silver medals in shot-put and discus and placed fourth in cycling. This year she's going for a medal of a different color.

"I am going for gold, absolutely," Moran said with a laugh, "I

have it in my sights and I've been really pushing myself. I've been training every day. I will not lose."

The registered nurse discovered her love of adaptive sports while healing at Joint Base Lewis-McChord's Warrior Transition Battalion. A former body-builder and an avid athlete, Moran found herself dealing with a reconstructed thumb and post-traumatic stress disorder.

Despite her circumstances, her love for sports and competition never left her. She said she learned to adjust to her new normal by participating in new sports such as archery, air rifle and cycling.

"Adaptive sports gives us hope," she said. "It awakens that drive and passion while making us feel good about ourselves."

The Washington state native said she's using a former competitor as her incentive to help fully make Team Army again and bring home a few gold medals at this year's Department of Defense Warrior Games.



PFC. FRANCISCO ISREAL 55th Combat Camera

"Sarah Rudder, (a Marine Corps veteran) made a complete transformation from 2016 to 2017," Moran said. "She's a beast, and I have used her as my motivation and inspiration. I want to be in the best shape I can possibly be in for this year's competition."

Moran has been training daily in an effort to make her Warrior Games dreams come true. She joined a 21-day virtual fitness challenge through social media, which happened to be the brainchild of a former Team Army athlete.

Retired Army Spc. Michael

Sgt. 1st Class Heather Moran throws discus for the 2017 Department of Defense Warrior Games at Chicago, Ill., July 5.

fitness programs, nutrition guides, meal planning tips, team support and one-on-one mentoring designed specifically to help achieve their goals.

Moran has completed the challenge several times since she first started it in the fall of 2017 and has recently signed up to be a coach herself. The program has brought welcomed changes to her approach to nutrition and fitness.

"I changed my nutrition and began daily meal preps," Moran said. "I exercise daily and I gained 20 pounds of muscle and dropped two pants sizes. I have positioned myself to be the best I can be for competition and in my life."

Moran said she walked away with more than a physical change after participating in the challenge.

"It's about focusing and encircling myself with people who are supportive, don't disappear on you and will stay with you through the entire journey ... that's what Amanda and this challenge has been for me."

Stephens, a member of Team Army in 2016 and 2017, developed the challenge with his partner Amanda Leibovitz, a USA Para triathlon certified coach, certified mental performance coach and Ph.D. student. Leibovitz is focusing her studies on the specific needs and goals of adaptive military athletes.

Stephens and Leibovitz developed the challenge, with doctor approval, as a way to give veterans and nonveterans the ability to participate in fitness and nutrition challenges over a three-week time period. Participants were provided proven

# Viewpoint



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

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

**Joint Base Garrison Commander, JBLM**  
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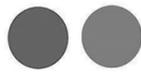
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## STRAIGHT TALK

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



## What are your plans for this year's Valentine's Day?

"Waiting for a surprise!"

— ANN WOO

"Hawaii with my hubby!"

— MEGAN BRAHOLLI

"Well, since I was dumped on Valentine's Day, twice, by two different women, I think I'll carry on my tradition of cynical hatred and loathing for this particular holiday."

— ROB ELWELL

"Save my money and just Netflix and chill."

— AMBER MOIR

"Since my husband is out in the field training, I will be getting a heart shaped pizza and watching some movies."

— ALEXIS MCENANEY

"The same thing we do every night, Pinky, try and take over the world." — Pinky and the Brain."

— MATT BOUMA

"Bayonet Focus."

— VINCENT CIMINO

## Next week's question

What did you think of the Super Bowl halftime show?

## VIEW FROM THE TOP



JOHN WAYNE LISTON Madigan Public Affairs

From left, Command Sgt. Maj. Mark Bivins, Madigan Army Medical Center command sergeant major; Brig. Gen. Bertram Providence, Regional Health Command-Pacific commanding general; Ella Turner; and Col. Michael Place, Madigan commander, dedicate the Brig. Gen. Guthrie Turner Junior Preventive Medicine Clinical Services Building Feb. 2.

# Madigan honors former commander and Soldier

BY COL. MICHAEL PLACE

*Madigan Commander*

**O**n Feb. 2, we honored retired Brig. Gen. Guthrie Turner Jr. by memorializing a building after him for his achievements, as a lifelong Soldier and for breaking through barrier after barrier throughout his long career.

It's no coincidence that we dedicated the building to him during African-American History Month — after all, General Turner was the first African-American to achieve the rank of general officer in the Army Medical Corps and the first African-American to command an Army hospital.

He bookended his Army Medicine career at Madigan Army Medical Center, serving here as an intern as a first lieutenant and returning in the early 1980s to serve as the commanding general of Madigan.

In between, General Turner dealt with a segregated south, earned a master's degree at Harvard University and served in Vietnam.



Place

Even after he retired from the Army in 1983, he continued to serve by working for the Medical Assistance Administration in the Department of Social and Health Services in Washington state.

General Turner spent 32 years taking care of service members and their families, whether as an internal medicine resident, a division surgeon in Vietnam or the visionary architect of Madigan's current main hospital.

We're honored to name our Preventive Medicine building after him, both for his ties to preventive medicine and his exceptional achievements throughout his career.

When he retired from the Army in 1983, preventive medicine had the same overall mission as it does today — a focus of readiness and protecting, promoting and maintaining the health and well-being of individuals and communities and preventing disease, disability and death.

While during General Turner's time, preventive medicine focused on preventing the spread of infectious diseases such as tuberculosis, measles and pneumonia, today the field works more toward preventing or containing emerging threats like Ebola and other global outbreaks.

Army preventive medicine has also expanded over the years to collaborate closely with federal and state agencies such as the Food and Drug Administration, Occupational Safety and Health Administration and state public health agencies to better meet its missions of food, water and workplace safety.

With the memorialization, we hope that staff and patients who use those services will take a moment to notice his plaque and remember the man. Throughout General Turner's life, he didn't just break through the color barriers he encountered in his career and elsewhere.

Instead, as his wife, Ella said, he purposely found new barriers to go through — going to airborne training and training as a pilot — to ease the way for African-Americans behind him to join in those experiences.

When service members of all colors and backgrounds enter the Brig. Gen. Guthrie Turner Junior Preventive Medicine Clinical Services Building, they'll pass by a plaque of General Turner — a constant reminder to all of his lifelong dedication to protect the health of the Army community.

He was and will always remain one of Madigan's best.

## 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



SFC. ADELINE WITHERSPOON 20th Public Affairs Detachment

Army unit command sergeants major assigned to I Corps at Joint Base Lewis-McChord assist in a demonstration following the the Value of Life Ruck March Feb. 1. The command sergeants majors illustrated the importance of team work and the importance of buddy care.

## THIS WEEK IN HISTORY

**Feb. 9, 1964:** America meets The Beatles on "The Ed Sullivan Show."

**Feb. 10, 1962:** Soviets exchange American for captured Russian spy.

**Feb. 11, 1990:** Nelson Mandela released from prison.

**Feb. 12, 2008:** Writers' strike in Hollywood ends after 100 days.

**Feb. 13, 1920:** League of Nations recognizes perpetual Swiss neutrality.

**Feb. 14, 278:** St. Valentine, a holy priest in Rome, is beheaded.

**Feb. 15, 1998:** Dale Earnhardt wins his first Daytona 500.

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**Register for JBLM's ShamRockin' Run Saturday, March 10!**  
**MWR Fest Tent, Lewis Main. Registration link at [JBLMmwr.com/races](http://JBLMmwr.com/races)**



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## Saturday, March 10 MWR FEST TENT

2200 Liggett Ave. at Lewis Main

Early registration for the 5K by Feb. 28 includes T-shirt in your size, custom pint glass, finisher medal, drink ticket & banger!

Enjoy live music, costume contests and a beer garden.

Also join us for the after-party at Samuel Adams Brewhouse JBLM!

Registration link at [JBLMmwr.com/races](http://JBLMmwr.com/races)



### The Novel Navigators

Adult Book Discussion Group

Mar. 14 • 4:30 p.m.

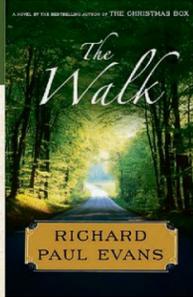
McChord Library

Join us the second Wednesday of each month at McChord Library for our book discussion group.

This month we'll be discussing "The Walk" by Richard Paul Evans.

Registration is required.

851 Lincoln Blvd., McChord Field | 253-982-3454 | [JBLMmwr.com](http://JBLMmwr.com)



### SAMUEL ADAMS BREWHOUSE

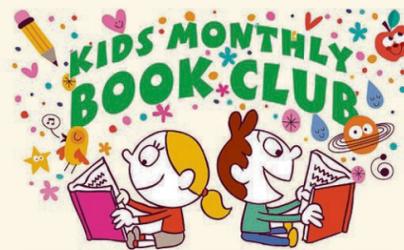


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MARCH 21 | 4 P.M.  
McCHORD LIBRARY

Kids in grades 3, 4 and 5 are invited to join our new Kids Monthly Book Club. Read fun books! Meet fun people! This Book Club will meet the third Wednesday of the month.

Stop by the McChord Library to get a copy of this month's book "Gregor the Overlander" by Suzanne Collins.



851 Lincoln Blvd.  
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253-982-3454

[JBLMmwr.com/libraries](http://JBLMmwr.com/libraries)



### STEAM MAKERSPACE

Science Technology Engineering Arts Math

First Friday of the month | 6-7:30 p.m.

January 5  
Littlebits Coding  
Ages 8 & older

February 2  
Dash & Dot  
Ages 6 & older

April 6  
Ozobot  
Ages 6 & older

March 2  
Makey Makey  
Ages 6 & older

May 4  
Drones  
Ages 14 & older

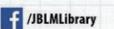


Our library's Makerspace will inspire all participants to uncover their talents and interests by making, producing, solving, creating, collaborating and thinking.



For more details, call 253-967-5533.

2109 N. 10th & Pendleton  
Lewis Main  
[JBLMmwr.com/libraries](http://JBLMmwr.com/libraries)



[/JBLMLibrary](https://www.facebook.com/JBLMLibrary)

6 p.m.

Feb. 22

Mar. 22

Apr. 26

May 24

Kindergarten-2nd grade

Listen and read along with our awesome books! Then, enjoy some activities, crafts and snacks and teeny-weeny prizes!

No registration required.  
For more info, call 253-967-5533.

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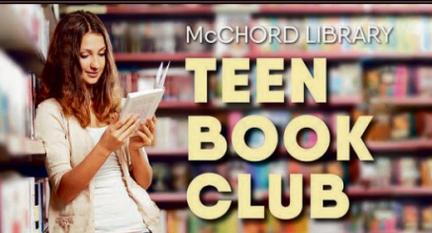


BOOK PATCH LIBRARY

### Teeny-Weeny Read-Along Book Club



2109 N. 10 & Pendleton  
JBLM-Lewis Main



Wednesday, Mar. 7  
4:30-5:30 p.m.

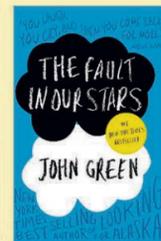


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851 Lincoln Blvd.  
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This month we will be discussing "The Fault in Our Stars" by John Green.



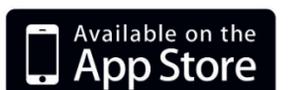
Copies of the book are available for check out at the McChord Library.

Transportation will be available from Hillside Teen Zone as long as you are registered with CVS and Teen Zone.

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Event Info, GPS directions & Hours of Operation



SKIESUNLIMITED

# JBLM's SKIES offers scholarships

Nearly \$4,000 is available for the rest of the year

BY RUTH KINGSLAND  
*Northwest Guardian*

SKIESUnlimited, Joint Base Lewis-McChord's facility for dance, theater, martial arts, gymnastics, yoga and other youth-oriented programs just received another \$2,500 grant from the Association of Washington Generals.

The Association of Washington Generals is a service organization created by Seattle-area business people, along with former Washington state Lieutenant Governor John Cherberg in 1970. The group recognizes individuals and organizations for service.

As with last year's grant, parents need to apply to receive a scholarship, which pays for classes at SKIESUnlimited.

Scholarships are available now for families with an income less than \$38,000 or for those with medical or other financial hardships.

Since, on average, classes at SKIESUnlimited cost about \$45 per month, and a scholarship pays for one quarter at the facility, that means several children should benefit from the donated funds, according to Cindy Arnold, co-director at SKIESUnlimited.



SCOTT HANSEN Northwest Guardian

Instructor Denise Ruffner, left, works with class members (from left) Alina Welch, Riley Boston and Zoe Palomino as they perform rolls on a wedge mat during a gymnastics class at SKIESUnlimited on JBLM.

"This is such a huge honor, and we are so excited," Arnold said, of the scholarship grant, which, as with last year's grant, came unsolicited.

