



GUARDIAN WEEKEND
It's time for the Down and Dirty Mud Run, 3c

.....

ALSO INSIDE
Sexual assault can happen to anyone, 7A

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III Authorized newspaper of Joint Base Lewis-McChord, Washington • April 27, 2018

2ND BRIGADE, 2ND INFANTRY DIVISION

Lancer Brigade honors top Soldier, NCO

A combat engineer and a cavalry scout named the overall winners

BY STAFF SGT. MICHAEL ARMSTRONG
2nd Brigade, 2nd Infantry Division Public Affairs

Nine Soldiers from across the 2nd Brigade, 2nd Infantry Division participated in a series of mental and physical tests April 18 on Joint Base Lewis-McChord to determine who among them would earn the title of 2018

Lancer Soldier and Noncommissioned Officer of the Year.

The award competition is the culminating test for the best NCOs and Soldiers, of each quarter, showcasing their Army knowledge, commitment to the Army values and embodiment of the Warrior Ethos.

Each Soldier represented the very best of their units as they

competed in three grueling events including an Army Physical Fitness Test, a 7-mile ruck march and a stress shoot.

Following these events, the participants had to appear before a board and answer questions ranging from military history and regulations to current events and situation-based scenarios.

“A lot of preparation was needed to make this event a success,” said Sgt. 1st Class Marc Taman, current operations NCOIC, “The synchronization

of efforts between the battalions was paramount in meeting our command sergeant major’s intent. The overall goal was not just to find the best Soldiers in our brigade, but also to prepare them for the upcoming division competition as well.”

Sergeant Arbinda Upreti, a 14th Brigade Engineer Battalion combat engineer, and Spc. Mi-



Krystallis



Upreti

chael Krystallis, a 1st Battalion 17th Infantry Regiment cavalry scout, were the overall winners of the competition.

Both Upreti and Krystallis agreed that this has been one of the toughest competitions either had participated in during their Army careers.

“I participated in the brigade

SEE LANCER, 10A

JBLM SPRING FLEA MARKET

ITEMS PRICED TO MOVE



SCOTT HANSEN Northwest Guardian

Chemika Duckett, left, of Yelm, sorts through a table of clothes with her son Donell, 10, middle left, her mother Arcelia Fields, middle right, and her daughter Gabriella, 8, during the JBLM Spring Flea Market at the Family and Morale, Welfare and Recreation Fest Tent Saturday.

Buyers, sellers all manage to walk away happy at Spring Flea Market

BY RUTH KINGSLAND
Northwest Guardian

Guitars, guitars and more guitars. Stringed instruments were the choice of many buyers and sellers at the Joint Base Lewis-McChord Spring Flea Market at Family and Morale, Welfare and Recreation’s Fest Tent on Lewis Main Saturday.

Hundreds of people bustled in and out of the event, finding bargains and selling their homes’ overflow items.

The Flea Market has been a success on the installation for more than a decade and is replicated in the fall for a biannual event.

“I have a lot of stuff, and my house doesn’t have a lot of storage,” said Liz Wilson, a military spouse and seller at the Spring Flea Market.

Wilson had two guitars for sale at the event — one a basic acoustic guitar and the other an

SEE MARKET, 10A



Cliff Matteson, of Tacoma, examines a collection of die-cast metal model cars at the JBLM Spring Flea Market on Lewis Main Saturday.

DEPARTMENT OF DEFENSE

Making civilian agencies efficient

‘Fourth Estate’ vital to defense

BY JIM GARAMONE
Department of Defense News Service

WASHINGTON, D.C. — The Defense Department is already looking at ways to make its agencies more productive and efficient, the deputy defense secretary told the Defense Writers Group in Washington, D.C., Tuesday.

Patrick Shanahan welcomed House Armed Services Committee Chairman Rep. Mac Thornberry’s interest in the so-called Fourth Estate. The Texas representative has issued “discussion drafts” of legislation that calls for elimination of some organizations and reforms of others.

Thornberry defines the Fourth Estate as civilian-dominated military agencies such as the Defense Contract Audit Agency, the Defense Information Systems Agency or the Defense Logistics Agency.

The National Defense Authorization Act called for the creation of a department chief management officer position, and that person — John Gibson II — has been leading the effort that gets after reform in the Fourth Estate.

Shanahan said he looks at the Fourth Estate in three different segments:

- intelligence,
- acquisition,
- business operations, such as health care and information

SEE DEFENSE, 10A

ENTERPRISE MULTIMEDIA CENTER

Renovations to breath new life into old building

BY SGT. URIAH WALKER
5th Mobile Public Affairs Detachment

Exterior repairs are underway on the old Evergreen Elementary School near the Madigan Gate on Joint Base Lewis-McChord. The former school, replaced with a new building across the street in January 2017, is getting a second lease on life.

The 112,000 square foot structure, built in 1991, is slated to be the new home for the En-

terprise Multimedia Center and the Directorate of Plans, Training, Mobilization and Security. Both entities have outgrown their current accommodations. Once renovations are complete they will be able to stretch out in what is anticipated to be a state-of-the-art facility.

“First, we’re concentrating on the building’s envelope,” said Charles Markham, JBLM Public Works director. “We’re replac-

SEE BUILDING, 10A



SGT. URIAH WALKER 5th Mobile Public Affairs Detachment

Contractors work to remove a section of roof from the old Evergreen Elementary School on Joint Base Lewis-McChord April 20.



SGT. 1ST CLASS MIRIAM ESPINOZA

Spc. Oscar Ortiz, 42nd Military Police Brigade, earned Soldier of the Year for 593rd ESC.

BEST OF 593RD ESC

Twenty Soldiers from the 593rd Expeditionary Sustainment Command, ranging from the ranks of private through captain, were selected by their command to represent their unit in best Soldiers competition. **See story, 3A**

LEWIS ARMY MUSEUM



RUTH KINGSLAND Northwest Guardian

During her talk on the Lewis and Clark Expedition, retired Lt. Col. Alisha Hamel, archivist for I Corps, shares with a few dozen participants at the Lewis Army Museum’s Lunchtime History event April 19.

A brown bag history lesson

BY RUTH KINGSLAND
Northwest Guardian
A few dozen people who attended the first Lunchtime History Brown Bag, an informal lecture at the Lewis Army Museum April 19, learned more than just about the two famous explorers the event was billed as featuring.

Retired Lt. Col. Alisha Hamel, archivist for I Corps, presented on her area of expertise — Capt. Meriwether Lewis, 2nd Lt. William Clark and the Corps of Discovery.

Hamel enchanted the room with tales of beavers and bears, the Mad Hatter of Alice in Wonderland and how that character came to be named, history of the Louisiana Purchase and other happenings around the time of the Lewis and Clark Expedition and mysteries concerning Lewis’ dog, Seaman, Clark’s slave, named York, and Lewis’ death — was it suicide or murder?

“Lewis was probably bipolar, and he most likely sank into a depression, but we don’t know for sure,” Hamel said, a hint of mystery in her tone.

Hamel spoke of Lewis purchasing the Newfoundland dog, Seaman, for \$20 while in Pennsylvania just prior to the start of the expedition. Seaman was the only animal to complete the entire journey; however, en route the explorers captured a handful of other animals, including a prairie dog, that were

brought back as gifts for President Thomas Jefferson, who had initiated the exploration.

One of the most interesting stories for several in the audience, including Darlene Wickens of Gig Harbor, was Hamel’s tale of young children being hired to work with beaver pelts, prior to and during the time of the expedition.

The pelts were used to make hats. The production included dipping the pelts in mercury, which eventually “ate the brains” of those making the hats, making the worker go mad — thus the term “Mad Hatter,” Hamel said.

“I never knew about that,” Wickens said. “It was a fascinating story.”

Wickens, 78, attended the museum event with about a dozen other residents bussed in from the Heron’s Key Retirement Community in Gig Harbor.

Hamel’s lecture reminded Wickens of her fourth grade teacher at Tacoma’s Edison Elementary School, Nettie LaRue, who also told stories that engaged her in history, she said.

“Nettie LaRue was a marvelous storyteller, and she would read us a (historical) story right after lunch,” Wickens said. “She really made it interesting. Sometimes she would stop midsentence and say, ‘Oh, I remember’ and go off on a train of thought that led to another story, just like this storyteller did.”

The beaver hats story was the most impacting part of the event, she said.

“I never thought about (hat making facilities) using children in such a horrible way or that the Mad Hatter got its name from people going crazy making hats,” she said.

Clark Rowland, 77, also of Gig Harbor, said he has driven by the Lewis Army Museum for many years and always wanted to stop in and visit.

“I’m a big history buff, but my wife’s uncle wrote the book ‘Only One Man Died,’ about the medical side of the Lewis and Clark expedition, so when I heard about this event I knew I had to go,” he said.

Dawn Dailey, of Olympia, a volunteer at the Lewis Army Museum, said she most enjoyed the artifacts Hamel brought for the event. Many of them were the same as Hamel used in schools, when she was living in Oregon and in charge of Lewis and Clark historical presentations through the Army National Guard.

“I enjoyed the presentation immensely — not only the artifacts, but (Hamel’s) application of all she knows and her dynamic way of telling stories,” Dailey said. “It was all interpersonal and dynamic.”

For more information on the Lunchtime History Brown Bag lectures, visit lewisarmymuseum.com.

NEWS IN BRIEF

DOD Honors Barbara Bush as a ‘dedicated advocate’ for military

The Defense Department paid tribute April 19 to former first lady Barbara Bush, who died April 17. She was 92. Sailors on the Bush-sponsored aircraft carrier USS George Washington and the carrier USS George H.W. Bush named after her husband, a former president and naval aviator, have a special connection to Bush.

“It was our privilege to have Mrs. Barbara Bush as the ship’s sponsor for the nation’s finest aircraft carrier,” said Navy Capt. Glenn Jamison, commanding officer of USS George Washington.

Bush’s legacy will be long remembered by those who have served and will serve aboard USS George Washington, he said.

The commanding officer of the USS George H.W. Bush described Bush as a “truly remarkable person” and said the crew endeavors to proudly carry her legacy and enduring example of devotion to family.

“A strong and compassionate first lady, a devoted matriarch and champion of literacy, she graced our deckplates on multiple occasions and treated all who served aboard USS George H. W. Bush like her own family,” said Navy Capt. Sean Bailey. “She will be truly missed.”

The flags were flown at half-mast on both carriers until Bush was laid to rest. Those flags were presented to the Bush family, Navy officials said.

— DEPARTMENT OF DEFENSE NEWS SERVICE

Don’t give into sextortion scams demanding cash or financial gain

The U.S. Army Criminal Investigation Command’s Computer Crime Investigative Unit said to be on the lookout for all types of sextortion scams where criminals use any dishonest method to make contact with potential victims and then attempt to blackmail them.

“To avoid falling prey to a sextortionist never send compromising photos or videos of yourself to anyone, whether you know them or think you know them,” said Special Agent Daniel Andrews, director of CCIU.

Officials describe sextortion scams as cyber sexual extortion where perpetrators conduct schemes that leverage online sexual acts for financial gain or other forms of blackmail. In addition, when using a legitimate online dating site, victims are more apt to provide personal information and or participate in online compromising acts; however, CID officials warn to be very cautious of their online communications activity and not share intimate, personal information with people you have never met in person.

A recent scam claimed a Soldier sent sexual images to a minor and threaten to report the Soldier to law enforcement unless a monetary fee is paid.

Another way that the criminals attempt to extort money is to claim that they are a lawyer working on behalf of the alleged victim. The scammer will request payments are made for things such as counseling for the alleged victim and to replace electronic devices that now contain child pornography.

If you are contacted via telephone, always request validating information such as an agency email address and offer to meet in person at a law enforcement facility before proceeding with giving out your personal information – do not send any money.

For more information, visit the Army CID CCIU website at tinyurl.com/yasqyrzl.

— U.S. ARMY CRIMINAL INVESTIGATION COMMAND

Cute pets from JBLM can cash in on the Exchange photo contest

Cute canines, cats, canaries and other beloved pets can finally make their adorable looks pay off.

Joint Base Lewis-McChord Exchange shoppers can compete to show off their furry, feathered or fuzzy friends during the worldwide Patriot Pet Just Say “Treat” Photo Contest. The Army and Air Force Exchange Service is partnering with Blue Buffalo and Hills Science Diet to award the cutest animal members of the military community.

The grand-prize winner will receive a \$1,000 Exchange gift card, while \$500 gift cards will be awarded to two first-place winners. Eight runner-ups will win \$250 gift cards.

“Pets are an important part of our families,” said Mike Einer, JBLM Exchange general manager. “The Exchange enjoys being a part of this contest every year to appreciate the role pets play in the lives of our service members and their families. I encourage Soldiers and Airmen at JBLM to show off their pets. It would be terrific to have a winner from our installation in this worldwide contest.”

Photo entries can be submitted from May 4 to June 1 at ShopMyExchange.com/sweepstakes, where shoppers can also find the complete rules of the contest. Winners will be selected at the end of June.

— JOINT BASE LEWIS-MCCHORD EXCHANGE

Symposium for female service members, spouses, vets on JBLM

Redefining Your Future Symposium, an event aimed at transitioning service women, military spouses and female veterans will be at the Washington National Guard Aviation Readiness Center, 2nd Division Drive, Bldg. 6224, Lewis Main, May 9 and 10, from 9 a.m. to 4 p.m.

Similar events are held twice each year. The free event will include resume preparation, LinkedIn setup information and coaching.

There also will be women guest speakers from various businesses and leadership positions.

Participants must attend both days and registration is required. To register, visit <http://bit.ly/2BI3aiN>.

— RUTH KINGSLAND, NORTHWEST GUARDIAN

The SSMCP Survey to help shape the on- and off-base partnership

Service members and Department of Defense civilians are being asked to complete South Sound Military, Communities Partnership Survey providing base and community leaders a better understanding of the ways the South Sound community supports the military.

Surveys were sent out recently. The 10-minute anonymous and confidential survey has 25 questions. It is seeking information about simple demographic data, including opinions about locally available services and programs — like preferences in housing, driving habits, shopping and recreation needs.

A few respondents could be picked at random between Sunday and May 15 to win a \$500 gift card from local retailers. Officials ask that only one survey be filled out per household.

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS OFFICE

JBLM COLLEGE GRADUATION CEREMONY

JBLM graduates ready to face future

BY RUTH KINGSLAND
Northwest Guardian

It’s finally here — the event many hard-working Joint Base Lewis-McChord service members, family members and veteran scholars have laboriously spent thousands of hours striving to complete.

The 31st annual graduation for JBLM college students will be at Clover Park Technical College’s Sharon McGavick Student Center and Conference Facility May 11 at 1 p.m.

One of those hundreds of graduates set to earn a much-deserved degree is the graduation key note speaker, Sgt. Maj. Richard Mulryan, former JBLM Garrison command sergeant major, who will retire May 1. Mulryan will be receiving his master’s degree in organizational leadership from the online Brandman University.

Mulryan provided opening remarks at the 2017 JBLM graduation. This year, the welcome will be provided by Col. Nicole Lucas, JBLM Garrison commander.

The event is set to include all of the traditional mainstays, including: “Pomp and Circumstance” performed by America’s I Corps Band as the graduates do “the walk,” an honor guard, and presentation of certificates and degrees to the nearly 200 graduates of eight resident schools on the installation and 30 off-base schools. More than 60 of this year’s graduates are earning certificates or degrees through off-base schools, according to Nicole Cabral, college program coordinator at Stone Education Center on Lewis Main.

“It’s a great time to recognize



SCOTT HANSEN Northwest Guardian / 2017

Command Sgt. Maj. Richard Mulryan, second from left, former JBLM Garrison command sergeant major, will be the featured speaker, and a graduate, during the annual JBLM college graduation ceremony at Clover Park Technical College in Lakewood May 11.

If you go

What: The JBLM College Graduation Ceremony

Where: Clover Park Technical College’s Sharon McGavick Student Center and Conference Facility, 4500 Steilacoom Blvd. SW, Lakewood

When: May 11 at 1 p.m.

all of the graduates for all the work they have put in to their studies, in addition to all the service members do at the same time to protect our country,” Cabral said.

All of the graduates should already know all the details of the event and most are already signed up to walk, she said.

Graduates who still want to walk but haven’t signed up yet, can still register. But she said it’s too late to get their names printed in the program.

