

JBLM NORTHWEST

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JBLM SPRING CLEAN-UP WEEK

Illegal dumping wastes taxpayers' money

Service members help to collect tons of garbage on base property

BY DEAN SIEMON
Northwest Guardian

Tons of dumped items, such as garbage, furniture and hazardous items, are frequently found in the training areas outside the main fenced area of Joint Base Lewis-McChord — essentially JBLM's backyard. It's a year-round effort, but more than 30 service members

volunteered to help collect and sort garbage just outside Lewis Main's East Gate during the JBLM Spring Clean-Up Week Monday to Friday.

It can be pretty annoying for the service members who would rather be working on their combat skills instead of finding couches, car engines, transmissions and needles.

"If we go out and train and there's trash, you can't train," said Spc. Tyler Scarborough, 1st Squadron, 14th Cavalry Regiment, 1st Brigade, 2nd Infantry Division. "It's more of a safety hazard — especially when you're dealing with an engine block (of a vehicle)."

Greg Mason, JBLM's environmental investigator for the Directorate of Public Works, has just about seen it all in his 14 years working with DPW. He

SEE CLEAN, 10A



SCOTT HANSEN Northwest Guardian

13th Combat Sustainment Support Battalion, 593rd Expeditionary Sustainment Command troops unload a freezer during Spring Clean-Up Week Tuesday.

I CORPS' COURAGE READY 18-01

AN EXERCISE IN READINESS



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

7th Infantry Division Soldiers board CH-47 Chinook helicopters during an air assault attack as part of the inaugural I Corps exercise Courage Ready 18-01, hosted by U.S. Army Alaska on U.S. Army Garrison-Alaska training lands near Fort Greely, Alaska, April 25.

Soldiers travel to Fort Wainwright, Alaska, for realistic combat training

BY CAPT. RICHARD PACKER
United States Army Alaska

The execution phases of I Corps' Courage Ready 18-01 began with an emergency deployment readiness exercise for Soldiers from Joint Base Lewis-McChord.

The Soldiers traveled to Alaska to participate in realistic combat training intentionally complicated by distance from home station and unfamiliar terrain.

The Courage Ready training series' inaugural exercise focused on 7th Infantry Division Soldiers assigned to 2nd Battalion, 1st Infantry Regiment, 2nd Brigade, 2nd Infantry Division who were hosted by U.S. Army Alaska's 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division while training in Interior Alaska.

"This readiness exercise

SEE I CORPS, 10A



Lt. Col. Charles Ford, right, receives a report from Sgt. 1st Class Jeremy Kozak during I Corps' Courage Ready 18-01 April 22.

SPECIAL FORCES

Soldiers help save Korean man's life

Elderly farmer hurt in accident

1st Special Forces Group (Airborne) Public Affairs Office
REPUBLIC OF KOREA -- Soldiers from the 1st Special Forces Group (Airborne) and Republic of Korea Special Forces responded to a farming accident while conducting partnered training in the Republic of Korea April 25, saving the civilian's life.

Together, the U.S. and Republic of Korea Special Forces Soldiers responded to an injured and unconscious, elderly Korean farmer who fell from his tractor and lacerated his right knee.

The tractor subsequently caught fire and burned the farmer's airway. Local civilians flagged down the Soldiers who stabilized the patient and extinguished the tractor fire, then transferred the patient to emergency medical services.

"There's a Korean man who is alive today because of the efforts of U.S. Special Forces and Republic of Korea special operations troops who were training nearby," said Lt. Col. Matt Gumlak, commander of the 2nd Battalion, 1st SFG (A) Soldiers involved in the event. "We are exceptionally proud of their effort as well as the training and expertise they possess that allowed them to stabilize an injured civilian, extinguish a vehicle fire, and transfer the patient to local emergency medical services personnel. This

SEE SOLDIERS, 10A

2ND BRIGADE, 2ND INFANTRY DIVISION

Lancer Brigade studies sexual violence, prevention

BY MAJ. SONIE MUNSON
2nd Brigade, 2nd Infantry Division Public Affairs

Thomas Tremblay, a retired police chief and the former Vermont Department of Public Safety commissioner, is intimately familiar with all types of crime, but one type has him educating professionals across the globe because it can be prevented: sexual violence.