The scholarships have benefited many youths, including 5-year-old, I'vana Renai Gaffney, who is able to participate in karate and ballet at SKIES-

Unlimited, in part due to receiving a scholarship from the Association of Washington Generals.

I'vana Renai's grandmother, Rebecca Gaffney said that sometimes when money gets short, it's tough to find funds for the child's activities.

"Getting a scholarship helps

me get a little ahead," she said.

I'vana Renai, a kindergarten student at Hillside Elementary School, became involved at SKIESUnlimited shortly after the family moved here from Georgia. Her mother is Pfc. Ilesha Gaffney, 5th Battalion, 3rd Field Artillery Regiment, 17th Field Artillery Brigade.

"We look forward to our continued partnership with the Association of Washington Generals, and we are so grateful for this fund."

**Cindy Arnold**  
Co-director, JBLM  
SKIESUnlimited

Gaffney said SKIESUnlimited is an opportunity for her granddaughter to participate in educational and fun activities and get to know other children and make friends.

"She really enjoyed karate, and gymnastics last year; I think she will like ballet too," she said.

Last year, nineteen scholarships were awarded in gymnastics, dance, boxing and karate, and more than \$1,500 of the initial funds were dispersed.

More than \$900 was still available for students at the beginning of this year. Now, with an additional \$2,500 many more kids will have a chance to participate, Arnold said.

"We look forward to our continued partnership with the Association of Washington Generals, and we are so grateful for this fund," she said.

To apply for an Association of Washington Generals scholarship at SKIESUnlimited, call 253-966-3539.

INTERNATIONAL SPOUSE ORIENTATION

## Spouses learn about America over food

Free orientation includes cooking demonstration

BY RUTH KINGSLAND  
*Northwest Guardian*

If you're an international military spouse looking for ways to make your American transition a little easier and maybe learn some local and diverse cooking tips as well, you might want to look into the free International Spouse Orientation and Cooking Demonstration events planned at Joint Base Lewis-McChord on Friday and again in coming months.

The spouse orientation is at Waller Hall, 2140 Liggett Ave., on Lewis Main, Friday from 9 to 11 a.m. and the next cooking demonstration is at the Family Resource Center, 4274 Idaho Ave., on Lewis Main, April 13 from 11 a.m. to 1 p.m. Additional International Spouse Orientation sessions are May 11, Aug. 10 and Nov. 16 and Cooking demonstrations July 13 and Oct. 12.

The events are not new, as they previously fell under the multicultural spouse activities, however, there's a new way of



Courtesy Photo

looking at the needs of international spouses and ways to help integrate them into their new homes, according to Monica Ulibarri, relocation readiness program manager for JBLM's Directorate of Personnel and Family Readiness.

"We've been doing this for-

ever, but the program has evolved and changed," she said. "I think the orientation and cooking events will be very beneficial to spouses who are trying to integrate into the American life."

The orientation sessions are held quarterly and allow part-

icipants to learn about American culture and laws, with explanations of legal rights from a legal team from McChord Field as well as about health insurance from a TRICARE representative and also about employment opportunities, programs and services

available on the installation and within the Directorate of Personnel and Family Readiness, Ulibarri said.

"It's a great way to get acclimated and ask questions about anything you don't understand," she said. "The spouses are given a platform to meet others in their similar situation and make friends while having support."

As for the cooking demonstration events, in addition to learning to make some great food, participants will spend some time in a relaxed, casual environment, talking with other foreign-born spouses, making new friends and eating some fare from America or other countries.

The cooking demonstrations are taught from one spouse in the group who wants to share their cultural foods and ways to prepare them. Spouses learn new techniques to use while cooking and taste ingredients they may have never known about, Ulibarri said.

Reservations are required but, as long as space is available, can be made up to the day of the event.

To register for one of the upcoming orientations, visit [jblmafcs.checkappointments.com](http://jblmafcs.checkappointments.com) or call, 253-967-3633.

JBLM DIRECTORATE OF EMERGENCY SERVICES

## Fire prevention skills, techniques are working on JBLM

BY ED CHAVEZ  
*JBLM Directorate of Emergency Services*

As we transition into the new year, 2017 was a successful year from a fire prevention standpoint on Joint Base Lewis-McChord. JBLM experienced only four reportable fires with no fire related loss of life.

If it wasn't for everyone's fire safety awareness, the year could have been different. But now is not the time to let your guard down.

Working in concert with both audio visual and Lincoln Military Housing, the JBLM Directorate of Emergency Services fire prevention office merged the mandatory military family housing training requirement into the JBLM family housing in-processing format. This action effectively streamlined the process and create a one stop shopping type system for family housing assignment.

Along with all other lease requirements, you can now view the computer based training on any smartphone, tablet or home computer. When ap-

plying for JBLM housing, you can now complete all required documents, to include training, at one time and digitally sign for all.

JBLM is the first installation to provide this type of service.

On March 1, the fire prevention office will no longer provide military family housing fire prevention training in Building 2014.

Those who have moved into family housing before this process was implemented, need to attend one of the two, weekly course offerings (Tuesdays and Thursdays at 1 p.m.) as required.

### WHAT YOU CAN DO

The JBLM fire prevention team, as well as the National Fire Protection Association, recommend only certified electricians should work on electrical appliances. As a recent article in Popular Science said, "Small kitchen appliances have come a long way in terms of safety, and you have to work pretty hard to make one catch fire." Here are some practices



Courtesy photo / 2017

An electrical fire severely damaged a home on Joint Base Lewis-McChord in January of 2017.

you should follow:

- Never use an appliance for anything not recommended by the manufacturer.
- Ensure the appliance is listed by an approved testing lab (i.e. UL).
- When using an appliance

keep combustibles away from the unit.

- Before using an appliance inspect the cord. If frayed or damaged don't use it.
- Plug appliances directly into outlets. If breakers trip, contact a certified electrician.

● Cook on low heat as much as possible. Most appliances have a temperature control that shuts down when specific temperatures are exceeded.

● If you have an appliance more than 15 years old discard and upgrade to a new model with modern safety devices.

The National Fire Protection Association reports the number one cause of house fires in 2017 was again unattended cooking.

Here are some practices you should follow:

● Never leave cooking unattended. It only takes a minute.

● Keep young children and pets out of the kitchen while cooking (enforce a 3-foot circle of safety).

● "Put a lid on grease fires." Have a lid available to cover the pan.

● Never use water to extinguish a grease fire.

● Always call 911 to report any fire (extinguished or not) no matter how small.

For more information, call the JBLM fire prevention office at 253-966-7164.

# Sustainability

RAINIER VIEW ELEMENTARY SCHOOL

## Students help restore Muck Creek

### JBLM students volunteer to restore habitat

BY CATHY HAMILTON-WISSMER  
Directorate of Public Works

For more than 30 years, Joint Base Lewis-McChord Fish and Wildlife has worked with the Nisqually Tribe and local volunteers on habitat restoration at Muck Creek. For the last two years, students from Rainier Elementary School, on JBLM, have been helping.

On a drizzly January morning, eager students jumped off the bus to tromp down a muddy dirt path to the creek. Students gathered around Nisqually River Education Project employees Sheila Wilson, program director, and Brandon Bywater, AmeriCorps member.

“Have a look around,” Wilson said. “Do you see your trees? Look how they’ve grown.”

The fifth graders, who had been part of the restoration work in 2016, were excited to see the growth of their willow plantings.

Amber Marten, JBLM Fish and Wildlife biologist, and Wilson worked together to bring students out to work on the prairie. Two fifth grade classes participated.

Before coming out to do the work, students received an in-class presentation about what, how and why they would be doing the plantings.

They collaborated on a grant through the Trout and Salmon Foundation to bring students from Rainier Elementary School to assist with a Willow and Pacific ninebark planting at Coyote Bridge in Training Area 6 for the past two years.

“The grant money was used to transport the students and purchase plants to expand on the existing plantings at Coyote Bridge which supports steel-



Emily Phillips, JBLM Fish and Wildlife biologist, carries ninebark plants to be planted by the students of Rainier View Elementary at Muck Creek Nov. 16.



Amber Marten, bottom right, JBLM Fish and Wildlife biologist, and Sheila Wilson, Nisqually River Foundation education director, demonstrate planting a ninebark plant at Muck Creek Nov. 16.

head habitat restoration,” Marten said. “In total, we have planted 500 willow stakes in

2016; 130, 1-gallon potted willow plants and 100 Pacific ninebark plugs in 2017.”

Additional funding came from an Environmental Literacy Grant through the National Oceanic and Atmospheric Association.

These trees will shade out the invasive Reed canarygrass; prevent or reduce further soil erosion and water pollution; improve salmon habitat by providing shade to lower water temperature, providing branches and logs for salmon hiding places and providing food and habitat; and act as carbon sinks to alleviate climate change.

Salmon are important to the economic, social, cultural and aesthetic values of the people of the Nisqually River watershed. Winter steelhead were at one time abundant and a significant component of the Nisqually ecosystem that provided an important winter fishery for sport and tribal fishers.

Run size estimates dropped

“The grant money was used to transport the students and purchase plants to expand on the existing plantings at Coyote Bridge which supports steelhead habitat restoration. In total, we have planted 500 willow stakes in 2016; 130, 1-gallon potted willow plants and 100 Pacific ninebark plugs in 2017.”

**Amber Marten**  
JBLM Fish and Wildlife biologist

substantially in the early 1990s and remain low. Muck Creek and its tributaries together comprise more than 43 miles of potential steelhead stream habitat.

The lower 14 miles of Muck Creek (with the exception of 1.1 mile stretch in vicinity of the City of Roy) flows through JBLM.

This particular stretch of Muck Creek is currently choked with Reed canarygrass, a Class C noxious weed that threatens natural wetlands.

It out-competes most native species and provides little wildlife habitat value while overtaking the gravelly bottom where the salmon would typically spawn.

The 250 plugs planted by the students in one morning helps JBLM Fish and Wildlife biologists with restoration of Muck Creek and educates and raises awareness among children and parents on the installation of the reality of keeping the habitat fish friendly.

There is a lot of work that goes into restoring habitat, and the students at Rainier View Elementary are ready and willing volunteers.

For more information or to keep up to date with JBLM Environmental, visit SustainableJBLM/Facebook page.

JBLM MASTER PLANNING

## Bioswales enhance ground water infiltration

BY CATHY HAMILTON-WISSMER  
Directorate of Public Works

There’s been ongoing construction around the Joint Base Lewis-McChord garrison headquarters building, on Lewis Main, over the past few months, and it is helping to meet the JBLM Master Planning vision goals.

“The old parking lot (for Building 1010) used to flood in the winter,” said Matthew Weeks, JBLM Directorate of Public Works engineer. “This updated parking lot, with the high curbs, will have bioswale mix and grass growing to filter storm water before it goes back into the water table and recharges the ground water without flooding the parking.”

A bioswale is a vegetated drain way to convey stormwater runoff. These systems capture small volumes of water in the grassy area allowing more time for infiltration.

Bioswales are often used with or instead of traditional stormwater piping. They achieve the



CATHY HAMILTON-WISSMER Directorate of Public Works

same goals as rain gardens but are designed to manage a specified amount of runoff from a large impervious area such as a parking lot or roadway.

And like a rain garden, it is vegetated with plants that can withstand both heavy

watering and drought.

“Under (a permit), JBLM is required to protect water quality and reduce discharge of pollutants to the maximum extent practicable,” said Becky Kowalski, JBLM stormwater program manager. “In addition,

for all new development and redevelopment projects that disturb 5,000 square feet or more of land area, we must also utilize onsite stormwater management practices to infiltrate, disperse, retain or harvest and reuse stormwater runoff. De-

signing, constructing, and installing stormwater low impact development best management practices (like Bioswales, rain gardens, and pervious pavement) help JBLM meet this permit requirement.”

The JBLM Master Plan creates a single vision that supports multiservice mission needs, plus the needs of JBLM’s service members, their families, the civilian workforce and military retirees. The Master Plan creates sustainable neighborhoods for a livable JBLM community that enhances the Puget Sound Region.

For more information on the JBLM Master Plan, visit [vimeo.com/78748197](http://vimeo.com/78748197).

Keeping the parking lots green and stormwater clean is another way JBLM manages resources to support the present installation mission without compromising its ability to accomplish the mission in the future.

To keep up with the latest environmental news, visit SustainableJBLM/Facebook.

How you can help preserve JBLM’s ecosystem

Coordinate with Range Support and comply with any posted signs or Seibert stakes when using JBLM training areas for recreational purposes such as bicycling, fishing, or horseback riding. JBLM prairies are home to three endangered species and continued training depends on everyone’s proper use of training areas. Details: <http://www.lewis-mcchord.army.mil/DPTMS/training/range/docs/aabrochure.pdf>.

Want firewood? Get a permit through the US Army Corps of Engineers Forest Resources: 253-964-2100 | Pre-recorded information: 253-964-2101

SUSTAINABLE JBLM  
[fb.com/SustainableJBLM](https://www.facebook.com/SustainableJBLM)

# Community Ledger

## ATTENTION

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



## SNAPSHOT

### A new look

New 2-foot tall letters that read "America's First Corps" have been installed above entrance to the 1 Corps headquarters building on Lewis Main. The addition also features a unit crest and patch.