JBLM’s eight resident schools that are coordinated through Stone Education Center are: St. Martins University, Brandman University, Pierce College, Central Texas College, City University of Seattle, University of Maryland University College, Central Washington University and Embry-Riddle Aeronautical University.

The additional colleges that make up a good portion of the graduates are from online colleges and universities across the country.

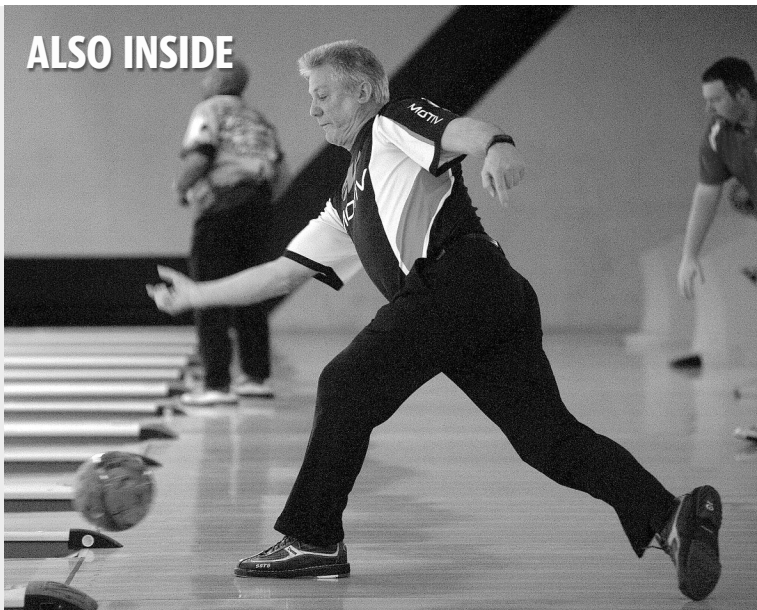
Family members and friends of the graduates are welcome to attend the graduation, with no advance seating. Doors open 30 minutes prior to the ceremony.

QUOTE OF THE WEEK

“Mrs. (Barbara) Bush had many roles with great significance to many people. To the military, she was a Navy wife, a ship sponsor and a devoted advocate of the men and women in uniform, whom she treated like family. Our thoughts and prayers are with the Bush family as they celebrate the life and memory of Mrs. Bush.”

Dana White
Chief Pentagon spokesperson

ALSO INSIDE



SCOTT HANSEN Northwest Guardian

BOWLING: Duke Ellington competes in the Northwest Military Masters Bowling Tournament at Bowl Arena Lanes. **See story, 1B**

NWGUARDIAN.COM

● **Cloud domination:** The Defense Department’s enterprise-wide cloud solution will give warfighters the information they need at speed, providing the critical battlefield advantage in the wars of tomorrow, DOD officials told reporters Monday. The warfighters’ accessibility to data, timeliness of that information and the security of the data, along with the ability to use that data for machine learning and artificial capabilities, will give the competitive edge in the wars of tomorrow, said John Gibson II, DoD chief management officer.

● **Denton Program:** When emergencies happen in the U.S., the sirens of firetrucks and ambulances coming to the rescue can be comforting. Thanks to a C-17 Globemaster III crew from Travis



Air Force Base, Calif., indigenous Mayans in Tecpan, Guatemala, will now hear that same sound of hope and help. The Airmen delivered an ambulance and a fire-truck to Guatemala City, Guatemala, April 20. They were shipped through the Denton Program. The Denton Program moves humanitarian cargo on a space-available basis and is managed by the U.S. Department of State and DOD.

555TH ENGINEER BRIGADE

Technical search, rescue training

555th Engr. Bde. trains to go in to the unthinkable

BY CPL. ELIZABETH SCOTT
29th Mobile Public Affairs Detachment
Soldiers from 3rd platoon, 22nd Engineer Clearance Company, 864th Engineer Battalion, 555th Engineer Brigade on Joint Base Lewis-McChord, took part in technical search and rescue training during Guardian Response 18 at Muscatatuck Urban Training Center, Ind., Sunday.

The first group of Soldiers entering the “hot zone” area provides a 360-degree site characterization and situational map to the Soldiers in the operation center.

“These guys come out here to render aid to these civilians who are trapped in a situation that requires rescue capabilities that would exceed what a normal fire department can render,” said Capt. Charles Robitaille, 22nd EC Co. “So anything that requires technical lifting, heavy lifting, heavy objects, forcible entry into areas with a great deal of concrete or steel and any scenario that requires the lowering or raising of victims with rope systems.”

George Nieves, an observer/controller from Fox Division Civil Support Training Facility, U.S. Army North, said the six-person team walks methodically through the site, they are trying to identify where casualties are, what kind of tools are needed to rescue them, extract victims that are easily moved and provide medical aid.

They radio the Soldiers outside of the contaminated area about what equipment the next team will need. This team used chalk to write information on the rubble to communicate to the extraction team.

One Soldier writes a large,



CPL. ELIZABETH SCOTT 29th Mobile Public Affairs Detachment

Sgt. James Matter, 22nd Engineer Clearance Company, prepares the rappelling apparatus to reach a casualty during Guardian Response 18 at Muscatatuck Urban Training Center, Indiana Sunday.



visible “V” to identify that there is at least one victim in the area. They also write a number identifying the number of victims and draw an arrow to point to where the casualty is located.

“My Soldiers’ responsibilities are to provide technical emergency search and rescue to the American people in order to

preserve life and minimize suffering,” said 1st Sgt. Donald Salladay, 22nd EC Co.

The Soldiers in the 22nd EC Co. have all completed a 72-day course at Florida State Fire College to be Pro Board certified, a nationally accredited certification in fire services and related fields. For the first 55

Soldiers from 22nd Engineer Clearance Company decontaminate a casualty during Guardian Response 18 at Muscatatuck Urban Training Center, Indiana Sunday.

days, the Soldiers learn about the five major disciplines in technical search and rescue — confined space, vehicle machinery rescue, ropes rescue, technology decontamination and structural collapse.

The last two weeks are U.S. Army North driven external evaluations.

The reconnaissance team returns back to brief the next team about the situation. This second team will enter the “hot zone” with the necessary tools to start the process of rescuing the victims.

Even though they have the reconnaissance from their predecessors, these Soldiers have to stay flexible and problem solve. When their initial idea does not work, they quickly move on to the next.

Nieves said the Soldiers continually monitor the radiation levels to ensure it does not exceed a certain amount of radiation. If it does, they will send in new personnel.

Once the contaminated Soldiers depart the area and enter the “cold zone,” medical personnel will read and annotate the amount of radiation dose they have received so that it can be tracked how much radiation each Soldier has been exposed to. This is tracked in the Soldiers’ medical records for 20 years.

As the rescue team saves each casualty, two Soldiers take the casualty back to the decontamination area. There the Soldiers stripped down the casualty, wash them, rinse them, monitor them to make sure all the contamination is gone, wrap them in a blanket and take them to a casualty collection point.

There Soldiers call for medical support who then transport the casualty to a facility for further medical care.

U.S. Army North executes the annual Vibrant Response consequence management exercise at the direction of U.S. Northern Command to confirm command and control elements of the nation’s CBRN response forces. U.S. Force Command’s linked exercise, Guardian Response, held at Muscatatuck Urban Training Center, validates how the subordinate units train to carry out the operations under the direction of a joint task force.

593RD EXPEDITIONARY SUSTAINMENT COMMAND

593rd ESC names top Soldiers of the Year

BY SGT. 1ST CLASS MIRIAM ESPINOZA
593rd Expeditionary Sustainment Command

The 593rd Expeditionary Sustainment Command named its Noncommissioned Officer, First Sergeant, Junior Officer, Warrant Officer and Soldier of the Year Wednesday.

The competition took place April 17 to 20. It is an Army tradition to have competitions within units to recognize the best Soldiers in the organization. Soldiers compete at the unit level to move on to compete at the battalion then move on to the next higher headquarters.

The winners were announced five days after the final event at the Lancer Dining Facility Wednesday.

● Soldier of the Year is Spc. Oscar Ortiz, 13th Combat Sustainment Support Battalion, 42nd Military Police Brigade.

● Noncommissioned Officer of the Year is Staff Sgt. Gregory Tainatongo, Echo, 47th Combat Support Hospital, 62nd Medical Brigade.

● First Sergeant of the Year is

1st Sgt. Heather Buxton, 56th Multifunctional Medical Battalion, 62nd Medical Brigade.

● Chief Warrant Officer of the Year is Chief Warrant Officer 2 Raul Almendarez, 13th CSSB, 42nd MP Bde.

● Junior Officer of the Year is 1st Lt. Saunghun Ann, Headquarters and Headquarters Company, 62nd Med. Bde.

“The Best Warrior Competition is a competition that identifies the best competitor in each category of competition, while they also gain valuable skills and learn more about themselves,” said Command Sgt. Maj. Pamela Williams, 593rd Expeditionary Sustainment Command.

Twenty Soldiers, ranging from the ranks of private through captain were selected by their command to represent their unit in the competition.

“The Best Warrior Competition recognizes Soldiers who demonstrate commitment to the Army values, embody the Warrior Ethos and represent the force of the future,” said Brig. Gen. James Moore, commanding general, 593rd



SGT. 1ST CLASS MIRIAM ESPINOZA 593rd Expeditionary Sustainment Command

Spc. Oscar Ortiz, 13th Combat Sustainment Support Battalion, 42nd Military Police Brigade, provides casualty care during the medical lanes at Joint Base Lewis-McChord April 19.

Expeditionary Sustainment Command.

The Soldiers’ reason for competing was because they wanted to push themselves, the leaders on the other hand wanted to lead by example.

“I ask my Soldiers to go to boards and achieve so I wanted to do the same,” Buxton said.

The four-day competition

tested the competitors both physically and mentally through grueling events and little time to rest.

“The purpose of the events during the competition was to identify the best of the best in each of the five categories and to promote (esprit de corps) amongst all the units within the ESC,” said Master Sgt. Brian

Evans, event coordinator, Headquarters and Headquarters Company, 593rd ESC.

During the four days of competition, the candidates completed the Army Physical Fitness test, qualified with both the M9 pistol and the M4 carbine, maneuvered through an obstacle course, did both the day and night land navigation course, completed an 8-mile ruck march carrying approximately 45 pounds, conducted Tactical Combat Casualty Care lanes and completed the Soldier Readiness Test.

Although it was a competition, teamwork and cohesion is what made the competition a success for most of the competitors, who relied on each other to get through the long days and tough obstacles.

The winners move on to the I Corps Best Warrior Competition scheduled in May.

“The Soldiers and leaders came out and challenge themselves above and beyond, I could not thank the unit leadership enough for encouraging them throughout the 4-day competition,” Williams said.

Viewpoint



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

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

Joint Base Garrison Commander, JBLM
Col. Nicole Lucas

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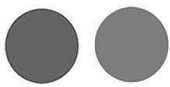
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STRAIGHT TALK

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



COMMENTARY

Handle lithium battery electronics with caution

BY EDWARD CHAVEZ
JBLM Fire Prevention

Laptops, e-cigarettes, smart phones and hover boards — items that use lithium batteries for power — can create dangerous fire situations.

Here on Joint Base Lewis-McChord, we’ve seen our share of incidents in the past few years, such as when an equipment remote control unit was put away extremely hot after use, causing it to ignite in the plastic storage box. In another case, a unit returned from the field and put wet radio batteries in a card box, causing it to ignite after the Soldiers left. Thanks to a functioning fire alarm, the JBLM Fire Department arrived and found the fire.

During the latest incident March 23, the JBLM Fire Department was dispatched to a barracks with a report of a sprinkler activation. After extinguishing the fire in the corner of a smoke-filled room, investigators found a blue tooth speaker with a catastrophic failure. It had ignited and exploded, sending burning material to the floor — igniting a gym bag — and embedding parts into the wall.

Here are some tips for safely handling lithium batteries:

- Store in a waterproof, noncombustible container. Ensure all items are moisture-free and separate from other batteries;
- Charge when you are in the same room, and remain on site at least 30 minutes after storage;
- Contact the Environmental Division for assistance in proper storage and disposal;
- Never attempt to charge lithium cells with a charger not specify designed for the unit;
- Never charge a damaged device.
- Some signs of damage are: leaking, swelling, excessive heat, odors, sparking and smoking while charging;
- Never try to create your own battery packs.

Lithium batteries cannot be handled and charged causally like other battery types. The consequence of this practice can be very serious, resulting in major property damage and/or personal harm. Call 911 if you experience issues with any equipment with lithium batteries.

For more information, call JBLM Fire Prevention at 253-966-7164.

VIEW FROM THE TOP



U.S. Air Force Photo

B-24 Liberators with the 446th Bombardment Group, 8th Air Force conduct a bombing raid over Germany in 1945.

AF Reserve celebrates its 70th year of service

BY COL. SEAN PIERCE

446th Airlift Wing Commander

April marks the start of warmer weather and a historical milestone for the Air Force Reserve.

On April 14, the Air Force Reserve celebrated its 70th birthday.

Our heritage dates back to the National Defense Act of 1916, when the need for a standby force lead to the creation of the Federal Reserve. The Air Force Reserve was officially established April 14, 1948, when President Truman

transferred the Army Air Corp Reserve to the Air Force.

Throughout our history, the Air Force Reserve has always been there to answer the nation’s call. For 70 years, brave men and women have voluntarily left behind their families and jobs to serve their country with honor and courage.

The 446th Airlift Wing was first activated in the Air Force Reserve in 1948 as the 446th Troop Carrier Group at Carswell Air Force Base, Texas. In 1973, the wing became part of Team McChord as an associate unit.

Throughout our 70 year history as part of the Air Force Reserve, the

wing has significantly contributed to providing airlift support to humanitarian operations, the National Science Foundation Antarctic mission and many worldwide conflicts.

As a whole, the Air Force Reserve were essential during the Vietnam War, providing strategic airlift as well as close air support, counterinsurgency, tactical mobility, interdiction, rescue and recovery, intelligence, medical, maintenance, aerial port, and air superiority.

The Reserve also had vital roles in humanitarian and emergency aid missions in following years, such as the return of American students from Grenada in 1983, aerial-refueling during the El Dorado Canyon raid on Libyan-sponsored terrorists in 1986 and Operation Just Cause, which ousted Panama’s General Noriega in 1990.

Recently, the Rainier Wing supported many exercises designed to challenge our Aeromedical Evacuation contingency deployment abilities ranging from base infrastructure buildup to full aeromedical evacuation operations. Additionally, our members deployed to 12 different countries in support of missions throughout the world. Our airlift operations included transporting 7,900 people, 16 million pounds of cargo in more than 500 missions.

As Lt. Gen. Maryanne Miller, Air

Force Reserve Command commander, and a former member of our Rainier Wing, wrote, the Air Force Reserve is now increasingly relied on for steady state readiness — from flying airlift channel, firefighting, aerial spray and hurricane hunter missions, to providing highly skilled medical and aeromedical personnel. Our role as a strategic force held in “reserve” evolved into an operational Reserve force with the most advanced weapons systems and lethal Airmen.

Today, we fly in formation as one Air Force. There is no distinction between active, Guard and Reserve Airmen. Our nation relies on us, not only for readiness, but as an operational force providing critical capabilities both home and abroad.

We are privileged to defend this great nation alongside our joint partners and allies. We have always been, and will continue to be there to provide combat-ready forces to fly, fight and win.

The character of today’s Air Force Reserve reflects proudly on those brave Airmen who came before us and enable us to stand today, indistinguishable from the active component in readiness and capability.

Through every operation and mission, we are always there to provide combat-ready forces to fly, fight and win.