Tremblay and Soldiers from 2nd Brigade, 2nd Infantry Division had courageous

conversations April 25 at Joint Base Lewis-McChord about how the perpetrator targets their victim, the trauma of sexual violence and the role leadership plays in the prevention of sexual assault, domestic violence and dating violence.

"This discussion today is the number one reason I flew back from Korea, because (prevention of sexual assault) is one the most important things we will

SEE LANCER, 10A



MAJ. SONIE MUNSON 2nd Brigade, 2nd Infantry Division

Thomas Tremblay, right, talks with Soldiers about the prevention of sexual assault, domestic violence and dating violence April 25.



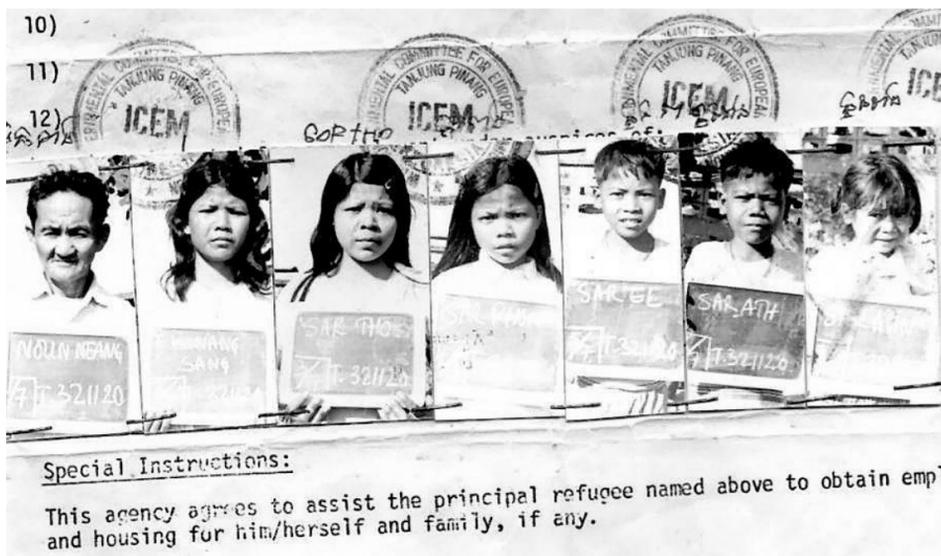
STAFF SGT. MICHAEL ARMSTRONG

Spc. Michael Carnley navigates the reverse climb April 25.

SOLDIERS TEST SKILLS

The finest warriors engaged in a non-stop, mental and physical clash in the 2018 7th Infantry Division Best of Competition at Joint Base Lewis-McChord April 24 to 27. See story, 3A

ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH



Courtesy of Sgt. Major El Sar

In this Cambodian refugee processing document from 1980, Sgt. Maj. El Sar (third from right), 1 Corps command chaplain sergeant major, is pictured (from left) along with his stepfather, Neang Noun, mother, Touch Sar, his sisters, Tho Sar and Phon Sar, and brothers, Ath Sar and Ann Sar.

From refugee to Soldier

BY RUTH KINGSLAND
Northwest Guardian

May is Asian American Pacific Islander Heritage Month, and Joint Base Lewis-McChord will celebrate the diversity and honor of its service members, including Sgt. Maj. El Sar, 1 Corps command chaplain sergeant major, a Cambodian-born American who lived through atrocities as a child in his homeland and is now proud to call America home.



Sar

More than 1 million people reportedly died as a result of the Khmer Rouge communist regime's Cambodian genocide from 1975 to 1979, at the end of the Cambodian civil war. A 1984 British film, "The Killing Fields," documented the experiences of two journalists who lived through the horrific murders of anyone connected with Cambodia's prior government.