SCOTT HANSEN Northwest Guardian

## LET'S HEAR IT

What do you want to know in 2018? 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 HOLIDAYS AND FAMILY DAYS

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

Feb. 16 - Army DONSA  
Feb. 19 - George Washington's birthday  
March 30 - Army DONSA  
April 2 - Army DONSA  
May 25 - Army DONSA  
May 28 - Memorial Day  
June 14 - Army DONSA  
June 15 - Army DONSA

## ARMY, AIR FORCE PCS MOVE WORKSHOPS

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

## JBLM FAMILY HOUSING FIRE SAFETY CLASS

New base housing residents are required to take a Family Housing Fire Safety class within 30 days of moving in to Lewis-McChord Communities. Service member must attend; spouse is welcome and encouraged. Classes take place Tuesdays and Thursdays at 1 p.m. at Bldg. 2014, Fire Station 107 Pendleton on Lewis Main. Doors open at 12:30 p.m.; class starts at 1 p.m. Parking is limited, so arrive early. Effective March 1, this class will no longer be conducted. It will now be a part of signing for quarters. New residents will view a DVD at the housing office and digitally sign acknowledging viewing the presentation to ensure one-stop acceptance of quarters. Those who still have the letters or haven't digitally signed at housing office should attend one of the last eight classes at the location on the letter. For more information, call 253-966-7164 or contact Lincoln Military Housing.

## JOIN MCCHORD FIELD LIBRARY BOOK CLUB

The McChord Library's Novel Navigators is an adult discussion group that meets the second Wednesday of each month at the McChord Field Library at 4:30 p.m. The next meeting is Wednesday to discuss "A Reliable Wife" by Robert Goolrick. Registration is required in person at 851 Lincoln Blvd., on McChord Field. For more information, call 253-982-3454.

## I CORPS RETIREMENT CEREMONY THURSDAY

The 1 Corps monthly retirement ceremony will be Thursday at 2 p.m. at Carey Theater on Joint Base Lewis-McChord. Anyone with access to JBLM is welcome to attend to watch the ceremony.

## 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.

## ATTEND MONTHLY KIDS' BOOK CLUB

Kids in grades three to five are invited to join McChord Field Library's monthly Kids' Book Club meeting the third Wednesday of the month at 4 p.m. Read fun books, meet fun people. Parents, bring your children by the McChord Field Library now to register and get a copy of this month's book. Check out "The Watsons Go to Birmingham-1963" by Christopher Paul Curtis for the Feb. 21 book club meeting. The library is located at 851 Lincoln Blvd. on McChord Field. For more information, call 253-982-3454.

## BUILDING MANAGERS FIRE SAFETY CLASS

All building managers on Joint Base Lewis-McChord are required to take a Building Managers Fire Safety Class. Classes take place on the first and third Wednesday of the month at 9 a.m. in Bldg. 2014 at Fire Station 107 Pendleton on Lewis Main. Next class is scheduled for Feb. 21. Fire Safety Class is limited to the first 25 people. Doors will open at 8:30 a.m. For more information, call 253-966-7164.

## JBLM NEWCOMERS' ORIENTATION BRIEF

Joint Base Lewis-McChord has grown and changed over the years. Whether you're new, returning or just want to learn your way around the base, all service members, civilians and adult family members are invited to attend the Newcomers' Orientation Feb. 27 at American Lake Conference Center at 8085 NCO Beach

Road on Lewis North. Report time for Soldiers and Airmen is 7:30 a.m. Orientation is set to begin at 8 a.m. Complimentary hot breakfast and free on-site child care is available upon request with registration; call 253-966-2977. For more information, call 253-967-3633 or visit [jblmafcscheckappointments.com](http://jblmafcscheckappointments.com).

## 24-7 DAD CLASS FOR FATHERS

Join a class for dads, "24-7 Dad," where fathers support fathers. Learn how to become a better father, and receive support from other dads who understand the day-to-day struggle of raising children. Classes take place on the second and third Tuesdays, every other month from 10 a.m. to noon at the 16th Combat Aviation Brigade's Raptor Resilience Center, 3204 Second Division Drive on Lewis Main. Next classes are March 13 and 20. Online registration is available by visiting [jblmafcscheckappointments.com](http://jblmafcscheckappointments.com), or call 253-967-5901 to register via phone. 253-967-6416.

## SCORE THE BEST DEALS ON TEXTBOOKS

The next college quarter starts soon. You don't have to break the bank on books; let Family and Morale, Welfare and Recreation's Bookstore inside Stone Education Center help you get your books for less. For more information, call the bookstore at 253-964-8185.

## FREE BIKE RENTALS NOW AVAILABLE

The GO Bike program has expanded availability to include Department of Defense family members ages 18 and older. Now all DOD employees, their family members ages 18 and older and JBLM con-

tract employees can check out a free GO Bike for up to two weeks. Use the bikes to run errands, get to appointments or spend some exercise time outside. Find the GO Bike check-out locations on [GOLewisMcChord.com](http://GOLewisMcChord.com).

## FIRE EXTINGUISHER ANNUAL SERVICING

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

## FREE RIDE TO DUPONT WITH GO TRANSIT

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

## MOVING RESOURCES AVAILABLE ONLINE

Automated Housing Referral Network is sponsored by the Department of Defense and is designed to improve the process of securing available housing for relocating military families. Visit [ahrn.com](http://ahrn.com). De-

fense Travel Management Office consolidates, streamlines and centrally manages commercial travel. This single point of contact ensures consistency in the department's focus, policy and execution, marking a new era in government travel. For more information, visit [defensetravel.dod.mil](http://defensetravel.dod.mil). Defense Personal Property System is a centralized, integrated one-stop source for managing personal property moves. For more information, visit [move.mil](http://move.mil).

## GET CREATIVE AT ARTS AND CRAFTS CENTER

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

## SIGN UP FOR JBLM ALERT NOTIFICATIONS

Joint Base Lewis-McChord Alert Notifications is a free service that allows you to sign up and receive emergency notifications about road closures, severe weather, utility service interruptions and public safety messages from Pierce County and the base. For more information, call 253-966-7526 or visit [tinyurl.com/gl5g3sq](http://tinyurl.com/gl5g3sq).

## CALL THE ENERGY WASTE HOTLINE

To stop energy waste and save valuable resources, the base Energy Program has launched the Energy Waste Hotline. The primary objective is to collect information about day-burners, incandescent bulbs, damaged fixtures,

steam leaks and nonfunctional thermostats, etc. If you notice any opportunity to reduce energy waste, call or text 253-219-2394. The goal is to improve efficiency, eliminate waste and save money.

## THE USE OF SPACE HEATERS ON JBLM

The Joint Base Lewis-McChord Fire Department is not the authority for the use of space heaters on the base in your work area; the Directorate of Public Works' Energy Conservation is the OPR for the use of all space heaters on the base. Call Eric Waehling at 253-966-1772, or Amin Sakhawat at 253-966-9011. If DPW authorizes the use, JBLM Fire Prevention will ensure space heaters are used in a fire-safe manner.

## LEARN THE BASICS OF SOCIAL MEDIA

Do you or someone you know struggle to understand setting up an email or social media account? Do your kids, grandkids or friends wish you could join them online? Would you like to keep in touch with receive photos and messages more often? The Arts and Crafts Center offers a new social media class for beginners, on-demand. The course teaches you how to establish, use and maintain an email account and introduce you to use Facebook. You'll also be given an overview of other social media sites to see where your newfound skills can be applied. Grab a friend and check out what you can do online. The cost for the class is \$5. The Arts and Crafts Center is located at 1121 Barnes Blvd. on McChord Field. For more information, call 253-982-6726/6718.

## NAC SKI SHOP NOW OPEN FOR BUSINESS

Gear up for skiing, snowboarding and all your mountain snow adventures with JBLM's Outdoor Recreation Program. The Northwest Adventure Center has opened its ski shop for equipment rentals and clothing and outfitting purchases. The NAC is open seven days a week from 9 a.m. to 5:30 p.m., located at 8050 NCO Beach Road on Lewis North. Call 253-967-7744 for more information.

## NEW HOURS: BOWLING AND TRAVEL SERVICES

New hours for Bowl Arena Lanes and Leisure Travel Services are effective now. The new hours for Bowl Arena Lanes are:

- Sunday, from 1 to 7 p.m.
- Monday, from 11 a.m. to 2 p.m.
- Tuesday, from 11 a.m. to 2 p.m.
- Wednesday, from 11 a.m. to 9 p.m.
- Thursday, from 11 a.m. to 9 p.m.
- Friday, from 11 a.m. to 10 p.m.
- Saturday, from 11 a.m. to 11 p.m.

Leisure Travel Services' new hours are:

- Closed Sunday and Monday.
- Tuesday, from 10 a.m. to 4 p.m.
- Wednesday, from 11 a.m. to 6 p.m.
- Thursday, from 11 a.m. to 6 p.m.
- Friday, from 11 a.m. to 6 p.m.
- Saturday, from 11 a.m. to 6 p.m.

## TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

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

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

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

**What's My Next Move?**  
Second Monday of the month from 1:45 to 3:15 p.m. at Work Source Pierce. Next meeting is set for Monday. Email [kmyers@esd.wa.gov](mailto:kmyers@esd.wa.gov), or call 253-552-2547.

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

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

**WDVA Apprenticeship Workshop** Tuesday-Wednesday from 9 a.m. to noon at the Hawk Transition Center, 11577 41st Division Drive, Room 214. For more information, call Jason Matheny at 253-477-4751.

**Brown Bag Mini Job Fair** Wednesdays from 11:30 a.m. to 1:30 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](mailto:shenathan.d.burton2.civ@mail.mil) and [mitchel.s.watson.civ@mail.mil](mailto:mitchel.s.watson.civ@mail.mil).

**C2C Interview Strategies** Thursday from 8:30 a.m. to

2:30 p.m. at the Hawk Transition Center, 11577 41st Division Drive, Room 216. Participants will craft answers to challenging interview questions, explain military experience in terms everyone can relate to. This class is a must for anyone expecting to interview in the coming months. This class is open to applicants for the Corporate Fellowship and C2C participants. To register, call 253-967-0319.

**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](mailto: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](http://camo2commerce.com/heroes) or email [rob@pacmtn.org](mailto: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. Next meeting is

Feb. 21. For more information, call 206-205-3500.

**Joint Base Lewis-McChord Military Spouse Hiring Event** Feb. 21-22 at the American Lake Conference Center. Feb. 21: Networking Reception from 7 to 9 p.m. hosted by Hiring our Heroes. HOH, a program of the U.S. Chamber of Commerce Foundation, is a nationwide initiative assisting veterans, transitioning service members and military spouses seeking to find meaningful employment opportunities. Feb. 22: Hiring Fair, 10 a.m. to 1 p.m. Registration is generally first-come, first-served and does fill fast. There is no cost for employers or service organizations to register or attend. To register, visit [tinyurl.com/y7tml332](http://tinyurl.com/y7tml332).

**USO Employment Readiness Workshop** Feb. 22 from 9 a.m. to noon at the Hawk Transition Center, 11577 41st Division Drive, Room 216. For more information, call Jason Matheny at 253-477-4751.

**Work of Honor Corporate Networking Workshop** Feb. 28 from 2 to 3:30 p.m. at the Hawk Transition Center, 11577 41st Division Drive. Learn how to network. Connecting companies with veterans, military spouses and business professionals. For more information, call Jason Matheny at 253-477-4751.

**Spotlight Events and Employer Hiring** Check for employer spotlight events on social media at [facebook.com/jblmunlimited](http://facebook.com/jblmunlimited) for more information. Sign up at [sfltap-army.mil](http://sfltap-army.mil) or with your SFL-TAP Center at 253-967-3258/5599.

## FROM PAGE 1A TURNER

The two met in North Carolina, when Ella was a freshman in college and Turner was going to be stationed at Fort Bragg, N.C., for airborne training. Before they wed, he asked Ella if she could be a military wife; she said yes. While military life has its own stresses, from the first duty station the Turners also carried the weight of racism.

"When we started out at Fort Bragg ... it was actually Jim Crow time," Ella said. "There were very few black officers. The Army was segregated at that time — everywhere, every base."

When they traveled to other locations, the Turner family had to drive straight through when they encountered "No Blacks" signs at hotels and restrooms.

"We were not happy about it, I can tell you that; we were not happy at all," she said. "But



Turner

there was nothing you can do. What can you do? We had to wait and let that battle be won by Martin Luther King and others. We had to just do what we were told and get from point A to point B."

Inside the military gates, Turner encountered prejudice from his commissioning day (he commissioned as a first lieutenant while others in his year group commissioned as captains) to being denied a residency (he served at a community hospital instead) to having to work harder to get equal opportunities as his white peers.