CHAPEL SERVICES

CATHOLIC MASSES

Saturday, 4:30 p.m. — Madigan Chapel
Saturday, 5 p.m. — McChord Chapel No. 2 (reconciliation at 4 p.m.)
Sunday, 9 a.m. — Lewis Main Chapel
Sunday, 9 a.m. — Madigan Chapel
Sunday, 10 a.m. — McChord Chapel No. 2
Sunday, noon — Lewis Main Chapel
Sunday, 5 p.m. — Lewis Main Chapel
Weekdays, noon — Lewis North Chapel
Weekdays, 11:45 a.m. — Madigan Chapel; call 253-968-1125
1st Friday, noon — McChord Chapel No. 2

PROTESTANT SUNDAY

9 a.m. — Liturgical — Soldiers’ Chapel
8:30 a.m. — Traditional — McChord Chapel No. 1
10 a.m. — Contemporary — Four Chaplains Memorial Chapel
10:30 a.m. — Collective — Lewis Main Chapel
10:30 a.m. — Collective — Madigan Chapel
10:30 a.m. — Contemporary — Evergreen Chapel
11 a.m. — Contemporary — McChord Chapel Support Center
11 a.m. — Gospel — Lewis North Chapel

DIVERSE WORSHIP

Jewish
Friday, 7 p.m. — Lewis Main Chapel
Islamic
Friday, 12:30 p.m. — Evergreen Chapel, 253-968-1125
Buddhist
Friday, 6 p.m. — Soldiers’ Chapel, 253-966-5959
Pagan/Wiccan
Wednesday, 7 p.m. — Building 6230, Lewis Main, 907-952-4156

JBLM SNAPSHOT



STAFF SGT. CHRISTOPHER SOFIA 78th Training Division

Displaced civilian role players staged a mock protest, many holding up signs demanding food, water, and medicine to Joint Base Lewis-McChord Soldiers from 864th Engineer Battalion, 555th Engineer Brigade training at the Responder Support Camp Jennings, Ind., during Guardian Response 18 Tuesday.

THIS WEEK IN HISTORY

- April 27 1773:** Parliament passes the Tea Act.
- April 28, 1967:** Muhammad Ali refuses Army induction.
- April 29, 2004:** World War II monument opens in Washington, D.C.
- April 30, 1803:** Louisiana Purchase concluded.
- May 1, 1931:** Herbert Hoover dedicates Empire State Building.
- May 2, 1670:** Hudson’s Bay Company chartered.
- May 3, 1980:** MADD founder’s daughter killed by drunk driver.

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Saturday, May 12

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JBLMmwr.com/races

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The Club is at 700 Barnes Blvd.



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SEXUAL HARASSMENT/ASSAULT RESPONSE PROGRAM

It can happen to anyone, anytime

BY SPC. ERICA EARL
5th Mobile Public Affairs Detachment

When Heath Phillips enlisted into the Navy at 17, he was hoping to find a family among ship-mates. Phillips was raised in a military family and was excited to have experiences like his father told him about.

Phillips did not anticipate the horrors that unfolded at his first duty station as a group of Sailors repeatedly sexually assaulted him for a year.

In one incident, Phillips was taking a shower when someone ripped open the curtain. His attackers kicked him to the ground and held him there while one of them attempted to sexually assault him with a shampoo bottle and raped him with a toilet brush handle.

Shortly after the assault, Phillips attempted suicide.

“I didn’t know how to tell my father,” Phillips said. “But this haunted me. The pain was so bad that I passed out. I tried to tell my command, but no one believed me.”

This happened in 1988, before sexual harassment and assault reporting programs and awareness were formally established in the military.

Phillips now speaks at military bases and military functions, such as a Junior Reserve Officers’ Training Corps cadet meeting he spoke at in Tacoma, Washington April 20, about sexual harassment, highlighting that assault can happen to any gender.

The same day of Phillips’ speaking engagement, a class of about 30 Soldiers in the Sexual



SPC. ERICA EARL 5th Mobile Public Affairs Detachment

Lt. Gen. Gary Volesky, I Corps commanding general, speaks about Army values to the Sexual Assault Response and Coordinator/Victim Advocates course graduation on Joint Base Lewis-McChord April 20. The course took place over Sexual Assault Awareness and Prevention Month.

Assault Response and Coordinator/Victim Advocates course on Joint Base Lewis-McChord graduated from the intensive program meant to help service members like Phillips.

The course trains officers and noncommissioned officers to assist those who have gone through sexual assault or similar trauma with the investigations, legal proceedings and emotional support.

Lieutenant General Gary Volesky, I Corps commanding general, spoke at the graduation to highlight the importance of the role of SARC/VAs.

“It breaks my heart every time I hear that we have another report,” Volesky said. “While a Soldier may not have physically died, there is a part of them that has died.”

Phillips emphasized the need for these advocates for all service members, as well as the need of speaking about the sides of sexual assault that can be uncomfortable, which is what happens to victims, and the years of turmoil they endure.

While Phillips said it’s emotionally taxing to share his story, it’s important to tell people how sexual assault impacts a person’s

life, and victims are not alone.

When a formal investigation was launched about Phillips’ case, it was discovered that his attackers also assaulted 17 other victims.

“It was this light bulb moment that I wasn’t alone,” Phillips said. “But in reflection it bothers me. Why did no one help us? People knew it happened, but they didn’t speak up.”

“Awareness around sexual assault is oftentimes neglected,” said Dr. Julie Lindahl, a forensic psychologist and Sexual Harassment and Assault Response and Prevention program manager for

I Corps. We need to have these difficult conversations and communicate and engage in the fight.”

Lindahl said speaking up as a victim or a witness can present a challenge. She said people fear retaliation from their units or the aggressor, or that people will defend the aggressor, that the victim will be blamed or that their claim won’t be taken seriously.

“It is never a victim’s fault,” Lindahl said. “We want to make sure service members are safe and secure and know their rights and options. Prevention is everyone’s responsibility. We can’t solve and eliminate the issue of assault without participation.”

Lindahl acknowledged the SHARP training since it was initially conceptualized has improved, and needs to continue to evolve.

Volesky said he would like to see more participation from junior Soldiers in SHARP training and briefs and bridge the gap between Soldiers and command, stressing the values of family-type bonds Phillips was seeking when he enlisted.

“This isn’t just about us if we want to see a culture change,” he said. “These Soldiers are our children, our brothers and our sisters,” Volesky said. “We don’t need to coddle them, but we do need to solve important problems.”

To report or get help recovering from incidents of sexual assault or harassment on JBLM, contact your unit’s victim advocate or call the SHARP hotline at 253-389-8469.

BIKE MONTH

Go Lewis-McChord encourages biking

BY DEAN SIEMON
Northwest Guardian

The weather about to turn warm and sunny in Western Washington. Now is the time to plan to leave your car at home and take your bike wherever you need to go.

GO Lewis-McChord, a program under Joint Base Lewis-McChord’s Directorate of Public Works’ Environmental Division, is promoting May as Bike Month.

“We’re supporting alternate transportation,” said Cathy Hamilton-Wissmer, sustainability outreach coordinator with DPW. “We encourage people to get out and get busy. Take your bike to work; take public transportation.”

For those without a bicycle, there are six locations to borrow a cruiser bike on JBLM. The GO Bike program allows anyone ages 18 and older on JBLM to borrow a bike for up to two weeks.

“The program actually started with trying to encourage service members to get on a bike and go on a ride to their meetings or appointments,” Hamilton-Wissmer said. “It’s a good option for people who have to do PT and have in-



MEREDITH SHORES Pierce Trips / 2017

juries. You may not be able to run, but you can bike.”

In the last 12 months, the program has expanded to include family members and other JBLM community members.

Bikes can be found at the following locations on base:

- Madigan Army Medical Center’s Warrior Transition Battalion, Building 9058, Lewis Main;
- Reception Center, Building

- 2021, Lewis Main;
 - 4th Battalion, 23rd Infantry Regiment’s Barracks, Building 11664, Lewis North;
 - Northwest Adventure Center, Building 8050, Lewis North;
 - 373rd Training Detachment Squadron, Building 1315, McChord Field;
 - 62nd Aerial Port Squadron Warehouse, Building 1422, McChord Field.
- GO Lewis-McChord is part-

nering with Pierce Trips for events celebrating Bike Month. One example is the month-long “Bike Everywhere Challenge.”

Participants are rewarded for logging their bicycle miles, perhaps during a commute to work or school or during a quick trip to the store or coffee shop.

Registration is available online at bike253.com.

Riders can win gift cards to local bicycle stores like REI and

Old Town Bicycle.

Tim Weldin, a pollution prevention technician for JBLM DPW, has started to bicycle to work from his home in Spanaway. He said now is the best time of the year to start the cycling commute option.

“Just try it out once or twice,” Weldin said. “You’ll have a couple of months where darkness is not an issue (in the morning).”

Hamilton-Wissmer also suggested people attend the 10th annual Tacoma Bike Swap event at the University of Puget Sound Saturday at 10 a.m. New and used bicycles and equipment will be available for sale, and attendees can network within the local bike community.

“There are some great bike clubs if you don’t want to be a solo rider,” Hamilton-Wissmer said. “It’s not just about the equipment, it’s also about the community.”

For more information on the GO Bike program and other alternative transportation options on base, visit jblmmwr.com/golewismcchord.

Dean Siemon: 253-477-0235, @deansiemon

7TH INFANTRY DIVISION

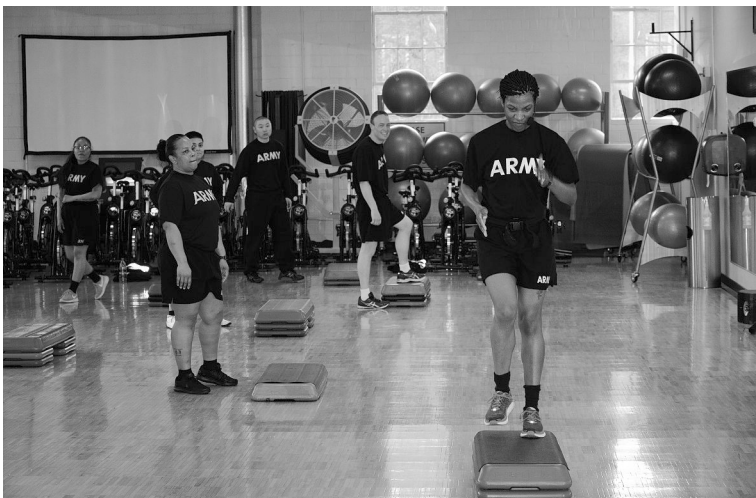
Culinary academy enhances leadership in 7th Inf. Div.

BY STAFF SGT. KENNETH PAWLAK
7th Infantry Division Public Affairs

No matter the position a Soldier serves, a Soldier must grow. How does a Soldier strengthen a skillset? The 7th Infantry Division culinary management team believes training and divulging new methods to its Soldiers is part of the solution.

The division’s culinary management team conducted the Bayonet Culinary Academy in order to strengthen culinary noncommissioned officers proficiency and demonstrate an increased understanding of food service excellence, field feeding operations and improve quality of service at the Food Service Training Facility April 16 to 20.

“This weeklong course was used to train and develop Soldiers’ abilities to identify and mitigate different risks involved in their positions and enhance Soldiers’ knowledge in a wide variety of Army programs, supervisory functions, equipment read-



STAFF SGT. KENNETH PAWLAK U.S. Army Photo

Sgt. Maj. Keysa Chambers right, leads an aerobics class for the Soldiers attending the Bayonet Culinary Academy at Jensen Field House Joint Base Lewis-McChord April 20.

iness, self-awareness and dealing with the stressors of dining facility operations,” said Sgt. Maj. Keysa Chambers, chief culinary management noncommissioned officer. “Additionally, (we) improved culinarians knowledge, skills, attitude and social behav-

iors that will enable the overall performance of the dining facilities and units within the Bayonet Division.”

Throughout the course, regardless of the training, leadership was an important aspect tied into every class. Soldiers were taught

they should look to their NCOs for solutions, guidance and inspiration.

“The training enhances the growth and development of the Soldiers, which will allow these individuals to develop their subordinates,” Chambers said. “Incorporating the qualities of a servant leader will allow them to build a winning team, based on commitment versus compliance.”

Servant leadership is a leadership philosophy in which the leader exists to serve subordinates with the intention to inspire and equip them with the necessary skill set.

“A large number of Soldiers have never heard of servant leadership,” Chambers said. “Once the class was over, they learned to appreciate the (philosophy) and vowed to try their best to incorporate the characteristics of a servant leader within their daily lives.”

“Overall, the course was really educational; it taught me how to serve my Soldiers and put their needs before my own,” said Staff

Sgt. Edward Harrison, 508th Military Police Battalion, 42nd Military Police Brigade. “It put a special emphasis on paying attention to detail, making the Soldiers feel like I care for them and in return they will work better for me.”

The culinary noncommissioned officers were encouraged to continue their education after the course, train their Soldiers daily to become more proficient in the dining facility and ensure their Soldiers maintain unit readiness.

“Training is continuous and requires practice that will eventually lead to perfection,” Chambers said. “I am a firm believer that training molds the thinking patterns of our Soldiers and leads to quality performance. It is continuous.”

Because of this training, the Soldiers have a better understanding of overall dining facility operations, are better prepared leaders to solve issues and share their knowledge with their Soldiers.

MADIGAN SHOUT OUT

Madigan Army Medical Center strongly supports Earth Day and environmental health throughout the community.

Kerry Turner, environmental protection specialist with Madigan's Environmental Health Service, served as Earth Day champion this year.

He spent many hours organizing, planning and updating outreach materials and activities to ensure they were accurate and inclusive of information from around Joint Base Lewis-McChord and the community.



A well-attended event was held on April 19 and garnered positive feedback.

MADIGAN ARMY MEDICAL CENTER

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Madigan directory: 253-968-1110
Tricare Regional Appointment Center (TRAC): 800-404-4506
Tricare On-Line: tricareonline.com
United Health Care: uhc-militarywest.com, 877-988-9378
Pharmacy Refill: 253-968-2999
Tricare Express-Script pharmacy service: 877-363-1433 or www.express-scripts.com
Referral Coordination Center

Hotline: 253-968-2903
Patient Admissions: 253-968-3827/3829
Patient Advocacy: 253-968-1145
Beneficiary Counseling Assistance Coordinator: 253-968-3348/3491

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Child and Family Behavioral Health: 253-968-4843
Military One Source: 800-342-9647
National Suicide Prevention

Life Line: 800-273-8255 (Option 1)
Exceptional Family Member Program: 253-968-0254/1370
Armed Forces Blood Bank Center: 253-968-1850
Fisher House: 253-64-9283
Public Affairs Office: 253-968-1901
Veterinary Treatment Facility: 253-982-3951
Madigan Directory Assistance: 253-68-1110
Madigan Army Medical Center website: mamc.amedd.army.mil
Email: usarmy.jblm.medcom-mamc.mbx.pao@mail.mil
Fisher House: 253-964-9283

MADIGAN ARMY MEDICAL CENTER

Welcoming virtual health care

The Tele-Critical Care Network is a virtual reality

BY KIRSTIN GRACE-SIMONS
Madigan Public Affairs

The future has arrived at Madigan Army Medical Center.

"Welcome to the future of health care," said Col. Michael Place, Madigan Army Medical Center commander, just before helping to cut the ribbon on the Joint Tele-Critical Care Network's center in Madigan's hospital tower April 18.

Designed for experienced providers to remotely provide consultation to care teams in need of support in critical care situations, virtual care capabilities are increasing in a number of Department of Defense facilities.

"We are on the edge of the new frontier," Place said. "It starts small, as all of these transformative changes do. It's a single room. And at some point, it's going to be the single room that changes everything about how we deliver health care, in garrison and on the field."

Lieutenant Colonel (Dr.) Jeremy Pamplin, the director for "VC3" — the Virtual Critical Care Center — welcomed a crowd of interested clinicians and technical staff who were eager to see the beginnings of highly connected medicine.

The center consists of two workstations outfitted with high-end computers, banks of monitors connected to cameras and monitoring equipment in patient care rooms as well as a continually connected video link to other virtual facilities in the Defense Health Agency.

"(The center) has the ability to reach out and support both garrison and operational missions with not just critical care services," Pamplin said. "Specialty services could come to those workstations and provide services wherever the need may arise."

Place made this advancement personal by adding, "I'm a family physician, actually a



Col. John Kent, Madigan Army Medical Center deputy commanding officer, explores the virtual critical care workstation at Madigan April 18.



KIRSTIN GRACE-SIMONS Madigan Army Medical Center Public Affairs

family physician who had ICU privileges for a number of years. I can remember — vividly — taking care of some really sick patients in the ICU, all by myself and saying, 'I wish I had some help here.'"

Virtual care proves its worth mostly in little wins, Pamplin said. It is having a second set of eyes on the remote team that catches the oversights and, on the whole, makes patient care safer and more reliable. Through those interventions, patient care is improved.