It was more than a film for Sar, who lost several family members to the horrific killings. He spent time in refugee camps and prisons before arriving in America as a 12-year-old refugee with his mother and siblings.

"I'm proud to be an Asian American," Sar said. "I don't forget my heritage — but I'm glad to be an American."

As a child, Sar grew up in the jungles of Cambodia. He lived through the Vietnam War, Cambodian civil war, Khmer Rouge's Killing Fields, the Vietnamese invasion of Cambodia and Thai

refugee camps and housing projects, he said.

"I was slapped, thrown in prison, hands tied behind my back, shot at, nearly drowned in a river, walked three days and nights through the thick jungles of Cambodia and evaded Vietnamese troops, the Khmer Rouge, pirates, criminals, Thai security forces and (avoided) more than 11 million landmines," Sar wrote in a Northwest Guardian commentary published in February.

He told of the deaths of his grandparents, father, a brother, uncles, aunts and other relatives. His remaining family members were robbed by Thai security forces.

Sar and his mother, Touch Sar, older sisters, Sopheak and Phon, and younger brothers, Ath and Ann, came to America as refugees. They arrived in Houston, Texas, June 26, 1981.

At that point, Sar had never been to school and had "zero knowledge, skills, abilities or understanding of life," he said; however, "Coming to America was like arriving in Heaven."

He learned English by watching television.

"I watched a lot of commercials, like for Jack in the Box and (Burger King) 'Where's the beef?'" he said, with a laugh.

In 1989, Sar graduated from Westbury High School in Houston and earned a criminal justice degree from the University of Houston in 1994. Next, he graduated from the Houston Police Academy in 1995.

Although Sar had long wanted to become a police officer, he

realized a stronger passion and joined the Army in August 1996.

"I followed my dream to serve my country," he said.

After basic training at Fort Sill, Okla., Sar began a 21-year military career that included multiple deployments and duty stations. He has been at JBLM since June 2017.

"I like travel; I like deployment, and I love serving my country," he said.

Sar initially wanted to be in the Infantry, but he was told he is color blind, to which he adamantly disagrees. Testing revealed he'd make a good chaplain's assistant, he said.

Sar became a Christian while watching a film about Jesus while in a refugee camp in Houston.

"I learned about Jesus and how he sacrificed and died for me," Sar said.

Being a military chaplain is the perfect fit for Sar, he said.

"I can go in the field shooting and spend time helping people," he said. "I love taking care of America's sons and daughters."

Sar and his wife, Lyna, have three children: Christian, 9, a student at Dupont's Chloe Elementary school; Esther, 5; and Solomon, 11 months.

The couple met through his aunt in Cambodia who lived in the same village as Lyna.

"One year later, I asked God and he gave me the go ahead," Sar said. "We've been married 15 years. She is a wonderful woman."

NEWS IN BRIEF

Mattis, South Korean defense minister discuss denuclearization

WASHINGTON, D.C. — During a phone conversation between Defense Secretary James Mattis and South Korea's Minister of National Defense Song Young-moo, the two leaders expressed their serious commitment to a diplomatic resolution that achieves complete, verifiable and irreversible denuclearization of North Korea, Pentagon chief spokesperson Dana White said Saturday.

In a statement summarizing the meeting, White said Mattis and the South Korean minister discussed the results of the inter-Korea summit April 27.

In his conversation with Mattis, Song reviewed the Panmunjom Declaration and the efforts to improve North-South relations while achieving the common goal of denuclearization, White said.

Both Mattis and Song expressed serious commitment to a diplomatic resolution that achieves complete, verifiable and irreversible denuclearization of North Korea, as reflected in multiple United Nations Security Council Resolutions, she said.

Mattis reaffirmed the ironclad U.S. commitment to defend South Korea using the full spectrum of U.S. capabilities, White said.

Both leaders, she said, pledged continued close coordination to implement United Nations Security Council Resolutions and to support diplomatic efforts to achieve denuclearization.