It was his inner strength instilled by his parents during the Depression days that led Turner to thrive.

"In my eyes, General Turner is the Jackie Robinson of military medicine," said Brig. Gen. Bertram Providence, command-

ing general of the Regional Health Command-Pacific, referring to the first black, major league baseball player to play on an integrated team in the 1940s. He called Turner a trailblazer as well.

"Guthrie had to fight for everything — he had to be the best of the best for everything," Ella said. "He went through some dark days, but he wasn't going to give up — he just kept fighting and fighting and fighting."

That fight and determination led to Turner graduating from high school at the age of 15, earning his doctorate of medicine at Howard University, attending Harvard University for his master's degree, and deciding that in addition to being a military doctor he'd also be a master parachutist and a pilot.

"He knew that somebody had to do it, and he set his mind to breaking those barriers," Ella said. "I think that's why Guthrie worked so hard in so many ar-

ea. He wanted to open up areas for other black Soldiers — he wanted them to fly, he wanted them to go into any area that they felt confident and to work hard, because it was hard work that did it for him. Just constantly working all the time, because otherwise he wouldn't have made it."

Throughout it all, as the Army desegregated and he climbed the ranks, Turner's reputation as a strong leader and mentor built.

"Doctor Turner was very exceptional, a good man and he was a very, very good leader," said retired Sgt. 1st Class William Clark. "He was a Soldier's commander."

Art Jacobs, a former medevac pilot, shared the story of a mission in the jungles of Vietnam in which his aircraft was shot down.

"My crew was lifting me up into the rescue bird because I had been shot, and a hand reached out and I looked up and it was Colonel Turner," Jacobs

said as emotions weighed down his words. "It was just kind of amazing because he was the doctor and the battalion commander and had no business going out there on such a mission, but there he was, and it's something I'll never forget."

After that tour, Turner made history again when he became the first African-American hospital commander at Fort Wolters, Texas, in 1969. Eleven years later, he pinned on general and moved for the final time to command Madigan.

He left his own mark at Madigan as a propelling force behind the construction of the current hospital.

With the memorialization of the Prevention Medicine building, Ella hopes young doctors will learn about the building's namesake and become inspired by him.

"They're going to say if he could do it, I can do it, which would mean a lot to him," Ella said.

## FROM PAGE 1A MMA

a tendon in his ankle, Henderson didn't return to the cage until CageSport 46 July 15. Just before the fight, he tore the tricep in his left arm while doing MMA training. Henderson attempted to fight through the injury and took Wyatt Gonzalez to the third round before submitting to a rear-naked choke.

This led to Henderson making a change to train with the coach J.D. Burns at Battleground MMA in Lakewood, a switch he said he should have made sooner.

"If that would have happened, then those losses would have never happened," Henderson said. "Although everyone who saw me said I did a good job, I knew personally that was not my best."

Henderson also credits his daughter Tyra, 7, with being his biggest motivator. He calls his daughter before and after every fight. She has watched him since he began competing in MMA tournaments while stationed in South Korea.

"My daughter will tell me, 'You better not lose that fight,'" Henderson said. "Everyone gets butterflies before a fight. What I get is my daughter repetitively in my head going 'don't lose; don't lose; don't lose.'"

Henderson's roots of mixed martial arts date back to when he was a freshman at Thornton High School in Harvey, Ill. He



Courtesy Photo

Staff Sgt. Tyrone Henderson calls his daughter Tyra, 7, his biggest inspiration. They talk via telephone before and after every fight.

discovered the school's wrestling team during his freshman and sophomore years before transferring to Homewood-Flossmoor High School in Flossmoor, Ill.

Henderson entered the Army right out of high school after graduating in 2004, going to U.S. Army Garrison Yongsan, South Korea, for his first duty

station. Ever since he joined the Army, Henderson has been involved in combatives competitions. He won a hand-to-hand combatives tournament not long after reporting for duty.

In 2005, his leadership sent him to school to become a master combatives instructor — a course which utilizes a lot of MMA training to prepare mil-



SCOTT HANSEN Northwest Guardian

Staff Sgt. Tyrone Henderson completes an abdominal workout while training at Battleground MMA in Lakewood Feb. 1.

### If you go

**What:** CageSport 49

**Where:** Emerald Queen Casino, 2024 E. 29th Street, Tacoma.

**When:** Saturday at 7 p.m.

**Cost:** \$35, \$55, \$100. Visit [halquistproductions.com](http://halquistproductions.com).

either by submission or technical knockout in the first round.

He continued his MMA career after joining the 593rd ESC as a master combatives instructor in December 2015.

As he looks toward winning his third consecutive fight, Henderson said he feels confident with a supportive camp, leadership and his daughter. All three have certainly helped him enter his recent fights with more confidence than in 2016 and most of 2017.

"Anyone I fight now will get the full wrath," Henderson said. "It's inevitable. No matter who I fight, wherever I fight, they will get the full version of me. If I have no block mentally, I can't be beat."

*Dean Siemon: 253-477-0235, @deansiemon*

## FROM PAGE 1A CULTURE

Times of War."

The JBLM event is hosted by the 16th Combat Aviation Brigade and will include a special theatrical performance by Mark Peterson, Living Voices actor. Musical entertainment will be provided by Jules Jones, a rhythm and blues performer.

An educational display also will be part of the event, with information on various African-American service members, including the historic Buffalo Soldiers. The Buffalo Soldiers

were African-American Soldiers of the Army's 10th Cavalry, who not only served on the Western Frontier to protect settlers from Native Americans, but also many later went on to serve and fight with the Union Army during the Civil War.

"We are a culture of many cultures," said Sgt. 1st Class Eldridge Gilbert, Headquarters and Headquarters Company, 16th CAB, of why it's important to honor African-American History Month and all the various diversity observances throughout the year in America. "No culture is more important than any other, and any time we have an opportunity to celebrate our diversity it's wonderful."

### If you go

**What:** African-American History Month 2018.

**Where:** Carey Theater, 2163 Liggett Ave., Lewis Main.

**When:** Feb. 20 at 11:30 a.m.

Gilbert is from Oakland, Calif., and has known Jones since the two attended elementary school together in Oakland.

In addition to performing backup vocals on other artists' CDs, Jones released his own



Jones



Peterson

album, "Soulmate," in 2017 and has performed as an opening act for several name acts, including Roberta Flack and rappers, Michael "Mystikal" Taylor and Quincy "San Quin" Brooks IV.

Peterson, an actor with the Seattle-based Living Voices, is a graduate of the University of

Idaho, with a master's degree in theater performance. He was a member of the prestigious Oregon Shakespeare Festival from 2005 to 2007. He also has worked as an assistant director and stage combat instructor for Tacoma Youth Theatre and the Broadway center in Tacoma. He's been working as an actor in the Seattle area since 2008.

A few of his recent notable performances include portraying Othello with Theatre Artists Olympia and Aaron in "Titus Andronicus," also with Theatre Artists Olympia.

A celebratory cake will be served at the Carey Theater event.

## FROM PAGE 1A SUICIDE

heard of Hines' story of how in 2000 he jumped off San Francisco's Golden Gate Bridge, a method of suicide attempts that has resulted in death for all but 36 (less than 2 percent) of the more than 2,000 people who have jumped since the bridge opened in 1937.

Miraculously, Hines survived and, in the nearly two decades since, has by way of his recurrent touring in support of suicide prevention, become the bridge between many people and their loved ones contemplating suicide.

"I tell you this story ... because it is very, very true to life, showing an epic journey from hell to hope," Hines said. "I say to you this, if you happen to be in a world of hurt right now, it doesn't mean that you don't get to have your beautiful tomorrow, but you have to be here to get there in the first place."

Hines said it was important to note that he still struggles with depression, and that there are days when he considers taking his own life. What's different



STAFF SGT. CHRIS MCCULLOUGH 201st Expeditionary Military Intelligence Brigade Public Affairs

Kevin Hines shares his story of survival and living with severe mental illness at the Lewis North Chapel on Lewis Main Feb. 1.

now, though, is the way Hines reaches out for support, and how he works through it.

He regularly takes medication for his bipolar disorder, eats right and adheres to a strict daily routine.

His story is documented in his 2013 memoir "Cracked Not Broken, Surviving and Thriving After A Suicide Attempt," and is also featured in the 2006 film "The Bridge" by the film director and producer Eric Steel.

"When I heard that (Hines message) of reaching out to others, I thought 'that's really what the resiliency team is about,'" said Chaplain (Lt. Col.) Henry Soussan, 201st EMI Bde. brigade chaplain.

The brigade resiliency team was assembled to help provide Soldiers whatever support it is they might need, according to Soussan. It allows Soldiers from the brigade to find unit ministry, behavioral health, military and

family life consultants, Sexual Harassment and Assault Response and Prevention and equal opportunity personnel and advocates in one location all working together in order to support them, their families and each other in the most professional manner possible.

"All the agencies that are here, they're part of the 201st, and they're here to help our Soldiers with their day-to-day concerns," Soussan said.

"Everyone here has their share in trying to make the Soldier feel supported, and that's what we hoped to achieve here today is show them they have support."

"There's always a solution. They never need to despair. We are here. That's why we exist — to support the Soldier, to win the fight. We will do everything to help make that Soldier more resilient."

That support includes confidential one-on-one suicide counseling that will never be revealed outside his office unless the Soldier requests as much.

Part of the attraction of the chaplaincy for Soldiers is that they know that everything they tell us is confidential — 100 percent," Soussan said. "So,

people can come to us and talk it through before they take any action."

Hines agreed that support, like that which the resiliency team offers, is necessary.

"I firmly believe, if we are nothing else on this planet, we are one thing together — and you all know this in the military more than most — we are our brother's and sister's keepers," Hines said. "We are not here for ourselves. We are here to give back to those who are in pain. We are here to pick up those who fall down. We're here to give hope to those who have none. That's why we're here. That is our purpose. You know that — you serve that cause every day."

As someone living with severe mental illness, Hines hopes sharing his story of resiliency will help others to live mentally well and choose life and motivate those who know someone who's suffering to act should the need arise.

"The thought of suicide is separate from the action of suicide," Hines said. "Always and forever cherish this day and every waking moment of this gorgeous gift we get to call life."

# Sports

TEXAS HOLD 'EM TOURNAMENT SERIES

## Card series players battle for top prize

Ten-week tournament to wrap up with finals April 7 at Warrior Zone

BY DEAN SIEMON  
*Northwest Guardian*

Wednesdays are usually a day out of his Puyallup home for Loyd Stedje, a retired Army master sergeant.

Stedje came to Joint Base Lewis-McChord Jan. 31 to compete in the second round of a 10-Week Texas Hold 'em tournament series at the Warrior Zone on Lewis North. He sees the same people every week he plays tournaments with service members, spouses and veterans

in a setting much different than a casino.

"You go to a casino, it's going to cost you quite a bit more money," Stedje said. "You don't know everybody. It's a more serious game."

The Texas Hold 'em tournament on JBLM is marketed as more of a friendly environment for beginners to learn the game and for experienced players to have some low-stress fun. The only cost is a \$7 registration fee for each week — which all of the

money goes into a pot.

Each week's tournament awards the top player a \$50 gift card. At the series' finale scheduled for April 4, the top eight players will receive a gift card prize — which depends on the turnout.

"So when we have a good season, we can go from (\$600 to \$800 in gift cards) or whatever," said Bill Strock, a recreational programmer for JBLM Family and Morale, Welfare and Recreation. "The worst we've ever done was \$400 for first place."

Last summer, another 10-



DeAnna Afalava looks at her cards, deciding whether to play or fold, during a Texas Hold 'em tournament at the Warrior Zone Jan. 31.

SEE PRIZE, 2B

## 'HOOPS 4 HEROES' CHARITY BASKETBALL GAME



Guard Cory Fortune, middle, passes to a teammate during a JBLM Hoops 4 Heroes practice session at Steilacoom High School Saturday.

SCOTT HANSEN Northwest Guardian

## JBLM TEAM READY TO COMPETE, WIN

Team looks to avenge close 61-57 loss in 2017

BY DEAN SIEMON  
*Northwest Guardian*

William "Jerry" Clardy, a master sergeant who works at both Joint Base Lewis-McChord and the Washington Army National Guard, is scheduled to retire after April 13. However, he hopes part of his exit from 23 years in the military includes winning the third annual Hoops 4 Heroes basketball exhibition March 8 at Pierce College-Fort Steilacoom in Lakewood.

Organized by the Captain Meriwether Lewis Chapter of the Association of the United States Army, the game is being billed as Soldiers vs. First Responders. Clardy is again the coach for a team of service members from JBLM, Washington Army National Guard and Washington Air National Guard.



Coach William "Jerry" Clardy, middle, diagrams a play for members of the JBLM Hoops 4 Heroes team during a practice session at Steilacoom High School Saturday.