In the military, virtual critical care has been piloted at two large programs — at George Leonard Wood Army Community Hospital and the Naval Medical Center San Diego, which reaches out to support five different facilities and has been testing these capabilities since 2014.

In these programs, virtual critical care has been demonstrated to improve readiness for the providers at these small military treatment facilities. That happens through increas-

ing patient volume, the frequency of contacts, and the complexity of patient care. These increases lead to an all-important increase in confidence for the provider who may otherwise be untrained or inexperienced in critical care.

In addition to improving patient care, all of the pilot sites have also improved costs. They have reduced purchased care costs out to the civilian community centers, retained more patients and shown improved revenue.

Place and Lt. Col. (Dr.) Cristin Mount, chief of the Department of Medicine, partnered with the consultant for critical care to the surgeon general, Col. Kevin Chung, to bring this initiative to Madigan.

Madigan offers something no other large military treatment facility has — MHS GENESIS.

"MHS GENESIS is a truly virtual electronic medical record," Pamplin said. "It can be used anywhere, from anywhere, to provide care to whoever is in it. So, it is a phenomenal system for supporting virtual health, and in this context, virtual critical care."

An additional capability of these workstations, and virtual health overall, is to investigate new and innovative ways for delivering health care to warfighters. There may also be opportunities for it to augment the care that Madigan can provide, particularly in large or mass casualty scenarios.

"A remarkable part of virtual health is that it brings the collective knowledge and experience of our entire medical workforce, wherever we may be, to the point of need," Pamplin said.

The services being introduced at Madigan are provided by the Joint Tele-Critical Care Network — a parallel effort between Madigan, San Diego and the new virtual medical center at Brooke Army Medical Center, at Fort Sam Houston, Texas.

This network is designed to provide staffing, resources and influence to the Defense Health Agency system.

"The most amazing journey, I think, over the past year, is seeing how this project has influenced the strategic vision of the entire Defense Health Agency about how to apply virtual care services to combat casualties and beyond," Pamplin said.

Place made a note of the shift this center represents.

"This is a disruption innovation for our system," Place said. "It is a new way of providing care. It is a new way of delivering health care on the battlefield."

ALCOHOL AWARENESS MONTH

The oft-forgotten, negative health impacts of alcohol

Moderation can also assist with some waistlines

BY 2ND LT. LUCAS GRUDI
Madigan Dietetic Intern

Having trouble losing weight? Just can't seem to lose that last pound? Cutting down on alcohol may be just the cure. April is Alcohol Awareness Month and one forgotten aspect of alcohol to be aware of is the calories.

Just like carbs, fats and proteins, alcohol contains calories. One gram of alcohol contains seven calories. Unlike the other three nutrients, calories from alcohol are always considered "empty calories" because they serve no nutritional benefit to our bodies. Wine, beer and mixed drinks add empty calories in the form of sugar. Calorie content typically depends on the amount of added sugar in a particular drink.

A standard drink contains 98 calories coming strictly from

alcohol but varies in total calorie content. A standard drink is defined as one of the following — 12 fluid ounces of beer (5 percent alcohol), 5 fluid ounces of wine (12 percent alcohol), or 1.5 fluid ounces of 80 proof distilled spirits (40 percent alcohol).

A 7-ounce rum and soda will provide about 155 calories with the extra calories coming from the soda. Other beverages such as regular beer (150 calories), margaritas (168 calories) and Manhattans (164 calories) can have high calorie contents for one standard drink.

These calories can add up quickly. Three mixed drinks for a night will provide about 450 calories.

So, how much is safe to drink? The Dietary Guidelines for Americans recommend drinking in moderation — one drink per day for women and up to two drinks for men. However, not all drinks served at bars are standard drinks.

Certain beers such as IPAs, specialty beers and popular mixed drinks like Long Island



iced teas contain vastly more alcohol than one standard drink. Even drinking at a moderate level adds up. One beer a night for a week comes out to about 1,050 extra calories a week.

One professional who routinely sees the effect of alcohol on weight is 1st Lt. Vladi Ivanova, a registered dietitian and nutritionist and Madigan Army Medical Center's assistant chief of Outpatient and Community Nutrition; she counsels individuals looking to make a change for their health.

"Research indicates some benefits to drinking alcohol, such as high amounts of trace

minerals in craft beer and antioxidants in red wine," Ivanova said. "But moderation really is key. Besides providing empty calories from the alcohol and the mixers, people tend to make poor diet choices and overeat when intoxicated or hungover. When was the last time you craved a salad when hungover or drunk?"

If drinking is a part of your life, there may be steps to reduce the impact of alcohol on your weight. Here are four tips to help with alcohol related weight gain

First, start with water. Whether it's dinner in or a night out, starting with water is

always safe a bet. Drinking water helps you hydrate and allows for time to decide on the right drink.

You can also look up the calorie content before ordering. Knowing the calories in your drink is half the battle. Read the label or simply look up the calories online. A drink nearing 200 or more calories is either a high calorie drink or a non-standard drink. Either way, a lower calorie alternative may be a better choice.

In addition, you can decide to drink in moderation. Limiting the number of drinks you have can greatly reduce your calorie intake.

Finally, cut out one night of drinking per week. One night a week adds up. Over a year this could be a couple pounds or more lost simply from taking one night away from drinking.

Drinking empty calories can add up quickly. Eating a well-balanced diet within your caloric needs is key.

For more information on a healthy diet visit tinyurl.com/ybsafvly.

Community Ledger

ATTENTION

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



SNAPSHOT

Courage Ready

Soldiers from 2nd Battalion, 1st Infantry Regiment, 2nd Brigade, 2nd Infantry Division pull security during military operations training in urban terrain as part of the inaugural I Corps exercise Courage Ready 18-01 in Alaska, where they rapidly deployed to participate in realistic training events from April 17 to Monday.

CAPT. RICHARD PACKER
U.S. Army Alaska Public Affairs

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.

- May 25 - Army DONSA
- May 28 - Memorial Day
- June 15 - Army DONSA
- June 18 - Army DONSA
- June 29 - Army DONSA
- July 3 - Army DONSA
- July 4 - Independence Day
- July 5 - AF Family Day
- Aug. 3 - Army DONSA
- Aug. 6 - Army DONSA
- Aug. 31 - Army DONSA
- Sept. 3 - Labor Day
- Oct. 5 - Army DONSA
- Oct. 8 - Columbus Day
- Nov. 9 - Army DONSA
- Nov. 12 - Veterans Day

JOIN IN WINE AND CANVAS EVENT

Set your creativity free and join in the fun at the Wine and Canvas event at Nelson Recreation Center Friday from 6 to 8:30 p.m. Art supplies, light appetizers and your first glass of wine are included in the cost, plus you’ll get a chance to win a door prize. You’ll get instruction if you’re a beginner, and can see samples of completed paintings for inspiration. Seating is limited, and you must be age 21 or older to attend. Prepayment is required; register at JBLMmwrRegistration.com. The cost is \$30 per person. For more information, call 253-982- 6726/6718.

NEW BYOU TEEN GIRLS’ CLUB FRIDAY

Spend a girl-fueled power hour of creativity and awesome nosh at the new Be Your Own You girls’ club Friday from 6 to 7:30 p.m. at Grandstaff Library. We’ll experiment with fluid painting. We’ll explore marble art May 25. Grandstaff and Book Patch libraries are located at 2109 N. 10th on Pendleton Avenue at Lewis Main. For more information, call 253-967-5889.

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 jblmafc-scheckappointments.com.

SOS MOVES OFFICE TO WALLER HALL

Survivor Outreach Services moved from its former location to Waller Hall, 2140 Liggett Ave. It is now colocated with other support services in Waller Hall to better serve all Gold Star families. Check out the new space near Official Travel. SOS is committed to serving families of the fallen. When you call, you will be connected to a dedicated person who will guide you through available agencies and help you get the benefits and support you need. Save the date for an open house Tuesday. For more information, call 1-866-963-2538 or visit fb.com/SOS-WAState.

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. Two copies of commander-signed memorandums are required for admittance to the class. Next class is scheduled for Wednesday. 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.

RESERVE SPOTS FOR PARENT-SON DANCE

Enjoy a fun-filled evening at the Club at McChord Field’s Parent-Son Dance May 4 from 6 to 9 p.m. with appetizers, cake, punch, coffee, tea and DJ dancing. Reservations and prepayment are required; the cost is \$20 per pair and \$8 per additional son. For reservations, call 253-982-5581/0718. Payment is required prior to the event; no walk-ins allowed at the door.

JOIN MCCORD FIELD LIBRARY BOOK CLUB

The McChord Library’s Novel Navigators is an adult discussion group for book lovers that meets the second Wednesday of each month at the McChord Field Library at 4:30 p.m. The next meeting is May 9 to discuss “Mother Daughter Me, a Memoir” by Katie Hafner. Registration is required in person. Copies will be available at the circulation desk, 851 Lincoln Blvd., ground floor, on McChord Field. For more information, call 253-982-3454.

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 second Thursday of every month. Social time begins at 4:30 p.m. and official business at 5 p.m. Next meeting is set for May 10.

TAKE MOM OUT FOR A TASTY BRUNCH

The annual Mother’s Day Brunch is May 13 at the Club at McChord Field. Menu includes eggs, bacon, sausage, biscuits and gravy, potatoes, French toast, carved baron of beef, roast pork loin, chicken, glazed ham, baked macaroni and cheese, fresh veggies, cheese and fruit displays, cold seafood and assorted desserts. Seating is at 10 a.m., noon and 2 p.m. The cost is \$28.95 for ages 13 and older, \$14.95 for ages 4 to 12 and free for ages 3 and younger. Club members receive a \$2 discount. Reservations are required; call 253-982-5581. The Club is located at 700 Barnes Blvd.

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 May 15 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 jblmafc-scheckappointments.com.

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 “Among the Hidden” by Margaret Peterson Haddix for the May 16 book club meeting. The library is located at 851 Lincoln Blvd. on McChord Field. For more information, call 253-982-3454.

APPRECIATION DAY FOR RETIREES MAY 18

Regardless of your age or former branch of service, attend the Retiree Appreciation Day May 18 from 7:30 a.m. to 1 p.m. at the American Lake Conference Center, located at 8085 NCO Beach Road on Lewis North. Health fair, legal services, ID cards and more than 60 agencies, including survivor groups, veterans’ service organizations, Washington State Department of Veterans Affairs and the Social Security Administration, will be available to serve you. To register, visit jblm-retiree-appreciation-2018.eventbrite.com. For more information, call 253-966-5884.

MONTHLY RETIREMENT CEREMONIES ON JBLM

The JBLM monthly retirement ceremony will take place at Carey Theater at 2 p.m. on the following

dates: May 18, June 22 and July 20. Retirement ceremonies will not take place on Watkins Field this summer. If you are planning to retire and would like to participate, please call 253-477-1105. Anyone with access to JBLM is welcome to attend and support the retirees.

ENJOY ARMED FORCES DAY MAY 19

Experience the 2018 Armed Forces Day open house at McChord Field May 19 from 10 a.m. to 6 p.m. at Heritage Hill. Participate in a Volksmarch starting at 9 a.m. Enjoy and explore military static displays and on-board visits, living history displays, carnival rides, bounce houses, petting zoo, climbing wall and roving entertainers, plus your favorite fair foods and vendors. The day’s events are open to the general public; use McChordField.com/Armed-ForcesDay.com for the complete schedule.

PARENT-DAUGHTER DANCE SET FOR JUNE 1

Enjoy a fun-filled evening at the Club at McChord Field’s Parent-Daughter Dance June 1 from 6 to 9 p.m. with appetizers, cake, punch, coffee and tea and DJ dancing. Reservations and prepayment are required; the cost is \$20 per pair and \$8 per additional daughter. Dress as your favorite princess for this event. For reservations, call 253-982- 5581/ 0718. Payment is required prior to the event. No walk-ins allowed at the door.

TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

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

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

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

Hawk Job Fair take place Mondays (except DONSA 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.

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

Brown Bag Mini Job Fair
Wednesdays from 11:30 a.m. to 1:30 p.m. in Hawk Transition Center’s lobby. Walk-ins are welcome. Employer registration is now required by emailing shenathan.d.burton2.civ@mail.mil and mitch-el.s.watson.civ@mail.mil.

WorkSource Veterans Service Orientation Briefings
First and third Wednesdays of the month from 9 to 11 a.m. at 500 SW Seventh St., Renton. For more information, call 206-205-3500.

Get job training with Micro-soft Military Program Staff from the Pierce County Public Library are at McChord and

Grandstaff libraries the fourth Wednesday of each month at noon to explain the benefits of the Microsoft Military Program. Pierce County Library. Staff members are also available from 11 a.m. to noon and 12:30 to 1:30 p.m. to answer individual questions. Once you enroll in this free program, you can take Microsoft certification tests for the office specialist and technical assistant certifications. Tests are free, and study materials are available. For more information, email mmp@pcls.us. Grandstaff and Book Patch libraries are at 2109 N. 10th Street on Pendleton Avenue at Lewis Main; 253-967-5889. McChord Library is at 851 Lincoln Blvd. at McChord Field; 253-982-3454.

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

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

For more information, visit: camo2commerce.com/heroes or email rob@pacmtn.org.

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

Boots to Business Three-day workshop covers topics related to how to start a business. Gain tools and knowledge needed to identify a business opportunity, draft a plan and launch an enterprise. Day three is a field trip. Classes are at Hawk Transition Center. For more information, call 253-967-3258.

Onward to Opportunity
The NW Edge is a six-week program providing specialized transition workshops covering: speaking civilian, social media-LinkedIn, WA state economic demographics, resume tailoring, interviews, WA state opportunities, and a NW Edge social with employers. For more information, email Ben Dufay at bjdufay@syrr.edu.

COURT SECURITY OFFICER IN THURSTON COUNTY

Thurston County — Salary: \$18.54 hourly. Court security officers are utilized to provide on-call help to fill in for regular staff absences and provide security screening based on court security needs and requirements. Under the general direction of Superior Court the court security officers provide the day-to-day protection and security of the Thurston County Courts and

respective facilities by maintaining order and ensuring the personal safety and security of judges, staff and the general public. They also: operate and maintain the security screening stations in court facilities; monitor and respond to courtroom and court facilities emergency alarms and respond to calls for security services and assistance; perform a variety of technical duties for court security processes. For more information, visit governmentjobs.com/careers/thurstonwa.

CYBERSECURITY ENGINEER III POSITION IN BOTHELL

FUJIFILM Sonosite Inc. — Salary: DOQ. The cybersecurity engineer is part of the Systems Engineering team and is a key contributor, providing leadership and expertise in driving new and sustaining engineering product deliverables through all development phases. The successful candidate must be well-versed in security requirements, implementation, operations, cyber security tools, intrusion detection and network security. The ybersecurity Engineer will serve as an expert and be responsible for providing product, network and security operations technical analysis, assessment and recommendations in the areas of real-time security situational awareness, operational network system and applications systems security monitoring to sustain a products’ security posture throughout the life-cycle of the product. For more information about the job opportunity, visit sonosite.com/careers.

RESERVE TENTS, CABIN RENTALS ONLINE

Warm weather is on the way. Want to make reservations for tent camping, the travel camp or cabins at Lewis North? Reserve your place now at JBLMmwrRegistration.com. Here’s how:

- Sign in or create an account, if you don’t have one yet.
- Click on Outdoor Recreation under Family and MWR programs.
- Click on Northwest Adventure Center on Lewis North, then click which type of reservation you’d like to make — tent camping, travel camps or cabins — and follow the instructions at each window or field.

For more information, call 253-967-7744. Make your reservations for McChord Field’s Holiday Park by phone or in person. For more information, call 253-982-2206.

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 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.

MOVING RESOURCES AVAILABLE ONLINE

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

GET CREATIVE AT ARTS AND CRAFTS CENTER

Relax, de-stress and learn a new skill at the Arts and Crafts Center on McChord Field. Scheduled classes include sculpture, painting, drawing, book binding, knitting, sewing, quilting, Zentangle, matting/framing and more creative ideas. For class descriptions, visit jblmmwr.com/arts_crafts. For more information, call 253-982-6723.

FROM PAGE 1A

LANCER

competition in 2016,” Upreti said. “This year’s competition was more physically demanding than the previous one. You needed to break down the mental barrier that’s telling you to quit to have the stamina and drive to continue to the end.”