— DEPARTMENT OF DEFENSE NEWS SERVICE

YTC first responders help save a woman reported in cardiac arrest

A team of five firefighters and paramedics from the Yakima Training Center performed CPR on a woman for 25 minutes, including six shocks with a defibrillator, at the Pomona View Mobile Home Park, in Yakima, April 22. Once the patient regained her own pulse and was slightly breathing on her own, she was transported to the local hospital's emergency room.

By the time she arrived at the hospital, she had a stable pulse and was breathing on her own with a good prognosis of recovery, according to John Leischner, YTC fire captain.

The YTC firefighters answered a call for assistance April 22 around 4:45 p.m. from the Yakima Fire District for a woman reported in cardiac arrest with a life-threatening medical emergency in the yard of her home. When the YTC firefighters arrived, they quickly jumped into action to assist the Yakima first responder performing CPR, according to Leischner.

Leischner, Justin Vincett, John Wilson, Brian Slavens and Edgar Vertrees, from the YTC, rotated in different actions for nearly a half-hour allowing the crew to provide continuous medical interventions.

Two YTC paramedics rode in the ambulance with the patient when she was transported to the hospital in case the patient went into cardiac arrest again during transport.

YTC firefighters and paramedics will support the local communities off base that surround the center when immediate help is requested.

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

JBLM ready to award about 200 college graduates with degrees

The 31st annual graduation for Joint Base Lewis-McChord college students will be at Clover Park Technical College's Sharon McGavick Student Center and Conference Facility May 11 at 1 p.m.

Certificates and degrees will be presented to nearly 200 graduates of eight resident schools on the installation and 30 off-base schools. Family members and friends of the graduates are welcome to attend the graduation, with no advance seating.

Colonel Nicole Lucas, JBLM Garrison commander, will provide the event's opening remarks. Richard Mulryan, former JBLM Garrison command sergeant major, who retired Tuesday, is the event's keynote speaker. Mulryan will also be one of the graduates receiving his master's degree in organizational leadership from Brandman University.

— RUTH KINGSLAND, NORTHWEST GUARDIAN

RETIREE APPRECIATION DAY

Annual event to honor military retirees

BY RUTH KINGSLAND
Northwest Guardian

Retired service members from all branches of the military will have a chance to be honored and also learn about the many health, legal and other veterans' services available at the annual Retiree Appreciation Day at American Lake Conference Center on Joint Base Lewis-McChord May 18 from 7:30 a.m. to 1 p.m.

This year, Retiree Appreciation Day includes a free bus tour of the installation beginning at ALCC at 1 p.m. The bus will stop at the Lewis Army Museum, concluding the tour at 4 p.m. with transportation back to the American Lake Conference Center parking area.

In previous years, up to 2,500 attendees from across the Pacific Northwest have flocked to the event.

"We're hoping for at least 1,500 this year," said Dennis Thomas, JBLM's retirement services officer.

Retiree Appreciation Day is a national program of the U.S. military that aims at giving back to those who have given so much.

"This is to thank retirees and put them in the front of the line for healthcare and medical screenings," Thomas said. "They were in the front line for us before, and now we are putting them at the front of the line."

Breakfast and lunch are available for purchase at the otherwise free event, as well as raffles throughout the day and give-



DEAN SIEMON Northwest Guardian / 2017

Don Bostic, left, and John Chessnut, middle, of the local chapter for the Combat Infantryman's Association provide an application form to Norman Fowler during the JBLM Retiree Appreciation Day event at American Lake Conference Center in 2017.

aways from more than 40 vendor booths.

Retiree Appreciation Day at JBLM is a mix of a party and information fair and includes health screenings, as well as information on various conditions — from blood pressure and diabetes to dental issues, podiatry, cancers and internal medicine.

Representatives of Social Security and the Veterans Administration will be at the event, as well as members of Gold Star Wives and Survivor Outreach Services, to make sure the retirees know of those services as well, Thomas said.

1 Corps commanding general Lt. Gen. Gary Volesky will give

opening remarks at the event at 9 a.m.

One new aspect of the event is during the installation tour, the buses will make a stop at the Warrior Zone.