SEE TEAM, 2B

## ON THE SCHEDULE

### SOUNDERS LAKES HOSTS BLACKLIGHT BOWLING

**Recreation:** Sounders Lanes on McChord Field has Blacklight Bowling Saturdays from 7 to 11 p.m. Bowling for two hours, plus shoe rental, is \$12 per person. There is also an indoor playground, a Laser Maze game and an arcade machine with multiple retro video games. For more information, call 253-982-5954.

### WADS CANADA VS. USA HOCKEY CHALLENGE

**Sports:** The Western Air Defense Sector and the Joint Base Lewis-McChord Canadian Detachment will host its 24th annual Canada/USA Hockey Challenge at Sprinker Recreation Center in Spanaway Feb. 23 at 1:30 p.m. Open practice for interested players within WADS is set for Thursday from 1:30 to 2:30 p.m. at Sprinker.

### YOUTH SPRING SPORTS CAMPS OPEN APRIL 2

**Youth:** Enroll children into a variety of camps and clinics for spring break through Joint Base Lewis-McChord's Child and Youth Services. Start Smart, CYS Soccer and Flag Football enrollments are Feb. 27 to March 27; the camps run April 2 to 4. Cost is \$35 per youth in football and soccer, \$25 for Start Smart. First Tee Gold Camps 1 and 2, as well as the Lil' Drivers enrollments run from March 1 to April 25. Register online at jblmcyregistration.com. For more information, call 253-967-2405.

### SHAMROCKIN' RUN 5K AND KIDS' RAINBOW RUSH 1K

**Races:** The first race of 2018 for Joint Base Lewis-McChord is the ShamROCKin' Run 5K and Kids' Rainbow Rush 1K, which starts outside Family and Morale, Welfare and Recreation's Fest Tent on Lewis Main March 10. The 1K begins at 10 a.m., followed by the 5K at 10:30. The 5K fee is currently \$20 for Department of Defense card holders and \$30 for those without an ID. The fee for the kids' 1K is \$15. For more information and to register online, visit tinyurl.com/yaucutv9.

### INTRAMURAL SOCCER SEASON BEGINS MARCH 12

**Intramurals:** The Joint Base Lewis-McChord Commander's Cup soccer season kicks off March 12. Two informational meetings are set for unit representatives — Feb. 21 at noon at Nelson Recreation Center and Feb. 22 at noon at the McChord Fitness Center. Active-duty service members at JBLM can apply. For more information, call 253-967-9210 or email sports@jblmnmwr.com.

## INTERNATIONAL SPORTS COUNCIL

## JBLM Soldier helps U.S. Army hockey team win gold in Lithuania

BY DEAN SIEMON  
*Northwest Guardian*

Sergeant Carson Omilusik, 2nd Battalion, 75th Ranger Regiment on Joint Base Lewis-McChord, thought his glory days of hockey were behind him in December. He was a member of the first All Army Sports' ice hockey team that defeated a Canadian armed forces team, 4-2, Dec. 16.

The skaters were invited to represent U.S.A. in the International Military Sports Council

Baltic Winter Games in Vilnius, Lithuania, Jan. 23 to 26.

At first, Omilusik thought he wouldn't be able to attend due to his responsibilities to the Army.

Luckily, the 2-75 Rngr. schedule just happened to have a slow portion where leadership allowed for Omilusik to join the Army team one more time — this time winning gold after defeating Lithuania 2-1 Jan. 26.

"To throw on a U.S.A. sweater, no matter what you're play-

ing for, is truly amazing," Omilusik said.

Omilusik and the other Army hockey players met at the U.S. Military Academy at West Point, N.Y., for five days of practice Jan. 17 to 21 before leaving for Lithuania Jan. 22. One week before training began, Omilusik learned that he was going to be making a shift from his traditional role as defenseman to the forward position.



Sgt. Carson Omilusik (12) battles for a loose puck during the gold medal hockey game at the CISM Baltic Winter Games in Lithuania Jan. 26.

SEE GOLD, 2B

VYTAS NEVIERA Public Affairs Section, U.S. Embassy Vilnius

FROM PAGE 1B

## PRIZE

week series averaged only 26 players. The current series' first tournament Jan. 24 had 32 players. The Jan. 31 tournament saw 42 players.

"The more the merrier; the bigger the pot," Strook said.

The winner of each week's tournament will advance to the April 7 finals, along with the top 30 ranking players who earn points through the series. While players are looking to earn the top prize, there isn't a lot of pressure among the field.

In fact, Marlin Tollison, a retired Army sergeant first class, said him and other veterans welcome new Texas Hold 'em

## If you go

**What:** 10-Week Texas Hold 'em Tournament

**Where:** Warrior Zone, 17th and D Street, JBLM Lewis North

**When:** Wednesdays. Register at 6 p.m.; play begins at 6:30 p.m.

**Cost:** Registration is \$7 per player at each tournament. Winner of each week advances to finals April 7, along with top 30 ranking players. Ages 18 and older only. For more information, call 253-477-5756.

players to the table.

"If they don't know how, we'll teach them," Tollison said. "We don't try to take their money. A

new person has no problem here because all of us at one time were new."

DeAnna Afalava, an Army spouse, was new to the Warrior Zone's Texas Hold 'em tournaments, first playing Jan. 24. She admitted that she was a few minutes late, but other players like Tollison rallied for her to be able to play in the first tournament — winning the series' first round.

Afalava said she encourages all military spouses and others in the JBLM community to give it a try.

"I think every base should have Texas Hold 'em," Afalava said. "It gathers people around and you get to learn the game. You get to have companionship and make friends."

Dean Siemon: 253-477-0235, @deansiemon



DEAN SIEMON Northwest Guardian

Retired Army Sgt. 1st Class Marlin Tollison shuffles the deck as the dealer of his table during the Warrior Zone's Texas Hold 'em Jan. 31 on Lewis North.



Guard Cory Fortune makes a three-point shot during a JBLM team game Saturday.

FROM PAGE 1B

## TEAM

While the game is all in good fun, both teams still want to win on the hard court.

"Pertaining to the basketball game, we're all Type A personalities," Clardy said. "We all compete and we want to win. That's been ingrained as part of our training."

Clardy held the first team practice Saturday at Steilacoom High School. Six players attended the first practice.

The coach expects to see the turnout improve at the practices that will be scheduled every Saturday from 10 a.m. to noon before the big game. Clardy said he would like to see more service members and veterans try out for one of the 12 roster spots.

"Obviously you want the best players, but the people who consistently show up are going to play," Clardy said.

The previous two games have attracted large crowds and have not disappointed fans. In 2016, the military team came from behind to win 60-53 inside the SHS gym.

"A great defensive play can lead to a great offensive play," said Lafonzo Betts, a sergeant with 4th Battalion, 160th Special Operations Aviation Regiment, who played last year. "You try to stop that long pass, you try to stop that quick bucket, try to create a turnover and drain the clock a little bit."

Clardy also went over a few offensive plays with the team based on inbound the ball, coming from the other end and following up on a defensive turnover. He also explained his desire for them to not be too dependent on shooting from behind the three-point arc.

Instead, Clardy wants his players to shoot wherever they can find the best shot.

"I'd rather take two (points) than none," Clardy said during an offensive drill. "Long (missed) threes mean long rebounds, and long rebounds mean fast breaks (for them)."



SCOTT HANSEN Northwest Guardian

The players who have experienced one of the previous two exhibitions are looking forward to playing in front of a passionate basketball crowd. Christian Gabriel, a sergeant first class, 898th Brigade Engineer Battalion, 81st Brigade, who came from the Yakima Training Center for practice, said he learned quick on how much people in the Pacific Northwest love the sport.

"The amount of people who showed up and that energy definitely speaks to the basketball culture up here," Gabriel said. "It's a quiet culture. We have the talent here. We have the presence here."

Service members who are interested in trying out at an upcoming practice and have questions, they can call Clardy at 253-370-3113 or email at william.g.clardy.mil@mail.mil.



ABOVE: Cedrick Ward, right, shoots over teammate Keith McDowell during practice at Steilacoom High School Saturday.

LEFT: Forward Christian Gabriel, right, drives past teammate LaFonzo Betts at practice Saturday.



VYTAS NEVIERA Public Affairs Section, U.S. Embassy Vilnius

Sgt. Carson Omilusik, left, was a member of the U.S. Army hockey team during the CISM Baltic Winter Games in Lithuania Jan. 23-26.

FROM PAGE 1B

## GOLD

It was a new position for Omilusik, who grew up playing hockey in Traverse City, Mich. He compared the forward position to playing quarterback in football — reading the zones for openings to pass the puck to teammates.

"It's a bit more exhausting," Omilusik said. "I had my work cut out for me."

The JBLM skater was able to make the transition successfully in time for the first game against Estonia. Omilusik

scored the first goal for the U.S. Army team during a 9-0 win Jan. 23.

The U.S. Army team defeated Latvia, 8-5, Jan. 24 to earn a spot in the championship against Lithuania. During a tougher one-goal game, Omilusik said he noticed that the teams they faced played a different style of hockey compared to the more physical play of U.S. and Canadian teams.

"You can tell most of those countries over there focus on more skill," Omilusik said. "They're focusing on fancy plays, nice stick handling and all of that stuff. It's almost a com-

pletely different system than what you (normally) have to focus on."

Omilusik said the rules were slightly different in Lithuania. Considering the language barrier, there were times Army skaters had a penalty, but weren't exactly sure what the call was. However, that didn't affect their ability to play the game.

"Hockey is pretty similar no matter where you go," Omilusik said. "As long as you stick with the basics, it's all about the minutiae details."

Dean Siemon: 253-477-0235, @deansiemon

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Feb. 14 • 4:30 p.m.  
McChord Library

Join us the second Wednesday of each month at McChord Library for our book discussion group. This month we'll be discussing "A Reliable Wife" by Robert Goolrick.

Registration is required.

851 Lincoln Blvd., McChord Field | 253-982-3454 | JBLMmwr.com

McChord Library Presents

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Saturday, Feb. 17 • 1-2 p.m.

Aho! there, Matey! Help us search for lost treasures! Beware: there'll be lots o' swashbucklin' fun, some grub & you may have to walk the plank! Be sure to wear your best piratey get-up.

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McChord Library

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JBLM 5K/1K FUN RUN 2018

Saturday, March 10  
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2200 Liggett Ave. at Lewis Main

Early registration for the 5K by Feb. 28 includes T-shirt in your size, custom pint glass, finisher medal, drink ticket & banger!

Enjoy live music, costume contests and a beer garden.

Also join us for the after-party at Samuel Adams Brewhouse JBLM!

Registration link at JBLMmwr.com/races

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MARCH 2  
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BOOK PATCH LIBRARY

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Special Olympics Aquatics	Feb. 1-March 5	8-18; \$50	March 9	March 13	April 21
Special Olympics Track & Field	Feb. 1-March 12	8-18; \$50	March 16	March 20	April 28
Special Olympics Soccer	Feb. 1-March 19	8-18; \$50	March 23	March 27	May 6
Spring Baseball	Feb. 5-March 19	5-15; \$55	March 30	April 9	June 2
Lil' Batters (no games)	Feb. 5-March 19	3-4; \$25	March 29	April 9	May 17
Flag Football & Cheer	April 9-May 21	5-15; \$55	June 1	June 4	July 27
Fall Soccer	May 1-July 31	5-15; \$55	Aug. 18	Aug. 20	Oct. 20
Bumblebee Soccer	May 1-July 31	3-4; \$25	Aug. 18	Aug. 20	Oct. 13

CAMPS & ACTIVITIES	Registration Dates	Ages & Cost	Dates	Time & Location
Start Smart Camp	Feb. 27-March 27	3-4; \$25	April 2-4	10-11 a.m.   Youth Sports, 2295 S. 12th St.
CYS Soccer Camp	Feb. 27-March 27	5-15; \$35	April 2-4	4-5:30 p.m.   Youth Sports, 2295 S. 12th St.
Flag Football Camp	Feb. 27-March 27	8-18; \$35	April 2-4	4-5:30 p.m.   Youth Sports, 2295 S. 12th St.
The First Tee Golf Camp 1	March 1-April 23	7-18; \$35	Tue, April 24-May 29	4:15-5:45 p.m.   Eagles Pride Golf Course
The First Tee Golf Camp 2	March 1-April 25	7-18; \$35	Thu, April 26-May 31	4:15-5:45 p.m.   Whispering First Golf Course
The First Tee Lil' Drivers	March 1-April 25	5-6; \$25	Thu, April 26-May 31	4:15-5:15 p.m.   Eagles Pride Golf Course
Pitch, Hit & Run	Onsite with birth cert	7-14; FREE	April 28	12-2 p.m.   Lewis & McChord Youth Ball Fields
*Armed Forces Kids Run*	March 1-31	5-16; FREE	April 14	9 a.m.   Cowan Stadium

**British Soccer Camp** challengersports.com 3-16; online July 16-20, Lewis Aug. 13-17 McChord Times online

\* Registration forms at fb.com/JBLMcyS; drop off at Youth Sports, 2295 S. 12th St., Lewis Main or JBLM Commissary dropbox. Onsite day-of-race registration is at 8 a.m.