“Of all the events, the stress shoot was the toughest,” Krystallis said about the competition. “From the moment we finished the ruck march, we then had to do a variety of exercises and then qualify on the range.”

During the stress shoot, participants performed a series of tasks such as pulling a weighted medical evacuation sked, pushups and squats only to then run and engage targets with their assigned rifles.

The competition as a whole was designed to provide the most realistic training to exhibit the core skills Soldiers need rapidly deploy, fight and win against any threat in any environment.

Krystallis, with help from the noncommissioned officers in his unit, Ranger school preparation and a lot of rucking, was prepared to meet the challenges of the competition and position himself above his peers.

“I knew I had what it took to complete each event,” Krystallis said. “I just put 100 percent effort into every aspect of the competition. Not only have I made my unit proud of my achievement, but this makes me want to drive on and see what else I can do.”

“I want to keep going and not rest on my laurels. I’m excited about representing the brigade in the division competition and want to keep moving forward in my career.”

Upreti and Krystallis, along with other Lancer Soldiers, will represent the brigade in the upcoming 7th Infantry Division competition next week.



STAFF SGT. MICHAEL ARMSTRONG 2nd Brigade, 2nd Infantry Division Public Affairs

Sgt. Arbinda Upreti competes in the stress shoot competition April 18.

FROM PAGE 1A

MARKET

acoustic Fender guitar, artistically filled with autographs of various Texas-area musicians.

She had the artsy guitar autographed at various venues when she and her husband, Spc. Justin Wilson, and their four children: Mallory, 11; Sander, 9; Ranger, 3; and Gunner, 1, lived in Texas.

Wilson’s packed tables of items included lunch boxes and dolls of Wonder Woman, Beatrix Potter Peter Rabbit collectibles and a furniture-filled two-story doll house, as well as clothing and toys.

“Would you take \$50 for the guitar and case?” asked Capt. Kevin Sons, a public health nurse at Headquarters and Headquarters Company, Madigan Army Medical Center.

Although she’d priced the autographed guitar at \$80, Wilson quickly agreed to the sale and Sons headed over to his wife’s sale table to show her his bargain.

Sons’ family all “ooh’ed” and “ahh’ed” at the new musical addition to the family.

The Sons’ tables of sale items did well at the event. They had already sold enough glassware, lamps, books and recreational equipment to pay for the guitar, as well as the \$30 charge to rent the three tables of market space.

“We’re doing really well; people are flocking here because



SCOTT HANSEN Northwest Guardian

Jessie Esquiro, left, and Spc. Shoni Esquiro look over a collection of books for sale at the JBLM Spring Flea Market on Lewis Main Saturday.

the weather is so good,” Teresa Sons said, adding she was glad there was an opportunity to haul anything they didn’t sell during the day to the nearby Lewis Thrift Store.

“It’s fun seeing what everyone

else is buying and getting rid of a lot of stuff we don’t need,” Emily Sons, 15, said.

Major Melissa Hammett, 446th Aeromedical Evacuation Squadron, had a table filled with books clothing, shoes and mis-

cellaneous items that garnered a lot of interest from shoppers at the event. She quickly sold a pet carrier for \$13 and a purse for about the same amount.

Hammett has been in the Air Force for 22 years and at

JBLM for much of that time.

“You accumulate a lot through the years,” she said. “It’s great to have the Flea Market to get rid of what you don’t need anymore.”

FROM PAGE 1A

DEFENSE

technology.

“The way I tend to think about it is, ‘How do we restructure ourselves so we can be much more productive and much more responsive?’” Shanahan said.

That question has different answers, depending on the segment, he said. On the intelligence side, he explained, it boils down to leveraging artificial intelligence to make better decisions with the volumes of information that comes to DOD.

Another organization in the Fourth Estate is the Defense Health Agency, which has hundreds of clinics.

“How do we combine them in a way that drives cost down because there is a common procurement system?” he asked.

The DOD chief management officer is going after six major areas that need to be re-engineered and consolidated, Shanahan said, noting that the biggest leverage there is real synergy at the DOD level.

“Today, we are parsed by



JIM GARAMONE Department of Defense News Service

Deputy Defense Secretary Patrick Shanahan, middle, answers questions at a Defense Writers Group forum in Washington, D.C., Tuesday. Shanahan discussed reforms and re-engineering in the department.

service and we are leaving a lot of productivity on the floor,” he said. “We have 10 different ways to do the same thing. These are issues that every large organization runs into.”

In the world of Ellen Lord, the undersecretary of defense for

acquisition and sustainment, Shanahan said, reform and re-engineering are different, so she needs to understand how to make it easier to do business with the government. It also entails how the department picks the right industrial part-

ners for modernization, he added.

The fact that the chairman of the House Armed Services Committee is also approaching this issue gives support to DOD’s efforts, Shanahan said.

The deputy secretary said he

doesn’t want this effort to be viewed as a “people problem” or as a way to reduce the workforce.

“There is this assumption that there are all these people standing around with their hands in their pockets and not working hard,” he said. “What we find is we have processes and management systems and (information technology) systems that have evolved over years and years that were never designed to scale to the size that we are, and so people are stuck in processes that ... aren’t as productive as they could be.”

The Defense Information Systems Agency has a number of data centers, he said, and if those are consolidated there will be a reduction in the number of people needed to run them.

“The art form here is, ‘Then what do you do with the benefits?’” he said. “The reason I hesitate to talk about it as a people issue is it is not a people issue. People are the solution, not the problem. From a management standpoint, the easiest thing to do is redraw the lines and boxes on an org chart, but it is actually the hardest thing to implement.”

FROM PAGE 1A

BUILDING

ing the roof, windows and looking to ensure the structure is good before moving a few walls and other minor, structural renovations inside.”

Markham said being able to repurpose the structure not only saves money but also time. Buildings in the current military construction timeline for new proposed projects won’t be ready until 2025. Couple that with the estimated \$60 to \$80 million cost of a new training facility of this size and the renovation just makes more sense.

When Barbara Farino, JBLM Training Support Branch chief, heard about the plans to move the troop school into old Evergreen she said, “it was like winning the lottery.”

The current troop school is functioning out of 13 classrooms

that need to be reconfigured for the various lessons. The new space is anticipated to have 34 classrooms, a dining area and conference center.

“Right now we’re limited by our footprint and capacity,” Farino said. “When we move to the new facility it’s going to not only increase our number of classrooms but make the learning environment more conducive to learning. It will be better overall for the Soldiers.”

In addition to the limited space, Soldiers often have to leave the area for required training cutting into the unit’s training funds. Because local training doesn’t incur additional expenses, once renovations are complete, the need to travel off-site is expected to be reduced, bringing down unit training budgets.

Robert Delgado, Enterprise Multimedia Center visual information manager, spoke about their support functions and current and projected capabilities.



SGT. URIAH WALKER 5th Mobile Public Affairs Detachment

The old Evergreen Elementary School on Lewis Main will soon be home to the Enterprise Multimedia Center and conference center.

“We’re in two locations now, one on (Lewis Main) where we do (Department of Army) photos and multimedia production work, and another on McChord Field that takes care of all of the

graphics and signs you see on the installation,” Delgado said. “We’re bursting at the seams with production requests. The school house is going to give us a larger footprint to better facil-

itate a larger flow of DA photos and production capabilities.”

The plans include four editing suites, a television studio, two DA photo studios, eight changing rooms and the gymnasium will be dedicated to the graphics department which will give them full capability to produce larger products such as rehearsal of concept drill maps and large banners.

Farino and Delgado both expressed their excitement for this project — from expanded teaching capabilities and production assets, to establishing the first completely wireless training campus in the Army.

While the expected completion date is still several years out, with the priority now being to preserve the structure, and the final layout still being flexible at this stage, ultimately the improvements are expected to greatly benefit the entire installation.

IIID

Sports

JBLM COMMANDER'S CUP TEN-MILER QUALIFIER

Ten-Miler hopefuls pace field at qualifier

Participants battle for a chance to compete in annual Army race

BY DEAN SIEMON
Northwest Guardian

Despite only training for four weeks, Richard Williams finished first overall with a time of 59 minutes and 32 seconds at Joint Base Lewis-McChord Commander's Cup Ten-Miler Qualifier event April 20 at Family and Morale, Welfare and Recreation's Festival Tent on Lewis Main.

"This is great," Williams said. "I've put on four pounds. I was hoping to come in around an

hour and four minutes."

Williams, a sergeant with Madigan Army Medical Center, strained both of his Achilles tendons during a deployment last year. This likely impacted his performance with the JBLM active-duty men's team last October when he ran with a time of 1:04:32.

Williams was part of the JBLM men's team that finished sixth amongst all active-duty teams running in Washington, D.C. He's hoping to increase his

workouts from 25 to 50 miles per week in an effort to cut his time before the 2018 Army Ten-Miler Oct. 7.

"I'm trying to get down to 55 (minutes)," Williams said.

The second fastest male overall was Staff Sgt. Shawn Jenkins of 508th Military Police Battalion, 42nd Military Police Brigade, with a time of 1:01:43. First lieutenant Joseph Potter, 2nd Battalion, 1st Infantry Regiment, 2nd Brigade, 2nd Infantry Division, took third overall with a time of 1:01:50.

Potter competed in the qualifier with his wife, 1st Lt. Sarah Schreck of 864th Engineer Battalion, 555th Engineer Brigade,

who took first place overall among women.

"She was originally going to do it by herself, but she mentioned (the chance to compete run together in D.C.)," Potter said. "She would still beat me."

Schreck finished with a time of 1:04:34, which was the sixth best time among all runners. A former collegiate runner at the University of California, Santa Barbara, Schreck said it had been awhile since she ran 10 miles in a single run.

"I figured I would see what shape I was in," Schreck said. Second Lieutenant Lindy



DEAN SIEMON Northwest Guardian

Richard Williams finished first overall in 59:32 April 20.

SEE RACE, 2B

NORTHWEST MILITARY MASTERS BOWLING TOURNAMENT



SCOTT HANSEN Northwest Guardian

Christopher Heron, who participated in the All-Army team trials for the 2018 Armed Forces Bowling Championships earlier this month, competes in the 12th annual Northwest Military Masters Bowling Tournament at Bowl Arena Lanes on Lewis Main Saturday.

BOWLERS LET GOOD TIMES ROLL ON JBLM

Field includes active-duty service members, veterans and civilians

BY DEAN SIEMON
Northwest Guardian

In March, Steve Fontana retired from 13 years between both Bowl Arena Lanes and Sounders Lanes on Joint Base Lewis-McChord. He could have handed the reigns of running the annual Northwest Military Masters bowling tournament to someone else, but he returned to host the tournament's 12th year inside Bowl Arena Lanes Saturday because he's passionate about the sport and seeing it grow in the military community that he's been a part of since 1980.

"My first job, they appointed me manager of a 32-lane facility," Fontana said. "(Bowling) made me a good living for my

family, and I've been blessed."

The field of 21 bowlers included a mixture of active-duty service members, veterans, retirees, family members and Department of Defense civilian employees. With different careers and backgrounds, the one commonality is bowling.

Duke Ellington, a retired Air Force master sergeant and current administrator for Madigan Army Medical Center's Andersen Simulation Center, competed in the Northwest Military Masters for the 11th time. He said he's always bowled in leagues at every base he was stationed.

It's common for there to be a sense of fraternity with familiar



Christopher Heron, left, and Chris Arterburn chat between rounds at the Northwest Military Masters Bowling Tournament Saturday.

SEE BOWLING, 2B

ON THE SCHEDULE

WHISPERING FIRS TO HOST 2018 MEMBERSHIP DRIVE Golf: Service members can purchase annual green fees for 25 percent off Friday-Monday at Whispering Firs Golf Course on McChord Field to receive 18 holes of golf with a cart for \$25. For more information, call 253-982-2124.

ENROLL THE KIDS FOR SPRING YOUTH SPORTS Youth: Enroll children ages 5 to 15 for flag football and cheer-leading now-May 21 for \$55 per youth. Enrollment opens Tuesday for fall soccer for ages 5 to 15 at \$55 per youth and bumble-bee soccer for ages 3 and 4 at \$25 per youth. Children must be registered with Child and Youth Services and have a current sports physical. Visit jblmcysregistration.com. For more information, call 253-967-2405.

ENTER THE 60TH ANNUAL FORT LEWIS AMATEUR Golf: The 60th annual Fort Lewis Amateur golf tournament is May 5-6 at Eagles Pride Golf Course on Lewis Main. Registration is \$145. For more information, call 253-967-6522.

FAMILY FUN AT DOWN AND DIRTY MUD RUN Races: Register now for the Down and Dirty Mud Run May 12 at Soldiers Field House on Lewis Main. Early bird registration ends Tuesday at 11:59 p.m. Department of Defense cardholders will pay \$20; others pay \$30. Runners are encouraged to wear superhero-themed attire. Race bib pickup starts at 9 a.m., with three heats starting at 11 a.m., 11:30 a.m. and noon. For more information, call 253-967-7311.

COMMANDER'S CUP SOFTBALL STARTS JUNE 11 Intramural: The Commander's Cup Softball League kicks off June 11. Informational meetings are May 30 at noon at Nelson Recreation Center or May 31 at noon at the McChord Fitness Center. Active-duty service members at JBLM can apply. For more information, call 253-967-1195.

JOIN THE SOUND TO NARROWS MILITARY RUN Races: Active-duty service members assigned to JBLM can register for the 2018 Sound to Narrows Military Run June 9 at Vassault Park in Tacoma. Competition features three divisions: Super Squad, eight to 10 runners; Company Formation Run, 20 to 39 runners; and Battalion Formation Run, 40 runners or more. For more information, visit jblmmwr.com/races.

HEALTH & FITNESS

62nd Med. Bde. officer finishes chilly Boston Marathon

Runners battle cold, wind, rain

CAPT. JENNIE ARMSTRONG
593rd Expeditionary Sustainment Command

Running a marathon is a tough task; it can be even harder when athletes are in 40-degree weather and faced with two inches of rain along 26.2 miles of road. Add in head winds, as high as 40 miles per hour,

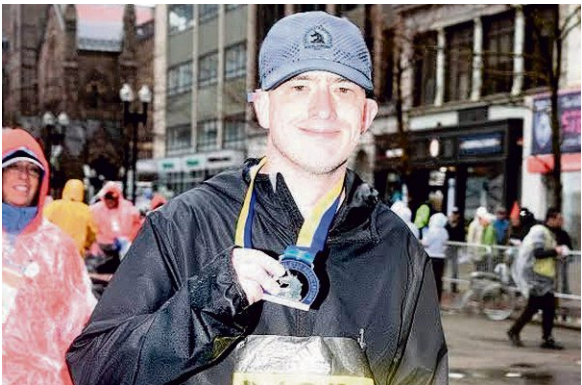
driving rain into the runners' faces as they're heading toward Boston.

This was the experience of all the runners in the 122nd Boston Marathon April 16, to include Lt. Col. Sebastian Schnellbacher, commander of the 98th Medical Detachment Combat Stress Control, 62nd Medical Brigade.

The Boston Marathon is unlike other marathons. Most runners need to have a qualifying time from a previous marathon in order to be able to run in the

race. The Boston Athletic Association waves this requirement for a few service members each year who have deployed within the past 12 months. Schnellbacher submitted to run this year's marathon after being deployed to Kuwait from August 2016 to May 2017.

He finished with a time of 5 hours, 45 minutes, 18 seconds. "It wasn't the experience I was expecting, but it was a good



Lt. Col. Sebastian Schnellbacher poses with his medal after he ran in the 122nd Boston Marathon April 16.

SEE BOSTON, 2B

MarathonFoto

FROM PAGE 1B

RACE

Jones of 62nd Aircraft Maintenance Squadron was the second fastest female with a time of 1:05:32. In third was 1st Lt. Dana Larsen of Madigan.

First lieutenant Jessica Knoll of Headquarters and Headquarters Company, 555th Engineer Brigade, a returning JBLM women’s team runner, had her best qualifying time ever at 1:07:38 — which was good for fourth overall.

After seeing the new prospects’ times before her, Knoll said

she is excited to help build on the JBLM women’s second place finish among all active-duty women’s teams at last year’s Army Ten-Miler.