"(It's a way to) bring older retirees in contact with the young service members," Thomas said.

Although registration begins May 18 at 7:30 a.m., preregistration is preferred and available. Visit jblm-retiree-appreciation-2018.eventbrite.com.

Attendees also are invited to attend the annual Armed Forces Day, at McChord field's Heritage Park, May 19 from 10 a.m. to 6 p.m. For more information, visit jblmmwr.com/armedforcesday.

JBLM Exchange shoppers can help Army, Air Force relief funds

The Joint Base Lewis-McChord Exchange is making it easy for shoppers to help Soldiers, Airmen and military families in need during the first of three "Give and Get Back" donation periods.

From May 15-20, Army and Air Force Exchange Service shoppers can donate to Army Emergency Relief and Air Force Assistance Fund, which provides emergency assistance, sponsors educational programs and offers community programs that improve the quality of life for service members and their families. During the donation period, for every \$5 donated at the register, shoppers will receive a coupon for \$5 off a \$25 purchase at the Exchange.

This year, the Exchange is increasing the number of donation periods from two to three. In addition to the May opportunity, shoppers can donate Aug. 1-5 and Nov. 30-Dec. 5.

"The JBLM Exchange is honored once again to support these two vitally important organizations," said Mike Eimer, JBLM Exchange general manager. "We know how much Army Emergency Relief and the Air Force Assistance Fund means to our warfighters and their families during difficult times."

There is no limit to the number of coupons shoppers can earn, and the coupons can be redeemed in stores or online at ShopMyExchange.com.

— JOINT BASE LEWIS-MCCHORD EXCHANGE

CPSD superintendent set to retire before the 2018-19 school year

On April 26, Clover Park School District Board of Directors announced the upcoming retirement of Superintendent Debbie LeBeau.

LeBeau has served as the district's superintendent since July 2008. Her retirement is effective Aug. 30. The school district serves Joint Base Lewis-McChord.

Doug Kernutt, who is currently serving as the district's executive director of student support, will begin as interim superintendent July 1. Prior to the 2017-18 school year, Kernutt worked in the district from 2007 to 2014, as the administrator for human resources (2007-12), and deputy superintendent (2012-14). He served the Centralia School District from 1993 to 2007, nine years as the assistant superintendent and five years as superintendent.

The board will announce its plan and schedule for recruitment of a new superintendent at a later date.

— CLOVER PARK SCHOOL DISTRICT

Page Three

QUOTE OF THE WEEK

"What we don't want to do, now that we are on the cusp of winning on the battlefield (in Syria) in terms of taking down the physical caliphate, the geographic caliphate, we do not want to simply pull out before the diplomats have won the peace. So you win the fight, and then you win the peace."

James Mattis
Secretary of Defense

ALSO INSIDE



SCOTT HANSEN Northwest Guardian

THE MARTINEZ: Soldiers compete during the annual 7th Infantry Division Bayonet Warrior Athlete Program competition. **See story, 1B**

NWGUARDIAN.COM

● **Leading the way:** As a young girl, U.S. Military Academy Cadet Taylor England daydreamed about being in the infantry long before the Army opened all of its combat arms positions to women. She wanted to lead troops in combat, shoot weapons and execute missions — aspirations similar male counterparts. The cadet regimental command sergeant major is the top-ranked cadet at the U.S. Military Academy, at West Point, N.Y., out of 230 others who have branched infantry. Rankings are based on a cadet's cumulative performance of military skills, physical training and academic standing.

● **More work needed:** On Monday, the Defense Department released its annual report on sexual assault in the military,



which shows an increase in reporting of assaults, but officials stress that more work needs to be done to eliminate the crime from the ranks. The report for fiscal 2017 said military services received 6,769 reports of sexual assault involving service members as either victims or subjects of criminal investigation, a 9.7 percent increase over the 6,172 reports made in fiscal 2016.

7TH INFANTRY DIVISION BEST OF COMPETITION

Soldiers put their skills to the test

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

The finest warriors from the Bayonet Division and 201st Expeditionary Military Intelligence Brigade engaged in a nonstop, mental and physical clash against themselves and each other in the 7th Infantry Division Best of Competition at Joint Base Lewis-McChord April 24 to 27.