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Youth sports are recreational leagues inclusive of all youth who want to learn the fundamentals and have fun. You must be registered with Child & Youth Services to enroll in sports. For details & a registration checklist, visit fb.com/JBLMcyS.



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NORTHWEST

# guardian weekend

SECTION C

**ALSO INSIDE:**

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



**COVER STORY**

## **AIRMAN BY DAY, ACTOR BY NIGHT**

62nd MXG Airman rediscovers his  
love for the community theater, 3C

FOR THE WEEK OF FEB. 9-15

9

**McCHORD PUB** 4 to 8:30 p.m. Drop in after work and enjoy programs on four overhead televisions and challenge your friends to a game of darts or poker. Order appetizers from the pub menu to go along with your favorite drinks.

**McCHORD GRILL** 11 a.m. to 1 p.m. Dine at the grill with a salad bar, soup, pasta, burgers and sandwiches with fries.

**STRIKE ZONE AT SOUNDERS LANES** 11 a.m. to 10 p.m. Shrimp basket for \$8.25.

10

**SOUNDERS LANES** 11 a.m. to midnight. Cosmic Blacklight Bowling from 7 to 9 p.m. Two hours plus shoe rental for \$12 per person, plus the Laser Maze and PAC-Man.

**SAMUEL ADAMS BREWHOUSE** 4 to 11 p.m. Watch your favorite sports right here with appetizers and brew.

#### JOINT BASE LEWIS-MCCHORD MARKETPLACE DIRECTORY

Battle Bean at AFC Arena	253-964-8837
Bowl Arena Strike Zone	253-967-4661
Caddy Shack Bar & Grill	253-964-2792
Cascade Community Center/ Heroes Lounge	253-964-0331
Globemaster Grill at McChord Club	253-982-5581
McChord Catering	253-982-8175
The Bistro at Russell Landing	253-964-2813
The Warrior Zone (Lewis North)	253-477-5833
Whispering Firs Habanero Mexican Grill	253-982-3271
To see menus, visit <a href="http://JBLMmwr.com">JBLMmwr.com</a> .	

11

**SAMUEL ADAMS BREWHOUSE AT EAGLES PRIDE** Open to the public. Come in for great meals, good brew and your favorite sports viewing.

**WHISPERING FIRS AND EAGLES PRIDE** Buy a golf package that includes your green fee, shared cart and \$6 food voucher. Details at the pro shop.

12

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

**WHISPERING FIRS HABAÑERO MEXICAN GRILL** 7:30 to 10:30 a.m. and 11 a.m. to 2 p.m. Buy one lunch burrito and get the second lunch burrito half off.

**BATTLE BEAN AT McCHORD FIELD** 7 to 11 a.m. Order breakfast with your made-to-order coffee.

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

13

**WHISPERING FIRS HABAÑERO MEXICAN GRILL** 7:30 to 10:30 a.m. and 11 a.m. to 2 p.m. Cheese quesadilla, soup and fountain drink for \$7.50.

**STRIKE ZONE AT SOUNDERS LANES** 11 a.m. to 8 p.m. Swedish meatballs over rice for \$8.25.

**WARRIOR ZONE** Try the Zone's turkey, Thai chicken, chicken chiptole and turkey Caesar wraps, tuna salad, veggie, roast beef, turkey and chicken sandwiches. Ages 18 and older only.

14

**McCHORD GRILL** 11 a.m. to 1 p.m. Reuben on rye with fries and a drink for \$8.50.

**WARRIOR ZONE** Texas Hold 'Em Tournament; register at 6 p.m. and play at 6:30 p.m. \$7 entry fee each week. Earn points for the finals. Ages 18 and older only.

**STRIKE ZONE AT SOUNDERS LANES** 11 a.m. to 8 p.m. Chicken cordon bleu 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 by calling 253-967-4661.

15

**SAMUEL ADAMS BREWHOUSE AT EAGLES PRIDE** Order a club sandwich, cup of chili, chips and a fountain drink for \$8.95 until 2 p.m.

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

**WHISPERING FIRS AND EAGLES PRIDE** 2-for-1 green fees at Eagles Pride and Whispering Firs. Dine in before or after your game.

## AT THE MOVIES

### Carey Theater on Lewis Main

**The Commuter (PG-13)**

Friday at 7 p.m.

**Paddington 2 (PG)**

Saturday at 1 p.m.

**Proud Mary (R)**

Saturday at 7 p.m.

**Paddington 2 (PG)**

Sunday at 1 p.m.

**The Commuter (PG-13)**

Sunday at 7 p.m.

## MOVIE TIMES

For movie times, contact your local theater.

### TACOMA AREA

**BLUE MOUSE THEATRE:** 253-752-9500

**GRAND CINEMA:** 253-593-4474

**LAKEWOOD TOWNE CENTER**

**CINEMAS:** Not available by phone,

[online.fandango.com](http://online.fandango.com)

**REGAL LAKEWOOD STADIUM 15:**

**844-462-7342 411#**

**CENTURY POINT RUSTON AND XD:**

Not available by phone, [online.cinemark.com](http://online.cinemark.com)

### PUYALLUP

**LONGSTON PLACE:** 253-770-9901

**SOUTH HILL MALL SIX:** 253-445-8801

### BONNEY LAKE

**REGAL TALL FIRS 10:** 253-891-5445

### GIG HARBOR

**GALAXY UPTOWN THEATRE:** 253-857-7469

### PORT ORCHARD

**REGAL SOUTH SOUND 10:** 360-871-2294

### SOUTH KING COUNTY

**CENTURY FEDERAL WAY 16:** 253-

946-0942

**FEDERAL WAY GATEWAY 8:** Not available by phone, [online.fandango.com](http://online.fandango.com)

### YELM

**YELM CINEMAS:** 360-400-3456

### OLYMPIA/LACEY

**MARTIN VILLAGE STADIUM 16:**

360-455-5003

**CENTURY OLYMPIA:** 360-943-0769



Lionsgate

Vera Farmiga, left, Liam Neeson, right, Patrick Wilson, Jonathan Banks, Elizabeth McGovern and Sam Neill star in the new Lionsgate release, "The Commuter."



SCOTT HANSEN Northwest Guardian

Staff Sgt. Bertrand Foley, middle, helps Airman Olaf Somerlick, left, and Staff Sgt. Amanda Tissue troubleshoot a weather radar issue aboard a C-17 on McChord Field Tuesday.

ACT 1 THEATER PRODUCTION COMPANY

## 'The center of attention'

BY RUTH KINGSLAND  
*Northwest Guardian*

It's been more than a decade since Air Force Staff Sgt. Bertrand Foley, 62nd Aircraft Maintenance Squadron, acted in shows or directed

his high school production of "Little Shop of Horrors."

He recalls his days as a thespian at Pleasant Valley High School in Brodheadsville, Pa., where he portrayed a bailiff in "Witness for the Prosecution"

and a Nazi, a priest and a ballroom dancer in "The Sound of Music."

But, after one year of college at East Stroudsburg University,

SEE ACT, 6C



Staff Sgt. Bertrand Foley, right, and Natalie Rieder rehearse a scene from Act 1 Theatre's production of "Crimes of the Heart" in Puyallup.

## FEBRUARY 9

YOGA CLASS  
DESIGNED FOR SKIERS

Both skiing and snowboarding go together with yoga like peas and carrots. Like yoga, skiing and snowboarding are activities where focus and strength is essential. All require complete concentration of mind and attention to the body and what will make it perform with every swerve, bump and steepening of the slope. Class takes place at 6 p.m. at McChord Field's Adventures Unlimited building surrounded by inspiring outdoor gear. Minimum age: 12; children younger than 18 must be accompanied by an adult. Register at JBLMmwrRegistration.com. **\$17.**

## FEBRUARY 10

LEARNING THE BASICS  
OF PHOTOGRAPHY

This is the perfect training session for anyone looking to learn the fundamentals of photography. Whether someone is a new photographer needing to learn the basics or a seasoned shooter wanting to brush up on the world of digital, this class puts all students on firm ground for advancing their photography. Learn the basic principles of photography including:

- Camera settings: Learn the settings and get your camera set up right.
- Depth of field: What it is and how to use it to make better photos.
- Exposure: Get it right in the field without any fuss.
- Focus: Learn how focus is affected and how to take control of it.

● Composition: Explore the rules and learn when to break them.

Minimum age: 12; children than 18 must be accompanied by an adult. Depart from the Northwest Adventure Center at Lewis North at 9 a.m. Register at JBLMmwrRegistration.com. **\$45.**

RED WINE AND  
CHOCOLATE TOUR

Calling all chocolate lovers and wine connoisseurs; join as the Northwest Adventure Center heads to the Olympic Peninsula where each winery will pair a sumptuous chocolate fare with a remarkable red wine. The tour will stop for lunch in Port Angeles. Price includes transportation, event admission and a variety of wine samples and a commemorative glass. Depart from the Northwest Adventure Center at Lewis North at 9 a.m. or McChord Field's Adventures Unlimited at 9:15 a.m. Minimum age: 21. Register at JBLMmwrRegistration.com. **\$85.**

LADIES DAY WITH  
SKI/SNOWBOARD

Ladies who want to take the plunge into the backcountry will

enjoy this backcountry ski/snowboard class. Designed for all levels, this educational day will teach you everything from how to set up your ski kit, how to engage the avalanche float bags and perfecting your turns in deep powder.

Get away from the lift lines and learn how to earn your turns anywhere the snow falls. Northwest Adventure guides will lead the group on an adventure.

Ground transportation, backcountry ski or split snowboard, avalanche beacon, shovel, probe and airbag included. Come get fitted for gear the week before your trip. Due to weather, location is subject to change for safety. Minimum age: 16; children younger than 18 must be accompanied by an adult.

Participants must be intermediate skiers. Depart from McChord Field's Adventures Unlimited at 8 a.m. Register at JBLMmwrRegistration.com. **\$110.**

## FEBRUARY 11

SEATTLE NIGHT PHOTO  
WORKSHOP TRIP

Just because the sun's gone down, it doesn't mean the day of photography has to end. Night

photography is fast becoming one of the most popular forms of digital photography. Take a journey of Seattle after dark.

Minimum age: 12; children younger than 18 must be accompanied by an adult. Depart from the Northwest Adventure Center at Lewis North at 3:30 p.m. or McChord Field's Adventures Unlimited at 3:45 p.m.

Register at JBLMmwrRegistration.com. **\$65.**

SNOWMOBILING,  
BACKCOUNTRY SKI

Take a snowmobile tour around Sasse Mountain in Cle Elum for fun, action, beauty and excitement. People who are looking for the most fun-filled winter experience should check out this snowmobiling trip through the Cascade Mountains. Transportation, snowmobile, helmet, boots, gloves and snowsuit are provided.

Dress in layers. Minimum age to drive: 16. Backcountry skiing/snowboarding refers to areas not covered by a resort or lifts including terrain reached by hiking, split-boarding, touring or sledging (snowmobile).

The backcountry usually has

the best snow because it's not easily accessible to others. Join the guides for a mega-fueled snowmobiling adventure where participants can get dropped off at the top of a hill, shred it on skis or snowboard, then hop back on and do it all over again.

Ground transportation, snowmobile, backcountry ski or split snowboard, avalanche beacon, shovel, probe and airbag included. Depart from the Northwest Adventure Center at Lewis North at 7 a.m.

Register at JBLMmwrRegistration.com. **\$185** for snowmobiling; **\$75** for passengers for ages 14 and younger; **\$165** for backcountry ski.

## FEBRUARY 16

SNOWSHOE TRIP AT  
HURRICANE RIDGE

Hurricane Ridge in Olympic National Park is one of the most spectacular places to snowshoe in Washington. Enjoy stunning alpine views while trekking across ridge lines decorated with snow sculptures, constantly being reshaped by the legendary winds for which the area has earned its

name. Distance: 6 miles, round-trip; elevation gain: 800 feet.

Minimum age: 12; children younger than 18 must be accompanied by an adult. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. or McChord Field's Adventures Unlimited at 8:30 a.m.

Due to winter conditions, location is subject to change for safety reasons. Register at JBLMmwrRegistration.com. **\$90.**

## FEBRUARY 16-19

OVERNIGHT SKI TRIP  
TO THREE SISTERS

Spend four days immersed in Oregon's Three Sisters wilderness. Ski tour or split-board a different route every day through the Oregon Cascades from Mount Bachelor to Sisters through old growth Hemlock forests and hidden meadows that offer sweeping views of the Three Sisters Mountains.

All equipment, transportation, meals and instruction included. Minimum age: 16; children younger than 18 must be accompanied by an adult. Preregister by Feb. 1.