“I’m ready to start practice this evening,” Knoll said moments after the race.

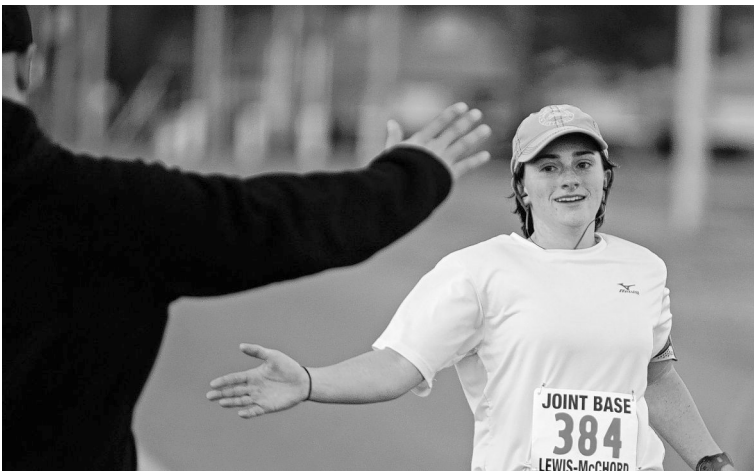
The top five males and five females that come from JBLM’s qualifying races will make up the active-duty teams competing in the 2018 Army Ten-Miler. The next qualifying opportunity will take place during the JBLM Freedom Run at Family and MWR’s Fest Tent July 21.

While JBLM’s best runners were competing for early spots

on the Army Ten-Miler teams, units were still competing for the Commander’s Cup intramural title. A total of 66 male and female runners earned medals and points for the top three places in each age group: 19 and younger, 20 to 29, 30 to 39, 40 to 49 and 50 and older.

The 42nd MP Bde. finished with a total of 25 team points, followed by the 555th Engr. Bde. with 22 points. Madigan and 16th Combat Aviation Brigade finished with a third-most 10 points.

Dean Siemon: 253-477-0235, @deansiemon



DEAN SIEMON Northwest Guardian

Sarah Schreck celebrates as she crosses the finish line during the JBLM Commander’s Cup Ten-Miler Qualifier on Lewis Main April 20.



SCOTT HANSEN Northwest Guardian

Johnny Lettery rolls a strike during the 12th annual Northwest Military Masters Bowling Tournament at Bowl Arena Lanes on Lewis Main Saturday.

FROM PAGE 1B

BOWLING

faces who often return for the annual bowling tournament on JBLM.

“You like to stay friends with everybody,” Ellington said. “It’s fun, and it keeps the military spirit together.”

Former Army corporal Chris Brewer, who is a biomedical equipment repairman at Madigan, said he’s the kind of bowler who enjoys to “chit chat” with the regulars, as well as new faces. Although, it is a cash prize tournament with a \$100 entry.

“Some people take it serious, but it’s not a million dollar tournament,” Brewer said. “But if folks don’t want to chit chat, that’s fine by me.”

The tournament does attract plenty of talented bowlers from JBLM and nearby communities. The average bowler in this tournament bowls around 190.

The field of bowlers included Staff Sgt. Chris Arterburn, 46th Aviation Support Battalion, 16th Combat Aviation Brigade, and Staff Sgt. Christopher Heron, Headquarters and Headquarters Battalion, 17th Field Artillery Brigade. Both attended the All-Army trials for the 2018 Armed Forces Bowling Championships earlier this month.

One new ace was Sgt. Johnny

Final results

Stepladder final — Kai Pedro defeats Christopher Heron, 180-160

Stepladder semifinal — Kai Pedro defeats Dane Terpone, 203-195

Top pin totals after qualifying and match play — 1) Christopher Heron, 2,906; 2) Kai Pedro, 2,841; 3) Dane Terpone, 2,653; 4) Nicholas Bachteler, 2,639; 5) Chris Arterburn, 2,474; 6) Leo Funari, 2,466.

Lettery of Headquarters and Headquarters Company, I Corps. He arrived to JBLM last July and competed in the NW Military Masters for the first time.

Lettery often played in tournaments off base while stationed in Japan. He said he was looking forward to listening to what the other bowlers had to say about his form and technique.

“I feel like I get tips every time I bowl, so I’m always improving my game,” Lettery said.

Another new face was Chief Master Sgt. Nick Hollinger, the senior enlisted adviser for JBLM Garrison command. Although he’s never competed in any



Duke Ellington competes during the 12th annual Northwest Military Masters Bowling Tournament at Bowl Arena Lanes on Lewis Main Saturday.

JBLM tournaments, Hollinger said he sees himself changing that when he retires in June.

“I figured why not,” Hollinger said. “(I’m) seeing what the competition is here locally. As I’m getting closer to retirement,

I’m really interested in seeing what the local talent can do.”

The final cash prizes — \$750, \$550, \$275, \$200, \$175 and \$150 — went to the top six bowlers who advanced from the qualifying rounds. There were

also side pots bowlers bought into for having the highest scores in each qualifying game — \$50, \$25 and \$15.

“If you average 190 or higher, you should at least try it once,” Brewer said.

FROM PAGE 1B

BOSTON

experience,” Schnellbacher said. “I was interested in the experience after I ran the Boston Shadow Marathon in Kuwait. I kind of wanted to also experience the real thing as well. With that being said, it was a tough race — your shoes were filled

with water, you’re soaking wet and the wind is blowing in your face.”

The Boston Athletic Association brings the Boston Marathon Shadow Runs to thousands of U.S. Armed Forces personnel stationed overseas so they can participate in shadow version of the Boston Marathon.

“This is an official Boston Marathon just in Kuwait,” Schnellbacher said. “It was 26.2

miles on gravel and sand instead of the streets of Boston.”

Schnellbacher has only run three marathons in his life — two while deployed to Kuwait and the Boston Marathon.

“I don’t consider myself a runner,” he said. “I would just increase my normal distance from a couple miles to adding a half a mile each week while I was deployed. Then, I increased it by a mile each week to the

point where I was running a marathon. So, it was just a personal goal that happened during deployment. It was an experience that was worthwhile. I am glad I did it.”

The marathon is always hosted on Patriots’ Day, the third Monday in April.

The Boston Marathon is the world’s oldest annual marathon. It’s also one of the six world’s championship-style

competitions for marathon runners and one of the world’s best-known road racing events.

“My goal at the time was just to finish, have fun and enjoy the race,” Schnellbacher said. “Even though it was pouring, there were still thousands upon thousands of people lining the streets. So, you would wave to them and give them high fives and just enjoy the race as you run it with them.”

Armed Forces Day

Free Admission!

Static Military Aircraft & Vehicles:
C-17s, C-130, Strykers, Apache & Blackhawk Helicopters!
Historical Reenactors, Fair Food, Carnival, Kids' Activities & more!

Open to the public!
Use North Gate on 112 St. & S. Tacoma Way

McChord Field Heritage Hill

Saturday, May 19

10 am–6 pm

JBLMArmedForcesDay.com

PRESENTED BY INFINITI OF TACOMA AT FIFE

NORTHWEST ADVENTURE CENTER

OPEN HOUSE

& Community Yard Sale

8085 NCO Beach Rd., Lewis North

SATURDAY, MAY 12

9 a.m.–3 p.m.

- BUY used equipment rentals
- FREE Family activities: rock wall, inflatable games & bounce houses
- FIND OUT ABOUT our trips & adventures

20% storewide SAVINGS!

Sell your items at our Community Yard Sale! Secure your spot by calling 253-967-7744.

Federal endorsement not implied

MOTHER'S DAY Brunch

Sunday, May 13

\$28.95 for ages 13 & older
\$14.95 for ages 4–12;
Free for ages 3 & younger

Reservations required at the Club at McChord Field: 253-982-5581
Club members receive \$2 discount per meal.
Seating is 10 a.m., noon and 2 p.m.
The Club is at 700 Barnes Blvd.

Federal endorsement not implied

STRONG B.A.N.D.S. with a STORYWALK

The entire month of May

StoryWalk combines two of our favorite activities – reading and taking a walk. Each StoryWalk will begin outside near each library. Just follow along the trail reading the pages of some of our favorite books at each stop along the way. Stop by either the McChord or Book Patch libraries anytime in May to learn where the trail starts in your area. When you finish your book return to the your library and claim your prize!

The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Vermont Bicycle & Pedestrian Coalition and the Kellogg Hubbard Library.

Call or visit your library for more details.

BOOK PATCH LIBRARY
Mon.–Fri. 10am–6pm
2109 N 10 & Pendleton
Lewis Main
253-967-5533

McCHORD LIBRARY
Mon.–Fri. 10am–6pm
851 Lincoln Blvd.
McChord Field
253-982-3454

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

Federal endorsement not implied

ARTS & CRAFTS CENTER PRESENTS WINE & CANVAS

Friday, April 27

6 – 8:30 P.M. • \$30

Nelson Recreation Center
Includes materials, snacks & a glass of wine

3168 2nd Division Dr.
JBLM Lewis Main
JBLMmwr.com

Registration is required.
Registration can be made on JBLMmwrRegistration.com or by calling 253.982.6726/6721

This Event is for 21 & older

Federal endorsement not implied

You're invited! PARENT & SON DANCE

Friday, May 4

6–9 p.m.

Club at McChord Field

\$20/pair • \$8 per additional son.
Prepayment & reservations required.

Call 253-982-5581 for reservations

Federal endorsement not implied

The Novel Navigators

Adult Book Discussion Group

May 9 • 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 "Mother Daughter Me" by Katie Hafner.

Registration is required.

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

Federal endorsement not implied

JBLM DOWN & DIRTY MUD RUN 2018

5K Fun Run & Obstacle Course

Saturday, May 12

Soldiers Field House

JBLMmwr.com/races
Questions? Call 253-967-7311

Federal endorsement not implied

SEATTLE SEAWOLVES

MAJOR LEAGUE RUGBY

\$25 EACH

SEE THE ACTION WITH TICKETS FROM LEISURE TRAVEL SERVICES

GAMES AVAILABLE:
APR 22 & 28, MAY 20 & 27

LTS IS LOCATED INSIDE BOWL ARENA LANES AT 2272 LIGGETT AVE. AT LEWIS MAIN. 253-967-3085

Federal endorsement not implied

JBLM CG SCRAMBLES

FRIDAY, MAY 11

1300

WHISPERING FIRS GOLF COURSE

4-person scramble • \$35 per person (includes green fee, cart rental and chance to win prizes)
Register as a team or single by the Tuesday prior to each date

982-2124

Federal endorsement not implied

WARRIOR ZONE TEXAS HOLD 'EM

10-WEEK TOURNAMENT

EVERY WEDNESDAY

SPRING 2018
STARTED APR. 18
FINAL STARTS JUN. 27

REGISTRATION: 6 PM
TOURNAMENT: 6:30 PM
\$7 ENTRY FEE

Weekly winners get a \$50 Visa gift card. First place winners from each week, along with the top 30 ranking players, compete in the finals.

Federal endorsement not implied

KEEP IN TOUCH ON THE GO!

with JBLM MWR's apps for iOS & Android.
Event Info, GPS directions & Hours of Operation



Free Admission!

Static Military Aircraft & Vehicles:
C-17s, C-130, Strykers, Apache & Blackhawk Helicopters!
Historical Reenactors, Fair Food, Carnival, Kids' Activities & more!

Armed Forces Day



Open to the public!
Use North Gate on 112 St. & S. Tacoma Way

McChord Field
Heritage Hill

Saturday,
May 19
10 am–6 pm

JBLMArmedForcesDay.com

No federal endorsement of sponsors implied.

PRESENTED BY INFINITI OF TACOMA AT FIFE



NORTHWEST ADVENTURE CENTER **SATURDAY, MAY 12**
9 a.m.–3 p.m.

OPEN HOUSE

- BUY used equipment rentals
- FREE Family activities: rock wall, inflatable games & bounce houses
- FIND OUT ABOUT our trips & adventures

20% storewide SAVINGS!
*except firearms

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The Club is at 700 Barnes Blvd.

Kids come celebrate **STRONG B.A.N.D.S.** with a **STORYWALK**
The entire month of May

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Questions? Call 253-967-7311

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MAJOR LEAGUE RUGBY

\$25 EACH

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LTS IS LOCATED INSIDE BOWL ARENA LANES AT 2272 LIGGETT AVE. AT LEWIS MAIN. 253-967-3085

OPEN TO ALL 10 CARDHOLDERS!

FRIDAY, MAY 11
1300

WHISPERING FIRS GOLF COURSE

4-person scramble • \$35 per person (includes green fee, cart rental and chance to win prizes)

Register as a team or single by the Tuesday prior to each date

982-2124

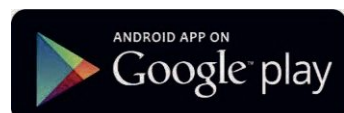
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10-WEEK TOURNAMENT
EVERY WEDNESDAY

SPRING 2018
STARTED APR. 18
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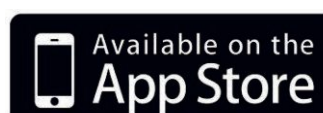
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\$7 ENTRY FEE

Weekly winners get a \$50 Visa gift card. First place winners from each week, along with the top 30 ranking players, compete in the finals.

AGES 18+ FOR DETAILS CALL: (253)477-5756



KEEP IN TOUCH ON THE GO!
with JBLM MWR's apps for iOS & Android.
Event Info, GPS directions & Hours of Operation




Armed Forces Day

JOINT BASE LEWIS-McCHORD

Open to the public!

Use North Gate on 112 St. & S. Tacoma Way

Free Admission!




McChord Field-Heritage Hill

May 19, 10 am–6 pm

Static Military Aircraft & Vehicle Displays: C-17s, C-130, Strykers, Apache & Blackhawk Helicopters! Historical Reenactors, Fair Food, Carnival, Kids' Activities & more!

JBLMArmedForcesDay.com



No federal endorsement of sponsors implied.



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INFINITI

EMPOWER THE DRIVE™



JBLM DOWN & DIRTY MUD RUN

2018

5K Fun Run & Obstacle Course

Saturday, May 12

Soldiers Field House

JBLMmwr.com/races

Questions? Call 253-967-7311



No federal endorsement implied.



JBLM
NORTHWEST

guardian weekend

SECTION C

ALSO INSIDE:

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



COVER STORY

THIS MUD'S FOR YOU

A preview of
the annual
JBLM Down
and Dirty
Mud Run, 3C

FOR THE WEEK OF APRIL 27 TO MAY 3

27

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

STRIKE ZONE AT SOUNDERS LANES
11 a.m. to 9 p.m. Shrimp basket for \$8.25.

WARRIOR ZONE DINING Caprese burger or Reuben sandwich for \$7. Ages 18 and older.

28

SAMUEL ADAMS BREWHOUSE AT EAGLES PRIDE Open to the public. Half-sandwich and house salad for \$7.95.

WARRIOR ZONE DINING Pickle fries with dipping sauce for \$3.50 and garlic cheese bread for \$3.95.

29

WHISPERING FIRS HABAÑERO MEXICAN GRILL 7:30 to 10:30 a.m. Enjoy a traditional Sunday breakfast with a view.

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

30

WARRIOR ZONE DINING Warm brownie a la mode with chocolate sauce for \$4.50; New York cheesecake with caramel, chocolate or raspberry sauce for \$4.50. Ages 18 and older.

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

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

1

SAMUEL ADAMS BREWHOUSE JBLM
4 to 10 p.m. Enjoy our burgers, wraps, salads, flatbreads, appetizers and 16 brews on tap.

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

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

BATTLE BEAN AT STONE EDUCATION CENTER 7:30 a.m. to 5 p.m. Monday-Thursday; open until 2 p.m. Friday. Take away breakfast and lunch with a variety of pastries.

2

STRIKE ZONE AT SOUNDERS LANES
11 a.m. to 8 p.m. Pulled pork sandwich for \$8.25.

WHISPERING FIRS HABAÑERO MEXICAN GRILL The hefty 6-pound burrito challenge is back. Order between 11 a.m. and 2 p.m. If you can eat it in 45 minutes or less, it's on the house.

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.

3

SAMUEL ADAMS BREWHOUSE AT EAGLES PRIDE
11 a.m. to 2 p.m. Open to the public. Bring in the kids for right-size meals just for them. Purchase a half-sandwich and salad for \$7.95.