The Bayonet Division identified the best noncommissioned officer and Soldier of the year, best junior officer and warrant officer at the competition held at various ranges and courses. Competition winners will compete in I Corps' competition set for May 14 to 17.

"The (2018 7th Infantry Division Best of Competition) provides opportunities for our officers, noncommissioned officers and warrant officers to demonstrate their proficiency in physical fitness, marksmanship, land navigation and a variety of skills," said Maj. Gen. Willard Burlinson III, 7th Inf. Div. commanding general. "All of which we capture daily in our America's Big 6."

Soldiers had to be prepared not only physically but mentally as well. They conducted operations — including multiple ruck marches, weapons qualification ranges, an obstacle course, a medical training lane and an M4 stress shoot after completing seven tasks — under harsh conditions. Soldiers soon became cold, thirsty, tired and energy-depleted.

"One of the best things about the competition was the amount of resilience the Soldiers had to have to push through each event," said 1st Sgt. Aram Jacques, a competitor from Headquarters and Headquarters Detachment, 109th Military Intelligence Battalion, 201st Expeditionary Military Intelligence Brigade. "Some of



STAFF SGT. KENNETH PAWLAK 7th Infantry Division Public Affairs

Spc. Michael Carnley, 502nd Military Intelligence Battalion, 201st Expeditionary Military Intelligence Brigade, navigates the reverse climb during the obstacle course at the 2018 7th Infantry Division Best of Competition at Joint Base Lewis-McChord April 25.



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

the Soldiers had minor injuries; they fought through the pain and stayed resilient. They had the intestinal fortitude to keep strong and push through each event."

The warriors maintained their drive to finish the four-day

event, particularly in the face of fierce opposition and hardship.

"The competition was tough but good, (because) you can push yourself (further)," said Spc. Michael Carnley, a participant from the 502nd Military Intelligence Battalion, 201st

Sgt. Raj Chettri, 46th Aviation Support Battalion, 16th Combat Aviation Brigade, left, fires at targets as Sgt. Kevin Davelaar, 2nd Brigade, 2nd Infantry Division, observes during the stress shoot event of the 2018 7th Infantry Division Best of Competition at Joint Base Lewis-McChord April 27.

Expeditionary Military Intelligence Brigade. "(I) definitely have to start working more on ruck marches. They are tough — especially when you are doing multiple ones, one after another and other physical stuff."

The 2018 7th Infantry

Division Best of Competition gave senior leaders and enlisted service members an opportunity to compete against each other.

"It was motivational seeing the senior leaders out here," Carnley said. "Usually it's just enlisted doing competitions, but having the seniors out here kept me motivated and gave me the drive to push harder."

Jacques said showing up was about setting an example.

"As senior leaders, it is good to be out here because we are doing the same thing that we are telling our Soldiers to do," he said. "You add in the junior officers building on their Soldier skills and the warrant officers going back to their roots of when they were Soldiers; just that whole realistic approach in the competition is amazing."

Physical and mental readiness was unleashed continuously during the competition, which exhibited the overall readiness of competitors.

"The takeaway for the Soldiers for this event is to see the camaraderie, the drive, the Warrior Ethos and to actually get out and do Soldier training," said Sgt. 1st Class Robert Peredo, a competition coordinator from Headquarters Support Company, 7th Inf. Div. "I think for some of these Soldiers here, to include the non-commissioned officers and officers, they haven't done day and night land navigation in quite some time, so coming out here is a great for these guys."

The warriors demonstrated their leadership abilities by adjusting their actions based on the complex competition environment.

"The competition is going to prepare them for the future, becoming great leaders for the Army," Peredo said.

Competition winners will be announced during a ceremony at the Bayonet Division headquarters Wednesday.