Register at JBLMmwrRegistration.com. **\$1,000.**



**Reyna's**  
Mexican Restaurant

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**BUY 1 ENTREE & RECEIVE**  
**A SMALL COMBINATION**  
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TACOMA  
MUSICAL  
PLAYHOUSE

Presents

**MY WAY:**  
A MUSICAL TRIBUTE TO FRANK SINATRA

February 2 - February 25, 2018  
Fridays & Saturdays - 7:30pm  
Saturdays, February 17 & 24 - 2pm • Sundays - 2pm

Created by DAVID GRAPES and TODD OLSON • Book by TODD OLSON  
Original Production Directed by DAVID GRAPES  
My Way: A Musical Tribute to Frank Sinatra is presented through  
special arrangement with Summerwind Productions

**Tacoma Musical Playhouse**   

7116 Sixth Ave | Tacoma, WA | 253-565-6867 | www.tmp.org

EVENTS  
COMMUNITY

**Wine and Chocolate** 6 to 8 p.m. Friday. WW Seymour Conservatory, 316 G St. South, Tacoma. Enjoy live music as you stroll through the romantically lit floral displays of the Conservatory. VIP \$60, Non-Members \$45, Conservatory Members \$35. 253-591-5330, metroparkstacoma.org/conservatory-wine-and-chocolate.

**American History: African-American Month Film** 1 p.m. Saturday. Buffalo Soldiers Museum, 1940 S. Wilkenon St., Tacoma. Buffalo Soldiers Museum presents "Held in Trust: The Story of Lt. Henry O. Flipper," the first African-American graduate of West Point. Free and open to the public. Donations welcomed. 253-272-4257, BuffaloSoldiersTacoma.org.

**Pinology Market** 6 to 9 p.m. Friday. 10 a.m. to 4 p.m. Saturday. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. Featuring vendors on top of all current trends on Pinterest. \$7. pinologymarket.com.

**Asia Pacific New Year Cele-**

**bration** 11 a.m. to 6 p.m. Saturday. Tacoma Dome, Tacoma. "Korea" is themed country, annual celebration including food, arts, retail, games, crafts and live entertainment. Free.

**Annual Crab Feed** 4 to 7 p.m. Saturday. Key Peninsula Civic Center, 17010 S. Vaughn Rd. KPN, Vaughn. The Key Peninsula Civic Center annual fundraiser. 253-884-3456, kpciviccenter.org.

**Meeker Mansion Friendship Valentine Tea** 1 to 3 p.m. Saturday. Meeker Mansion, 312 Spring St., Puyallup. \$15 per guest. 253-848-1770, meeker-mansion.org.

**Best of the Northwest Cheerleading and Dance Championships** Saturday and Sunday. Greater Tacoma Convention and Trade Center, 1500 Broadway, Tacoma. \$10.

**Corvette and High Performance Meet** 8 a.m. to 3 p.m.

Sunday. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. More than 900 booth automotive swap meet features new and used cars and parts, with a focus on Corvettes and Muscle Cars. \$8-\$11. thefair.com.

**ASTRA Auditions for "Beauty and the Beats"** 1 to 5 p.m.

Sunday. All Saints School, 504 Second St. SW, Puyallup. Open auditions. 253-579-6192, astramusical.com.

ONGOING

**Black Hills Audubon Society Bird Walk** 8 a.m. to noon Wednesdays. Nisqually National Wildlife Refuge, 100 Brown Farm Road., Olympia. Phil Kelley leads a bird walk. \$3 parking fee.

TALKS

**Tacoma Historical Society: A Tacoma Mayor's Life Journey** 7 to 8:30 p.m. Monday. University of Puget Sound's Kilworth Memorial Chapel, 1500 N. Warner St., Tacoma. Featured speaker Victoria Woodards will share stories from her journey of life, work and service in Tacoma. Free. 253-472-3738, tacomahistory.org.

**Artificial Intelligence: Machines, Humans and Myths** 5:30 to 8 p.m. Monday. La Quinta Inn, 1425 East 27th St., Tacoma. Erick Watson, Chief Product Officer for Quantarium, a real estate analytics company, will acquaint us with the latest developments in artificial intelligence, data analytics, block chain technology and machine learning.

brownpapertickets.com/event/3237278.

**Grit City Think and Drink** 6:30 to 8 p.m. Tuesday. The Swiss Pub, 1904 S. Jefferson Ave., Tacoma. Dr. Ingrid Walker explores contemporary representations of drug and alcohol users in U.S. popular culture followed by an extended discussion session between the scientist and audience. Free. 253-692-4450, facebook.com/events/563631577303089.

**The Black Origins of Western Religion** 7 to 8:30 p.m. Tuesday, Feb. 20 and 27. First United Methodist Church of Tacoma, 621 Tacoma Ave. S., Tacoma. Dr. Donald H. Matthews, will present a three-lecture series in honor of Black History Month on the Black origins of Judaism, Christianity and Islam. Donation. 253-627-0129, fumcot.com.

**Wisdom Cafe** 2 to 3:30 p.m. Tuesday. University Place Library, 3609 Market Place W. University Place. Designed with older adults in mind, an opportunity to meet and converse with others on a variety of topics. This month we'll discuss the positive aspects of aging. Free. 253-548-3307, piercecoun-

tylibrary.org/calendar.

**Living and Thriving with Parkinson's** 6:30 p.m. Wednesday. University Place Library, 3609 Market Place W. University Place. Free; No RSVP required. 253-798-4600, PierceADRC.org.

**Going Really Deep with Y-DNA: A Case Study** 1 to 3 p.m. Wednesday. Heritage Quest Research Library, 1007 Main Street, Sumner. Presented by Dr. Laura Livingston. \$15. 253-863-1806, hqrl.com.

NIGHTLIFE

FRIDAY

**Magic with Cary Durgin** 6 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way, Tacoma. 253-473-2255.

**Bath Toys, The Requisite, Bunny 'n Bear, Nick from With Roots Above, John from Ayleen Trees** 7 p.m. Real Art Tacoma, 5412 South Tacoma Way, Tacoma. \$7-\$10. realarttacoma.com.

**Gabriel Rutledge** 8 and 10:30 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. 253-282-7203, tacomacomedyclub.com.

**Thunders of Wrath, The Sky Giants, Nosretep and**

**BOG** 8 p.m. The Valley Pub, 1206 Puyallup Ave., Tacoma. 253-248-4265.

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

**The Phoenix** 9 p.m. Great American Casino, 10117 South Tacoma Way, Lakewood. 253-396-0500.

**Eljun, Old Fools and The Heyfields** 9 p.m. Jazzbones, 2803 Sixth Ave., Tacoma. 253-396-9169.

**Palooka, The National Guard and Stoic F.B.** 9 p.m. The Swiss, 1904 S. Jefferson, Tacoma. 253-572-2821.

SATURDAY

**Dr. Crue and Almost Human** 8 a.m. to 5 p.m. Louie G's, 5219 Pacific Highway E, Fife. \$12. 253-926-9700.

**Winter Blues and Rhythm Festival** 2 to 10 p.m. The Swiss, 1904 S. Jefferson, Tacoma. 253-572-2821.

**Tacoma Love Benefit Show** 7 p.m. Real Art Tacoma, 5412 South Tacoma Way, Tacoma. realarttacoma.com.

**Tyler Smith** 8 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. 253-282-7203, tacomacomedyclub.com.



Generation Idol | The Billy Idol Tribute  
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FROM PAGE 3C

## ACT

in East Stroudsburg, Pa., Foley said, he decided he'd rather have someone else pay his college tuition. So, he followed in his dad's footsteps and joined the Air Force, hardly expecting to be able to continue his passion for theater while serving his country as an aircraft mechanic.

That was 8 years ago. Now, Foley is one of a six member cast in the Act 1 Theatre Production Company's production of Beth Henley's dark comedy, "Crimes of the Heart," at the Liberty Theater, 116 W. Main Ave. in Puyallup, which opens Friday and runs Saturday and Feb. 16 and 17.

"I've always loved community theater; in fact, I have season tickets to the Lakewood Playhouse," Foley said.

It was sometime last summer when Foley, who lives in Puyallup, met Petra Karr, of Seattle, Act 1 Theatre's artistic director, while both were shopping at the Puyallup Farmer's Market.

They got to talking and Karr convinced Foley to become part of an improvisation group with Act 1 and, subsequently, he auditioned and earned a role in "Crimes of the Heart." He's also been cast in a small role in the company's next production, "Charlotte's Web."

Karr said she's impressed with Foley's ability to be a team player and also do well in his own role.

"He's talented and also capable of playing well with others; as a director, that makes



SCOTT HANSEN Northwest Guardian

Staff Sgt. Bertrand Foley will make his community theater debut in the production of "Crimes of the Heart."

## If you go

**What:** The Act 1 Theatre production of "Crimes of the Heart."

**Where:** Liberty Theater, 116 Main Ave., Puyallup.

**When:** Friday, 7 p.m.; Saturday, 2 p.m. and 7 p.m.; Feb. 16, 7 p.m.; Feb. 17, 2 p.m. and 7 p.m.

**Cost:** Military and seniors, \$15; general admission, \$20.

The box office opens 30 minutes before each show.

me happy," she said.

"Crimes of the Heart" is about a dysfunctional family that includes three sisters.

"Before there were the 'Gilmore Girls,' there were the McGrath sisters," Karr said, comparing the three

starring women of her play to the mother-daughter duo in the long-running television comedy. "It's all about small town life."

However, the "Crimes" women have a much darker past and present to portray.

While one of the women, Lenny, stayed home to care for the siblings' grandfather, who dies before the start of the play, the middle sister, Meg, goes to Los Angeles to pursue a career, but returns home after giving up the dream, and the youngest sister, Babe, creates the play's biggest drama when she shoots her husband in the stomach.

Add in Chick Boyle, a McGrath cousin, who lives next door to the family and enjoys gossip and being involved in everyone else's business, somewhat similar to the Mrs. Kravitz character in the classic TV

series, "Bewitched."

The two male characters in the show are Barnett Lloyd, a lawyer with a bit of a crush on Meg and a vendetta against her husband, and, Foley's character, Doc Porter, Meg's old boyfriend.

Much like Foley's personal characteristics, Porter is somewhat laid back, warm, honest and an all around nice guy.

Foley said he enjoys being part of the company and plans to continue his acting when he eventually retires from the military, in another 12 years, maybe

even moving to Hollywood.

For now, he loves his career with the Air Force.

"I love the camaraderie and working with my hands," he said.

He also enjoys pop culture, including music, movies and sports.

"I love to make people laugh," he said. "And, I love to be the center of attention."

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Fri-Thu: 12:00, 2:45, 5:35, 8:25

**The Post (PG-13)**

Fri-Sun: 11:15 AM, 1:45,  
4:15, 6:45, 9:15  
Mon: 1:45, 4:15, 6:45, 9:15  
Tue: 4:15, 9:15