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

SAMUEL ADAMS BREWHOUSE JBLM
4 to 10 p.m. Shoot some pool and watch big-screen TV with dinner or appetizers and 16 brews on tap.

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

JOINT BASE LEWIS-MCCHORD MARKETPLACE DIRECTORY

Battle Bean at AFC Arena253-964-8837

Bowl Arena Strike Zone253-967-4661

Caddy Shack Bar & Grill253-964-2792

Cascade Community Center/Heroes Lounge253-964-0331

Globemaster Grill at McChord Club253-982-5581

McChord Catering253-982-8175

The Bistro at Russell Landing253-964-2813

The Warrior Zone (Lewis North)253-477-5833

Whispering Firs Habanero Mexican Grill253-982-3271

To see menus, visit JBLMmwr.com.

AT THE MOVIES

Carey Theater
on Lewis Main

Avengers: Infinity War (PG-13)
Friday at 12:01 a.m.

Avengers: Infinity War (PG-13)
Friday at 7 p.m.

Avengers: Infinity War (PG-13)
Saturday at 1 p.m.

Avengers: Infinity War (PG-13)
Saturday at 7 p.m.

Avengers: Infinity War (PG-13)
Sunday at 1 p.m.

Avengers: Infinity War (PG-13)
Sunday at 7 p.m.

Avengers: Infinity War (PG-13)
Thursday 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
REGAL LAKEWOOD STADIUM 15: 844-462-7342 411#

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

EATONVILLE
ROXY THEATRE: 360-832-7699

SOUTH KING COUNTY
CENTURY FEDERAL WAY 16: 253-946-0942
FEDERAL WAY GATEWAY 8: Not available by phone, online fandango.com
AUBURN STADIUM 17: 253-735-6721

YELM
YELM CINEMAS: 360-400-3456

OLYMPIA/LACEY
MARTIN VILLAGE STADIUM 16: 360-455-5003
CENTURY OLYMPIA: 360-943-0769



Walt Disney Studios Motion Pictures

An ensemble cast featuring Robert Downey Jr., Chris Hemsworth, Mark Ruffalo, Chris Evans, Scarlett Johansson, Benedict Cumberbatch, Don Cheadle, Tom Holland, Chadwick Boseman, Paul Bettany, Elizabeth Olsen, Anthony Mackie, Sebastian Stan, Danai Gurira, Letitia Wright, Dave Bautista, Zoe Saldana, Josh Brolin and Chris Pratt stars in the new Walt Disney Studios Motion Pictures release, “Avengers: Infinity War.”



SCOTT HANSEN Northwest Guardian / 2017

Hundreds of runners will make their way through mud, water and other obstacles during the annual JBLM Down and Dirty Mud Run at Soldiers Field House on Lewis Main May 12.

JBLM DOWN AND DIRTY MUD RUN

Here's mud in your eye

BY DEAN SIEMON
Northwest Guardian

There are plenty of fun runs on Joint Base Lewis-McChord throughout the year; but only

one encourages you and the family to jump in the mud.

JBLM will be hosting its annual Down and Dirty Mud Run May 12 outside of Soldiers Field House on Lewis Main. Hundreds

of runners are expected to be released in three heats — 11 a.m., 11:30 a.m. and noon — onto a 5K course filled with mud pits,

SEE MUD, 7C



Participants are sprayed with a fire hose while slogging through mud during the 2017 Down and Dirty Mud Run at Soldiers Field House.

APRIL 28

INTRODUCTION TO
SEA KAYAKING CLASS

Learn the basic skills needed for sea kayaking.

From paddling skills to rescue skills, participants can leave this trip feeling more confident and comfortable in a kayak.

Minimum age: 12; difficulty: beginner; distance: 2 to 3 miles; paddle time: five to six hours.

Meet at the Northwest Adventure Center at Lewis North at 9 a.m.

Preregistration required. **\$45.**

PACIFIC NORTHWEST
BACKCOUNTRY HIKING

A trip for those new to the Pacific Northwest or looking at getting out and explore the wonderful trails in the region.

The Northwest offers miles and miles of beautiful trails, often leading into the backcountry.

Learn how to plan a hike, navigate permitting and better understand what challenges and rewards found on a hike.

This free seminar will take place at the Northwest Adventure Center on Lewis North at 11 a.m. **Free.**

APRIL 29

FULL MOON PADDLING
ON AMERICAN LAKE

Meander the water trails of American Lake by the light of the full moon.

Paddle and listen closely for the nocturnal wildlife prowling its territory. Minimum age: 12; children younger than 18 must be accompanied by a parent or legal guardian.

Meet at the Northwest Adventure Center at Lewis North at 7:30 p.m. Preregistration required. **\$35.**

COAL MINER TRAIL
MOUNTAIN BIKING TRIP

An incredible local day trip. Ride on gentle terrain across the Coal Miner Trail from Cle Elum to the preserved town of Roslyn, famous for the filming site of Northern Exposure.

Go the 3.2 miles up the scenic gravel trail to explore many businesses from the show still functioning today. Gear is provided.

Minimum age: 14; children younger than 18 must be accompanied by an adult. Must preregister. Meet at the Northwest Adventure Center at Lewis North at 8 a.m. **\$65.**

MAY 5

A CHANCE TO FLOAT ON
NISQUALLY RIVER

Enjoy a trip down the beautiful Nisqually River, a nearby adventure that allows participants to paddle through the many exciting class-II rapids.

Gear, instruction and transportation is included. Minimum age: 12. No rafting experience necessary.

Meet at the Northwest Adventure Center at Lewis North at 9 a.m. Ask about our private trips for groups and units.

Groups of 24 or more are just \$50 per person. Preregistration required. **\$55.**

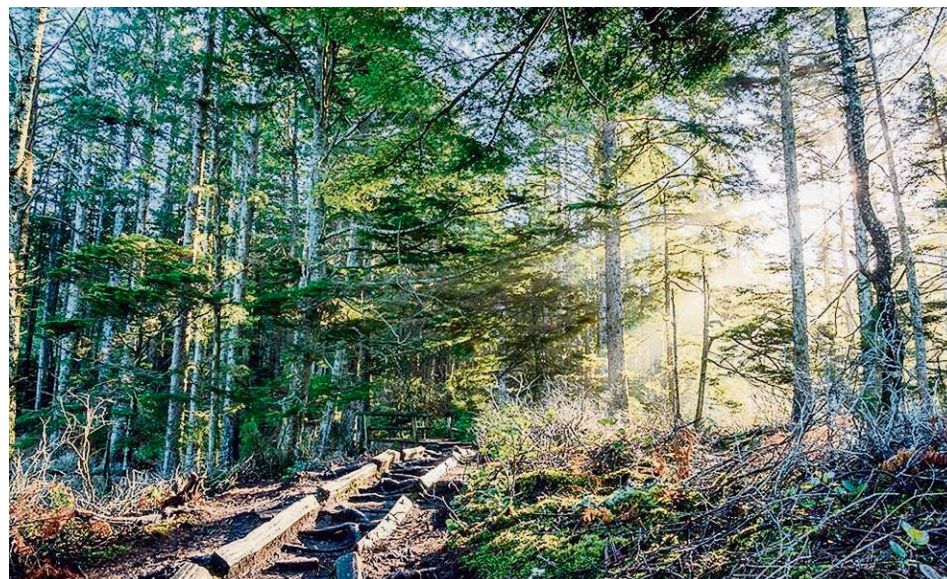
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The perfect training session for anyone looking to learn the fundamentals of photography.

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Learn the basic principles of photography including:

- Camera settings - Learn the settings and get camera set up right.



KAWEKA STONEY JBLM Outdoor Recreation

JBLM Outdoor Recreation will host a free seminar on Pacific Northwest hiking at the Northwest Adventure Center Saturday.

- 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

younger than 18 must be accompanied by parent or guardian.

Meet at the Northwest Adventure Center at Lewis North at 9 a.m. **\$45.**

*The Anti-Semitic Side of Martin Luther
You Need to Know*

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AGING EXPO 2018

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Pierce College Campus Center Building
Puyallup, WA 98374

Directions www.pierce.ctc.edu/maps
To register visit www.aginginpuyallup.org

[f @aginginpuyallup](https://www.facebook.com/aginginpuyallup)

Don't miss this opportunity to learn about the new realities of aging and how to make the most of the gift of longevity.



Nationally known speaker and author Wendy Lustbader will engage us in exploring what it means to flourish in later life. Younger people will draw hope from her message, and those with length of days will feel affirmed and inspired.
9:00 - 10:00 a.m.



As the Director of Research and Program Partnerships with It's Never 2 Late (IN2L), a company dedicated to helping older adults realize the full benefits of adaptive technology, Juliet Kerlin will guide us in looking at a myriad of technologies that will transform aging in dramatic ways.
For non-techies. 1:00 - 2:00 p.m.

Break Out Sessions Include:

Sessions 10:15 - 11:45 a.m.

** Falls Prevention and Risk Assessment

** Dementia: Information & Tips For Family Caregivers and Professionals

** Don't Worry; Retire Happy

** Can we talk about that? Aging and Sexuality

Sessions 2:15 - 3:45 p.m.

** Keep Moving, Debunking the Myths about Staying Active Later in Life

** Getting Old Ain't for Sissies

** What do You Want to be When You Grow Up? It's Not Too Late to Find Your Life's Passion

** Plan Now For the Future



General Public "Free"
Register at
www.aginginpuyallup.org

Lunch available for purchase.
Professionals seeking CEUs \$50; PCCA members \$35; Register and pay at the event. Only checks or cash accepted.



Pierce County Counselor's Association

EVENTS COMMUNITY

Annual Parks Appreciation Day 9 a.m. to Noon. Saturday. Will be working to beautify parks throughout Lakewood including Fort Steilacoom Park, Springbrook Park, American Lake Park, to volunteer please contact Nikki at 253-983-7887 or email nyork@cityoflakewood.us.

Our World: Science Exploration Festival Noon-5 p.m. Saturday. Animals from Point Defiance Zoo and Aquarium, the Pacific Science Center's Super Cool Science Show, Kids4Bricks and the Karshner's own fossils, bugs and butterflies. Karshner Museum and Center for Culture and Arts, 309 Fourth St. NE, Puyallup. Free 253-841-8748 puyallup.k12.wa.us/karshner_center

Annual Veterans Resource Fair 9 a.m. to 3 p.m. Saturday. Tacoma Dome, 2727 E. D St., Tacoma. Free 253-576-2146, nine9line.org/register.

Tacoma City Marathon 7 a.m. Sunday. Tacoma Narrows Airport, 1110 26th Ave. NW, Gig Harbor. 253-682-7535, tacomacitymarathon.com.

Free Neighborhood Nights at Tacoma Art Museum 5 to 8 p.m. Thursdays. Tacoma Art Museum, 1701 Pacific Ave., Tacoma. Open late and free to the community. Find your inner artist and sketch in the galleries with an expert teaching artist. Test your knowledge and win prizes with live trivia. Free. tacomartmuseum.org/events.

Aging Expo 2018 8 a.m. to 4 p.m. May 5. Pierce College Puyallup, 1601 39th Ave. SE, Puyallup. Free. 253-840-8400, aginginpuyallup.org.

Hunger Walk and 5K Run 8 a.m. May 5. Fort Steilacoom Park, 8714 87th Ave. SW, Lakewood. \$15-\$30 253-584-1040, efood-net.donorpages.com/Hunger-Walk2018.

ARTS AND MUSIC

Tacoma Little Theater presents "The Pillowman" now through May 6. Tacoma Little Theatre, 210 N. I St., Tacoma. \$24; \$22 students, seniors, military; \$20 children 12 and younger. tacomalittletheatre.com.

South Sound Classical Choir Concert 7:30 p.m. Friday. Beautiful Savior Lutheran Church, 2306

Milton Way, Milton. Works by various composers, including Gjeilo, Faure, Mozart, Whitacre, Rutter and Paulus. Free. 253-531-0102, southsoundclassicalchoir.org.

UP for Arts Spring 2018 Arts and Concerts Series 7 to 8:30 p.m. Friday. University Place Civic/Library Atrium, 3609 Market Place, University Place. Pianist and composer Jennifer Thomas will perform. Also watercolor Artist Cindy Baij. \$15 adults; \$5 students; free for UP for Art members. Tickets at door. upforarts.org.

TCC Diversity Film Series: "Winter Bones" 2 p.m., Sunday. The Grand Cinema, 606 S. Fawcett Ave., Tacoma. Presented through Tacoma Community College's Diversity Film Series. \$10.50. 253-593-4474.

Poetry slam: Cristin O'Keefe Aptowicz, Anis Mojgani, Derrick Brown 7 p.m. Wednesday. Real Art Tacoma, 5412 South Tacoma Way, Tacoma. realart-tacoma.com.

TCC Diversity Film Series: "East Side Sushi" 2 p.m., 6:30 p.m., Wednesday. Presented in partnership with the Tacoma Community College. The Grand Cinema, 606 S. Fawcett Ave.,

Tacoma. Film discussion after both screenings. \$8 matinee; \$10.50 general admission. 253-593-4474.

Sister Cities Film Festival: "Felix" 6:30 p.m. Thursday. The Grand Cinema, 606 S. Fawcett Ave., Tacoma. Representing Tacoma's Sister City, George, South Africa. Cultural presentation before the film. \$10.50. 253-593-4474.

UW Tacoma and Broadway Center presents "Clybourne Park" May 4 to 12. Studio 3, 901 Broadway, Tacoma. \$15 or free with valid University of Washington Tacoma student ID. 253-591-5894, broadwaycenter.org.

GROUPS

Square Pegs Adult Autism Support Group 6 to 8 p.m. First and third Wednesdays. Elmer's Restaurant, 7427 S. Hosmer St., Tacoma. Ongoing discussion group. Free. 206-696-5794, meetup.com/Square-pegs.

Memory (Alzheimer's) Cafe 3 to 4:30 p.m. Fourth Wednesdays. Elmer's Restaurant, 7427 S. Hosmer St., Tacoma. A regular gathering of individuals with memory loss and their caregivers for a meal, conversation

and entertainment. 253-722-5691, lcsnw.org.

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.

WORKSHOPS

Tahoma Audubon Budding Scientist Classes 9:45 to 10:45 a.m. and 1:45 to 2:45 p.m. May 14. Tacoma Nature Center, 1919 S. Tyler St., Tacoma. Features

story-time, sensory-based activities, songs and outside time. Theme is plants. \$3 to \$5 per child. Registration encouraged. 253-404-3930.

Beginner Square Dancing Lessons 7 to 9 p.m. Thursdays. Sumner VFW Hall, 1705 Willow St., Sumner. Weekly lessons take individuals of all ages step-by-step from simple moves to all you need to know to dance mainstream. No partner or previous knowledge necessary. Beginners are paired with more experienced dancers in a fun atmosphere. \$5. 360-463-8532, squaredance-rainier.org/classes.



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Belles Bent For Leather | Tribute To Judas Priest
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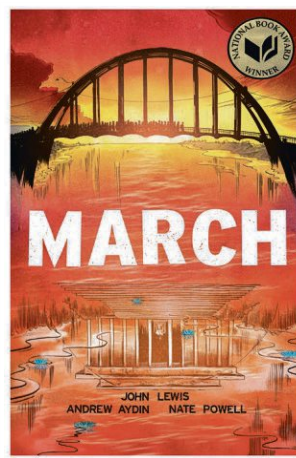
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PIERCE COUNTY READS 2018

Award-winning, #1 New York Times best-selling "March"



Meet co-author Andrew Aydin and illustrator Nate Powell
Congressman John Lewis may appear with a special video message.

May 11, 7 p.m.

Pacific Lutheran University, Olson Auditorium



Andrew Aydin
photo by Harriet Beecher Stowe Center



Nate Powell
photo by Rett Peek

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ON SALE THIS WEEK

GEORGE THOROGOOD AND THE DESTROYERS July 8, Emerald Queen Casino, Tacoma. Tickets go on sale Friday.

DWIGHT YOAKUM WITH JOE NICHOLS Sept. 8. The Tulalip Amphitheatre. Tickets go on sale Friday.

WILD KRATTS LIVE 2.0 ACTIVE CREATURE POWER Sept. 30. The Paramount Theatre, Seattle. Tickets go on sale Friday.