Wed: 1:45, 4:15, 6:45, 9:15  
Thu: 4:15, 9:15

**Darkest Hour (PG-13)**  
Fri-Thu: 3:50, 9:15

**The Shape of Water (R)**  
Fri-Mon: 12:45, 8:45  
Tue-Thu: 6:00, 8:45

**Three Billboards  
Outside Ebbing,  
Missouri (R)**

Fri-Mon: 3:30, 6:15  
Tue-Thu: 1:00, 3:30

**Lady Bird (R)**  
Fri-Sun: 11:20 AM, 1:30, 7:00  
Mon-Tue: 1:30, 7:00; Wed-Thu: 1:30

**Harold and Maude (PG)**  
WEIRD ELEPHANT SERIES: Sat: 11:00

**Say Anything... (PG-13)**  
SCIENCE ON SCREEN: Wed: 6:45

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**ON SALE THIS WEEK**

**SEVEN LIONS: CHRONICLES** May 12. WaMu Theater, Seattle. Tickets go on sale Friday.

**PAUL SIMON HOMEWARD BOUND FAREWELL TOUR** May 18. KeyArena, Seattle. Tickets go on sale Saturday.

**SASQUATCH MUSIC FESTIVAL** May 25-27. The Gorge Amphitheatre, George. Tickets go on sale Saturday.

**PHISH** July 20. The Gorge Amphitheater, George. Tickets go on sale Saturday.

**TOBY KEITH WITH NED LEDOUX** Sept. 15. Washington State Fair, Puyallup. Tickets go on sale Saturday.

**ALREADY ON SALE**

**ANN WILSON** 8:30 p.m. Friday. Emerald Queen Casino, Tacoma.

**AIR SUPPLY** 8 p.m. Wednesday. Emerald Queen Casino, Tacoma.

**TOBYMAC** 7 p.m. Feb. 16. KeyArena, Seattle.

**JO KOY: BREAK THE MOLD TOUR** 7 p.m. Feb. 17. ShoWare Center, Kent.

**MARK MORRIS DANCE GROUP** 8 p.m. Feb. 17. The Moore Theater, Seattle.

**GOGOL BORDELLO** 8 p.m. Feb. 20. Neptune Theatre, Seattle.

**SOUTHERN SOUL FEATURING LOMAX SPAULDING** 7:30 p.m. Feb. 20. Temple Theater, Tacoma.

**RYAN CARAVEO** 9 p.m. Feb. 23. Neptune Theatre, Seattle.

**JOEL MCHALE** 7 p.m. March 3. Moore Theater, Seattle.

**JAY PHAROAH** 7 p.m. March 8. Neptune Theatre, Seattle.

**LORDE'S MELODRAMA WORLD TOUR** 7 p.m. March 9. KeyArena, Seattle.

**RICHARD MARX** 8 p.m. March 9. Tulalip Resort Casino.

**JEFF DUNHAM: PASSIVELY AGGRESSIVE** 5 p.m. March 10. Tacoma Dome.

**BLUE OYSTER CULT** 8 p.m. March 10. Emerald Queen Casino, Tacoma.

**CHIPPENDALES** 6 p.m. March 17. Tulalip Resort Casino, Tulalip.

**TREVOR NOAH** 7:30 p.m. March 23. Paramount Theatre, Seattle.

**TIME MACHINE/MASHINA VREMENI** 8 p.m. March 28. Moore Theater, Seattle.

**SOMO: THE RESERVATIONS TOUR** 8 p.m. March 30. Neptune Theatre, Seattle.

**PAW PATROL LIVE: RAVE TO THE RESCUE** April 3. McCaw Hall, Seattle.

**KEITH SWEAT** 8:30 p.m. April 7. Emerald Queen Casino, Tacoma.

**MONSTER ENERGY AMA SUPERCROSS** April 7. CenturyLink Field, Seattle.

**BILL MAHER** 8 p.m. April 14. Paramount Theatre, Seattle.

**PBR TOUR** April 14-15. Tacoma Dome, Tacoma.

**JUDAS PRIEST: FIREPOWER 2018 NORTH AMERICAN TOUR** April 15. ShoWare Center, Kent.

**ALVIN AILEY AMERICAN DANCE THEATER** 8 p.m. April 27 and 28; 2 p.m. April 29. Paramount Theatre, Seattle.

**CASPAR BABYPANTS** 10:30 a.m. April 28. Neptune Theatre, Seattle.

**KHALID: THE ROXY TOUR** May 3. WaMu Theater, Seattle.

**KENDRICK LAMAR** 7:30 p.m. May 5. White River Amphitheatre, Auburn.

**LITTLE BIG SHOW NO. 21: NADA SURF, CELEBRATING THE 15TH ANNIVERSARY OF LET GO** 8 p.m. May 9. Neptune Theatre, Seattle.

**PINK: BEAUTIFUL TRAUMA WORLD TOUR** 7:30 p.m. May 13. KeyArena, Seattle.

**CHRIS YOUNG: LOSING SLEEP WORLD TOUR 2018** 7:30 p.m. May 19. Tacoma Dome.

**STARS ON ICE** 7:30 p.m. May 20. KeyArena, Seattle.

**WEIRD AL YANKOVIC: ILL ADVISED TOUR** 8 p.m. May 20. The Moore Theater, Seattle.

**MAROON 5** 7:30 p.m. May 30. Tacoma Dome.

**CELTIC WOMAN: HOMECOMING TOUR** 7:30 p.m. June 2. Paramount Theatre, Seattle.

**NATALIA LAFOURCADE** 8 p.m. June 2. Neptune Theatre, Seattle.

**JAMES TAYLOR AND BONNIE RAITT** 7:30 p.m. June 6. KeyArena, Seattle.

**KEVIN HART IRRESPONSIBLE TOUR** 7 p.m. June 14. KeyArena, Seattle.

**ANDREA BOCELLI IN CONCERT WITH THE SEATTLE SYMPHONY** 7:30 p.m. June 24. KeyArena, Seattle.

**DEAD AND COMPANY SUMMER TOUR** 7 p.m. June 29. Gorge Amphitheater, George.

**KENNY CHESNEY: TRIP AROUND THE SUN TOUR** 4 p.m. July 7. CenturyLink Field, Seattle.

**TIM MCGRAW AND FAITH HILL SOUL2SOUL WORLD TOUR 2018** July 13. KeyArena, Seattle.

**CHRIS STAPLETON "ALL AMERICAN ROAD SHOW"** 7 p.m. July 21. White River Amphitheatre, Auburn.

**FOREIGNER - JUKE BOX HEROES TOUR** 7 p.m. July 27. White River Amphitheatre, Auburn.

**NIALL HORAN: FLICKER**

**WORLD TOUR** 7 p.m. Aug. 2. White River Amphitheatre, Auburn.

**WEEZER AND PIXIES** 7:30 p.m. Aug. 4. White River Amphitheatre, Auburn.

**DARYL HALL AND JOHN OATES WITH TRAIN** 6 p.m. Aug. 11. KeyArena, Seattle.

**JACK WHITE** 8 p.m. Aug. 13. WaMu Theater, Seattle.

**ED SHEERAN: 2018 NORTH AMERICAN TOUR** 7 p.m. Aug. 25. CenturyLink Field, Seattle.

**ZAC BROWN BAND: DOWN THE RABBIT HOLE LIVE** 7 p.m. Aug. 31. Safeco Field, Seattle.

**DAVE MATTHEWS BAND** Aug. 31-Sept. 2. Gorge Amphitheatre, George.

**ROD STEWART, WITH SPECIAL GUEST CYNDI LAUPER** 7:30 p.m. Sept. 1. White River

Amphitheatre, Auburn.

**GAME OF THRONES LIVE CONCERT EXPERIENCE** Sept. 6. Key Arena, Seattle.

**FOO FIGHTERS: CONCRETE AND GOLD TOUR** Sept. 1. Safeco Field, Seattle.

**SAM SMITH: THE THRILL OF IT ALL TOUR** 8 p.m. Sept. 8. KeyArena, Seattle.

**GABRIEL "FLUFFY" IGLESIAS** 7:30 p.m. Sept. 22. Washington State Fair, Puyallup.

**RASCAL FLATS** 7:30 p.m. Sept. 23. Washington State Fair, Puyallup.

**JOURNEY AND DEF LEPPARD** 7 p.m. Sept. 29. Gorge Amphitheatre, George.

**PENN AND TELLER** 8 p.m. Nov. 30. Paramount Theatre, Seattle.



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FEBRUARY 10-18 • SATURDAY 11AM • SUNDAY 7PM

## TMP Family Theater POLKADOTS: THE COOL KIDS MUSICAL

7116 Sixth Avenue - Tacoma, WA 98406  
Lily, the first Polkadot in an all Square school, faces daily bullying to segregated drinking fountains. Polkadots serves as a colorful history lesson for children, reminding them that our individual differences make us awesome, not outcasts. Saturday, Feb 10 at 11am & 1pm; Saturday, Feb 17 at 11am; Sunday, Feb 18 at 7pm  
**Ticket Info:** \$15 Adults | \$13 Senior, Military, Students | \$12 Children (12 and under) | \$10 Groups of 10 or more Reserved Seating

TUESDAY • FEBRUARY 13, 2018 • 7:00PM

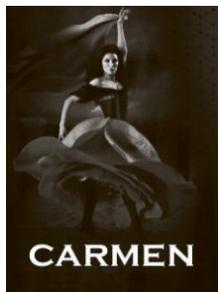
## Classical Tuesdays in Old Town WINDS & SAX

Slavonian Hall, 2306 N 30th St., Tacoma  
Join us for the finale to our 13th season! the Camas Woodwind Quintet and Erik Steighner on saxophone in music of Barber, Milhaud, Bartok, Dubois.  
**Ticket Info:** FREE/all ages welcome: 253-752-2135 or <http://classicaltuesdays.blogspot.com>

FEBRUARY 3 & 9 • 7:30P.M. FEBRUARY 11 • 2:00P.M.

## Tacoma Opera presents CARMEN BY GEORGES BIZET

Pantages Theater  
The story of the beautiful gypsy who gave her love, but could not be possessed, never fails to excite! Sung in French with supertitles.  
**Ticket Info:** \$35 - \$90.  
Box Office: 253-591-5894  
For tickets & info visit [tacomaopera.com](http://tacomaopera.com).



TACOMA  
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SUNDAY FEB 11 • 5 PM

## Immanuel Presbyterian Church BLUES VESPERS

901 N J St Tacoma WA  
Enjoy the music of Terry Robb - master of the blues guitar. Awarded the "Paul deLay" Muddy Award for Lifetime Achievement, Cascade Blues Assn and a Blues Blast Music Award nominee: Best Acoustic Album - "Cool on the Bloom"  
**Ticket Info:** Free  
253.627.8371  
[iptacoma.org](http://iptacoma.org)



SUNDAY, FEBRUARY 11 • 4:30PM - 6:30PM

## Tacoma Musical Playhouse WINE & CHOCOLATE - MY WAY!

7116 Sixth Avenue - Tacoma, WA 98406  
Enjoy locally crafted wines and decadent chocolates all to delight your senses and palate along with Grand Concert Pedal Harpist Twyla Eddins, a free TMP wine glass and fun raffle!  
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253-565-6867

FEB 9-25 • FRI & SAT 7:30PM • SUN 2PM • SAT FEB 17 & 24 2PM

## Tacoma Musical Playhouse MY WAY: A MUSICAL TRIBUTE TO FRANK SINATRA

7116 Sixth Avenue, Tacoma, WA 98406  
Relive the legendary career of FRANK SINATRA as eight actors share more than 50 of his beloved hits, "Fly Me to the Moon," "Chicago," "New York, New York," and "The Way You Look Tonight," are just some of the songs showcased in this musical tribute to Ol' Blue Eyes.  
**Ticket Info:** \$31 Adults; \$29 Senior, Military, Students; \$22 Children (12 and under); \$27 Groups of 10 or more; Reserved Seating



FEBRUARY WEDNESDAY 14 7:30PM

## University of Puget Sound A VALENTINE'S EVENING WITH JOSHUA REDMAN

SCHNEEBECK CONCERT HALL  
A VALENTINE'S EVENING WITH JOSHUA REDMAN With the UPS Jazz Orchestra, Tracy Knoop, director "One of the most esteemed and charismatic artists of his generation" - Jazz Times "At his best, Joshua Redman seems a class apart for technique, invention and artistry. This US maestro has contemporary saxophone covered. He can do screams, honks, and circular breathing arpeggios with the best of them" - The London Evening Standard  
**Ticket Info:** Tickets, \$14 gen adm, available through the UPS Information Center, [tickets.pugetsound.edu](http://tickets.pugetsound.edu), or (253)879-3100 Presented by ASUPS Performing Arts



MONDAY, FEBRUARY 12 • 7-8PM

## Tacoma Historical Society A TACOMA MAYOR'S LIFE JOURNEY

Kilworth Chapel, 3411 N 18th ST,  
University of Puget Sound Campus  
Victoria Woodards took office as Tacoma's 39th mayor in January 2018, and Tacoma Historical Society is honored to present her as our guest speaker on Lincoln's Birthday, February 12. Woodards will share stories from her journey of life, work, and service in Tacoma.  
**Ticket Info:** Free, no ticket required. Contact THS at (253)472-3738 or [info@tacomahistory.org](mailto:info@tacomahistory.org) with any questions.

FEB. 16 - MAR. 11, 2018 • FRI. & SAT. 8PM • SUN. 2PM

## Lakewood Playhouse TENNESSEE WILLIAMS' THE GLASS MENAGERIE

5729 Lakewood Towne Center Blvd SW,  
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Amanda Wingfield strives to give meaning to her life and those of her children, Tom and Laura. An American Classic.  
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**Ticket Info:** Full Price \$26 Seniors/Military \$23 Students/Educators \$20 (253) 588-0042 or online [www.lakewoodplayhouse.org](http://www.lakewoodplayhouse.org)

SUNDAY, 11 FEBRUARY 2018 • 7PM

## The Esoterics DELECTO 'THE REIMAGINED CANTICLE 'THE DIALOGUE AROUND LOVE

Christ Episcopal Church,  
310 N K Street, Tacoma  
On the theme of mature, long-lasting love, The Esoterics premieres brand-new choral music by Rodney Sharman, Jocelyn Hagen, Timothy Takach, and Eric Banks.  
**Ticket Info:** \$15-25,  
206.935.7779  
<http://www.theesoterics.org/concerts/season-2018/delecto>  
<https://www.brownpapertickets.com/event/3225797>



SATURDAY • FEBRUARY 24, 2018 • 7:30

## Tacoma Concert Band TACOMA CONCERT BAND PRESENTS "WINTER CELEBRATION"

Pantage Theater downtown Tacoma  
Tacoma Concert Band, conducted by Robert Musser in his final season, will present "Winter Celebration" featuring George Gershwin's "Rhapsody in Blue" with Grammy nominated pianist Duane Hulbert. Also featured will be Jennifer Rhee, the winner of the TCB's 2018 Student Soloist Competition.  
**Ticket Info:** Broadway Center Box Office, 901 Broadway, 253-591-5894 HYPERLINK "<http://www.broadwaycenter.org>" [www.broadwaycenter.org](http://www.broadwaycenter.org) \$18 - \$36 with discounts for seniors and military personnel. Under 18 admitted free



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