MY FAVORITE MURDER LIVE Oct. 20. The Paramount Theatre, Seattle. Tickets go on sale Friday.

LOST 80S LIVE TOUR Sept. 3. Washington State Fair, Puyallup. Tickets go on sale Saturday.

THE COLOR PURPLE June 27 to July 1. The Paramount Theatre, Seattle. Tickets go on sale Monday.

COUNTRY CROWS 25 YEARS AND COUNTING TOUR June 20. White River Amphitheatre, Auburn. Tickets on sale this week.

ALREADY ON SALE

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.

SEVEN LIONS: CHRONICLES 6 p.m. May 12. WaMu Theater, Seattle.

ANDREW LLOYD WEBBER'S "LOVE NEVER DIES" 2 and 8 p.m. May 12. Paramount Theatre, Seattle.

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

DAVID BLAINE 8 p.m. May 16. Paramount Theatre, Seattle.

PAUL SIMON HOMEWARD BOUND FAREWELL TOUR 8 p.m. May 18. KeyArena, Seattle.

KOOL AND THE GANG 8:30 p.m. May 19. Emerald Queen Casino, Tacoma.

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.

SASQUATCH MUSIC FESTIVAL 3 p.m. May 25-27. The Gorge Amphitheatre, George.

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

THIRD DAY - FAREWELL TOUR 7:30 p.m. May 31. Moore Theatre, Seattle.

CELTIC WOMAN: HOME-COMING TOUR 7:30 p.m. June 2. Paramount Theatre, Seattle.

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

BRIAN MCKNIGHT 8:30 p.m. June 2. Emerald Queen Casino, Tacoma.

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

"LES MISERABLES" Opening June 7. The Paramount Theatre, Seattle.

LISA LAMPANELLI 8 p.m. June 8. Neptune Theatre, Seattle.

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

DANE COOK 8:30 p.m. June 16. Emerald Queen Casino, Tacoma.

CHRIS BROWN HEART-BREAK ON A FULL MOON TOUR 7 p.m. June 19. White River Amphitheatre, Auburn.

KINGS OF LEON 7 p.m. June 22. The Gorge Amphitheatre, George.

KENNY "BABYFACE" EDMONDS 8:30 p.m. June 22. Emerald Queen Casino, Tacoma.

JIMMY BUFFETT AND THE CORAL REEFER BAND 8 p.m. June 23. KeyArena, Seattle.

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

COUNTING CROWS 6:30 p.m. June 29. White River Amphitheatre, Auburn.

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

A CONVERSATION WITH BILL CLINTON 7:30 p.m. June 30. McCaw Hall, Seattle.

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

LOGIC WITH NF: "THE BOBBY TARANTINO VS. EVERYBODY TOUR" 7 p.m. July 13. White River Amphitheatre, Auburn.

TIM MCGRAW AND FAITH

HILL SOUL2SOUL WORLD TOUR 2018 7:30 p.m. July 13. KeyArena, Seattle.

BILL BURR 7 p.m. July 15. Paramount Theatre, Seattle.

PENTATONIX 8:30 p.m. July 15. White River Amphitheatre, Auburn.

G-EAZY 6:30 p.m. July 20. White River Amphitheatre, Auburn.

PHISH 7:30 p.m. July 20-22. The Gorge Amphitheatre, George.

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.

JACKSON BROWNE 7:30 p.m. July 27. Chateau Ste. Michelle Winery, Woodinville.

ZZ TOP: TONNAGE TOUR 7 p.m. July 30. Chateau Ste. Michelle Winery, Woodinville.

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.

PEARL JAM 7:30 p.m. Aug. 8 and 10. Safeco Field, Seattle.

PANIC AT THE DISCO: PRAY FOR THE WICKER TOUR 7 p.m.

Aug. 10. KeyArena, Seattle.

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

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

JUSTIN MOORE 8:30 p.m. Aug. 17. Emerald Queen Casino, Tacoma.

KID ROCK: RED BLOODED ROCK N ROLL REDNECK EXTRAVAGANZA TOUR 6 p.m. Aug. 18. White River Amphitheatre, Auburn.

LADY ANTEBELLUM AND DARIUS RUCKER 7 p.m. Aug. 19. White River Amphitheatre, Auburn.

SMASHING PUMPKINS SHINY AND OH SO BRIGHT NORTH AMERICAN TOUR 7 p.m. Aug. 24. KeyArena, Seattle.

STEVE MILLER BAND WITH PETER FRAMPTON 6:30 p.m. Aug. 25. Chateau Ste. Michelle Winery, Woodinville.

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.

CHICAGO 7:30 p.m. Aug. 31. Washington State Fair, Puyallup.

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

KHALID 7:30 p.m. Sept. 1. Washington State Fair, Puyallup.

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. KeyArena, Seattle.

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

EVANSCEENCE AND LINDSEY STIRLING 7 p.m. Sept. 7. White River Amphitheatre, Auburn.

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

WRANGLER PRO RODEO TOUR FINALE Sept. 8-9. Washington State Fair, Puyallup.

RAIN: A TRIBUTE TO THE BEATLES 7:30 p.m. Sept. 10. Washington State Fair, Puyallup.

LUCIUS: AN INTIMATE, ACOUSTIC PERFORMANCE 8 p.m. Sept. 12. Moore Theatre, Seattle.

BOY GEORGE AND CULTURE CLUB 7:30 p.m. Sept. 13. Washington State Fair, Puyallup.

TERRY FATOR 7:30 p.m. Sept. 14. Washington State Fair, Puyallup.

LEON BRIDGES: GOOD THING TOUR 8 p.m. Sept. 14. WaMu Theater, Seattle.

THE AVETT BROTHERS AND THE HEAD AND THE HEART 5 p.m. Sept. 15. Gorge Amphitheatre, George.

NEED TO BREATHE: FOREVER ON YOUR SIDE TOUR 7 p.m. Sept. 15. WaMu Theater, Seattle.

TOBY KEITH WITH NED LEDOUX 7:30 p.m. Sept. 15. Washington State Fair, Puyallup.

LAUREN DAIGLE WITH ZACH WILLIAMS 7:30 p.m. Sept. 17. Washington State Fair, Puyallup.

BRETT ELDRIDGE WITH RUNAWAY JUNE AND DEVIN DAWSON 7:30 p.m. Sept. 20. Washington State Fair, Puyallup.

MACKLEMORE 7:30 p.m. Sept. 21. Washington State Fair, Puyallup.

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.

CHILDISH GAMBINO WITH RAE SREMMURD 6:30 p.m. Sept. 29. KeyArena, Seattle.

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

JAY-Z AND BEYONCE 7:30 p.m. Oct. 4. Century Link Field, Seattle.

COURTNEY BARNETT: TELL ME HOW YOU REALLY FEEL 7:30 p.m. Oct. 8. The Paramount Theatre, Seattle.

LUKE BRYAN 7 p.m. Oct. 12. White River Amphitheatre, Auburn.

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SCOTT HANSEN Northwest Guardian / 2016

Participants make their way through a tire obstacle during the JBLM Down and Dirty Mud Run near Soldiers Field House on Lewis Main in 2016.

FROM PAGE 3C MUD

water pits and various obstacles.

Much like Mordor in “Lord of the Rings,” one cannot simply walk or run through this 5K course. Runners of all sizes will be required to get, well, down and dirty.

“What we’d like it to be is a challenge for all ages groups,” said race coordinator Josh Adams from Sheridan Sports and

Fitness Center. “They know they’re going to be slopping through the mud and having a good time while putting forth the effort and getting a good workout.”

The 5K course that goes through the trails surrounding Soldiers Field House will be very similar. Although Adams wasn’t able to confirm which direction people will run, it will have the familiar mud pits that returning runners will enjoy.

“We’re incorporating some hills as well and

some of those (obstacles) that have been there the whole time, like crawling under logs and netting,” he said.

Additional obstacles include mucky bars, a sludge slide and an off-road tire trail. Additional mud pits might be strategically added on the course to maximize muddy fun potential.

The work on the course has been a continuous project in recent weeks. Adams said Justin Kincy, facility manager at Jensen Family Health and Fitness

Center, has been working hard to clear the course of blackberry bushes and rocks for smooth mud pits.

“It’s much different than putting together a regular 5K course that is already laid out and doesn’t need mud, hay bales and other things,” Adams said.

The early registration period, which guarantees a T-shirt in the runners’ size, ends May 1 at 11:59 p.m. The cost for early registered runners is \$20 with a valid military ID and \$30 without.

Late registration period concludes May 9 at 11:59 p.m. Runners will get a T-shirt, but sizes are not guaranteed. The price during this period is \$25 with a valid military ID and \$35 without.

Runners who wait until the day of will have to pay \$35 with a military ID and \$40 without; no T-shirts will be guaranteed.

A registration link for the Down and Dirty Mud Run can be found at jblmmwr.com/races. For more information, call 253-967-7311.

If you go

What: Joint Base Lewis-McChord’s Down and Dirty Mud Run

When: May 12. 9 a.m. packet pick-up; 11 a.m. start

Where: Soldiers Field House, 3236 Second Division Drive, Lewis Main

To learn more: For more information, visit jblmmwr.com/races.

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Lean On Pete (R)

Fri-Mon: 1:00, 3:35, 6:10, 8:55
Tue: 1:00, 3:35, 8:55
Wed-Thu: 1:00, 3:35, 6:10, 8:55

Journey's End (R)

Fri-Sat: 1:35, 4:00, 6:30, 9:05
Sun: 4:00, 6:30, 9:05
Mon: 1:35, 4:00, 6:30, 9:05
Tue: 4:00, 6:30, 9:05
Wed: 1:35, 4:00, 6:30, 9:05
Thu: 1:35, 4:00, 9:05

Isle of Dogs (PG-13)

Fri-Sun: 11:30 AM, 1:50, 4:10, 6:40, 9:00
Mon-Tue: 1:50, 4:10, 6:40, 9:00
Wed: 4:10, 6:40, 9:00
Thu: 1:50, 4:10, 6:40, 9:00

The Leisure Seeker (R)

Fri-Tue: 1:15, 6:20
Wed: 1:15; Thu: 1:15, 6:20

The Death of Stalin (R)

Fri-Thu: 3:45, 8:45

Mystery Screening (NR)

WEIRD ELEPHANT SERIES Sat: 11:00 PM

A Bag of Marbles (NR)

TUESDAY FILM SERIES Tue: 1:30, 6:10

TCC DIVERSITY FILM SERIES:

Winter's Bone (R) Sun: 2:00

East Side Sushi (PG)

Wed: 2:00, 6:30

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NOW PLAYING

AVENGERS: INFINITY WAR

Rated PG-13; intense sequences of sci-fi violence and action throughout, language and some crude references.

Time: 2:36

With practically every superhero in the Marvel Cinematic Universe brought to the party, "Avengers: Infinity War" is surprisingly agile narratively. With plenty of built-in humor embroidered into the sprawling plot, this latest "Avengers" is exceedingly entertaining. — *Soren Andersen*

BLOCKERS

Rated R; crude and sexual content, language throughout, drug content, teen partying and some graphic nudity

Time: 1:42

"Blockers" is a comedy built on the premise that teens speak a different, secret language, filled with symbolic emojis and abbreviations parents just don't understand. On a deeper level, it dives

into the anxiety that overprotective parents have about their daughters growing up too fast. — *Katie Walsh*

CHAPPAQUIDDICK

Rated PG-13; thematic material, disturbing images, some strong language and historical smoking

Time: 1:41

"Chappaquiddick" doesn't try to understand why Kennedy did what he did — drunkenly driving his car off a bridge, leaving the submerged vehicle with Kopechne's body inside and failing to report the incident to police for 10 hours — but it carefully illustrates the enormous pressure of his name and family. — *Katie Walsh*

THE DEATH OF STALIN

Rated R; language throughout, violence and some sexual references

Time: 1:47

Handled with mordant mastery and a pitiless gimlet eye by writer-director Armando Iannucci, the events surrounding the death of Soviet dictator Joseph Stalin are the raw material for a corrosive black comedy. — *Soren Andersen*

I FEEL PRETTY

Rated PG-13; sexual content, some partial nudity and language

Time: 1:50

"I Feel Pretty" boldly takes on our crisis of confidence, but it sacrifices all of its radical potential to tie everything up in a nice, pretty bow. — *Katie Walsh*

ISLE OF DOGS

Rated PG-13; thematic elements and some violent images

Time: 1:41

At its best, the movie expresses an affection for dogs and is very much attuned to what is wonderful about dogs and what's funny about them. As such, "Isle of

Dogs" feels more in harmony with who dogs really are than most movies, both animated and live action. — *Mick LaSalle*

JOURNEY'S END

Rated R; some language and war images

Time: 1:47

Saul Dibb, working with a script by Simon Reade, gracefully translates the optimism and excruciating suffering portrayed in "Journey's End" to the screen, enlisting a cast of fine actors to embody varying permutations of trauma, denial and the shaded fundamentals of brute survival. — *Ann Hornaday*

RAMPAGE

Rated PG-13; sequences of violence, action and destruction, brief language and crude gestures

Time: 1:47

Pairing Dwayne Johnson with a giant albino gorilla in the video game adaptation "Rampage" feels right. — *Katie Walsh*

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Roast Baron of Beef	Chicken Cordon Bleu
Baked Ham	Sausage, Bacon, Eggs
Eggs Benedict	Biscuits & Gravy
Poached Salmon	Assorted Salads
Belgian Waffles	Desserts and more!

Seniors: \$19
Children (5-12): \$14
Adults: \$24
4 & under FREE

LAQUINTA
INNS & SUITES

Ports of Call Restaurant & Lounge
Reservations (253)617-1142, press 4, press 5353
www.laquintatacoma.com

artix

APRIL 27, 28, 29 FRI & SAT 7:30PM, SAT 2:00PM, SUN 2:00PM

Tacoma Musical Playhouse

CATCH ME IF YOU CAN

7116 6th Avenue, Tacoma, WA 98406

Based on the hit film and incredible true story, *Catch Me If You Can* is the high-flying musical comedy about chasing your dreams and not getting caught.

Ticket Info: Adult: \$31; Senior (60+), Military, Students: \$29; Children: \$22; Groups of 10 or more: \$27
All seating is reserved.

NOW THRU MAY 6 • FRI/SAT 7:30PM; SUN 2:00PM

Tacoma Little Theatre

THE PILLOWMAN

210 N I Street Tacoma WA 98403

In a dystopian future, an author is being questioned by the police because his stories begin to mirror a string of murders.

Ticket Info: \$24 (Adult) \$22 (Sr/St/Mi) \$20 (Children 12 and under) Pay what you can Thursday, May 3rd at 7:30pm
www.tacomalittletheatre.com 253-272-2281

SATURDAY

APRIL 28

7:30PM

Tacoma Concert Band presents

CELEBRATION HONORING ROBERT MUSSER



Pantages Theater downtown Tacoma
Concert Band presents its final concert of the 2017-2018 season, a Celebration Honoring the Retirement of Robert Musser. Bob is retiring after leading the band which he founded 38 years ago. This concert will be a tribute to Bob and a celebration of his outstanding service to the Puget Sound Community.

Ticket Info: Broadway Center Box Office, 901 Broadway, 253-591-5894, www.broadwaycenter.org. \$18-\$36 with discounts for students, seniors and military personnel.

SUNDAY

APRIL 29

3:00PM

Brass Unlimited

11TH ANNUAL SOUNDS OF BRASS POPS CONCERT

Tacoma Community College bldg. #2
Sounds of Brass Pops concert with jazz trombonist Gary Schutes. 16 member brass/rhythm section. Music from Broadway, movie, and standard tunes.

Ticket Info: Free. 253-759-9577
www.brassunlimited.org

SUNDAY

MAY 6

12-2:30PM

Tacoma Musical Playhouse

BROADWAY BRUNCH

Elks - Allenmore Golf & Event Center
2013 S Cedar St, Tacoma

TMP's hosting a musical brunch featuring fabulous food, entertainment including Mimosas and Bloody Mary's. Listen to Broadway songs sung by the award-winning cast of The Addams Family! Proceeds benefit TMP's many programs.

Ticket Info: Single Seats \$50
Seating for 2 \$45 | Table of 8 \$360

Sponsored by The News Tribune and participating Art Groups
For advertising information, contact Olivia Bidleman 253.597.8809 • Fax 253.597.8263