1ST SPECIAL FORCES GROUP

1st SFG officer recognized by the USASOC

BY SPC. AUSTIN POPE
1st Special Forces Group
(Airborne)

Major Ryan Collins, 1st Special Forces Group (Airborne) signal officer, was awarded the Army Special Operations Forces Communicator of the Year April 18 for being the officer who provided the most significant contributions toward the special operations force mission of providing command, control, communications, computers and intelligence support in both garrison and tactical environments.

The Army Special Operations Forces Communicator of the Year award was created in 2012 by the chief information officer of the U. S. Army Special Operations Command. The award has five categories of recipients — junior enlisted, senior enlisted, warrant officer, officer and civilian. It is awarded to USA-SOC communicators who display the highest ethical standards of military service.

"I was not expecting recognition," Collins said.

He commissioned May 27, 2006, upon his graduation from the United States Military



SPC. AUSTIN POPE 1st Special Forces Group (Airborne)

Academy at West Point, N.Y. He has been serving in the 1st SFG for almost two years.

Collins said it was an adjustment, coming from a conventional Army communications background to the high demands of special operations unit. The 1st SFG is regionally aligned to the Pacific region, an

area Collins has visited nearly a dozen times during his assignment. In fact, Collins was in Asia and missed the awards ceremony at Fort Bragg, N.C.

"We are an extremely busy organization," Collins said. "I think everyone in the unit works to build our interoperability with our regional partners."

A unit's signal officer is ultimately responsible for ensuring the commander can communicate both down to lower and up to higher levels of command. This process is even more complicated when a special operations unit has to communicate with foreign partners in different geographic locations with

Maj. Ryan Collins, right, the 1st Special Forces Group (Airborne) signal officer, and Staff Sgt. Robert Carter, a satellite communications operator, confirm a satellite lock during a training exercise Saturday.

language barriers.

"Our team works hard to find innovative solutions to accomplish the mission," Collins said. "Army special operations are required to be agile and adaptive to the environment."

Collins attributed the award to his team and noted that it is allotted fewer personnel to accomplish a larger mission than a conventional Army communications section.

Chief Warrant Officer 3 Mark Smith, a senior information systems technician, said Collins' work with communications and automations systems across the 1st SFG area of responsibility is one of many aspects that makes him stand out.

"He has an uncanny ability as a leader to inspire our team to get better each and every day," Smith said.

"The award is indicative of Ryan's exceptional ability to contribute to unit readiness for a range of missions," said Col. Will Beaupere, 1st SFG commander. "We rely heavily on all of our communicators to link us with our operational detachments and higher headquarters on the modern battlefield."

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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STRAIGHT TALK

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COMMENTARY

High-touch leadership needed in high-tech units

BY LT. COL. CHRIS CARNDUFF
628th Civil Engineer Squadron

JOINT BASE CHARLESTON, S.C. — Technology has revolutionized our lives and the Air Force. Our high-tech culture and military are capable of unprecedented effectiveness and agility. In many facets of our personal and professional lives, technology lets us communicate rapidly and accomplish a variety of tasks with minimal personal interaction.

However, this high-tech world introduces a risk of leaders losing touch with those they command. To avoid technological isolationism, leaders must focus on using high-touch tactics, including learning about subordinates, providing continuous performance feedback and taking ownership of the organization's actions.

Leaders cannot lead effectively by sending a barrage of emails; it takes time, effort, creativity and, most of all, requires genuinely caring about the welfare and development of their personnel. In the age of social media and mass emails, it is easy to think we know people based on what we see on a computer screen, but learning about an individual demands face-to-face interaction, understanding their nonverbal communications and gauging their motivations.

Only through the process of learning about an individual can leaders understand how to motivate and mentor their Airmen to achieve excellence.

Deliberate performance feedback is critical to correcting substandard performance, rewarding excellence and putting individuals on a path to being outstanding contributors to the goals of the organization. Virtual feedback is not sufficient. Performance feedback must be a face-to-face communication, capitalizing on the knowledge a leader gains from learning about the subordinate.

It is easy for leaders to think they provide continuous feedback because they give guidance via email, but that mechanism is ineffective in comparison to focused personal interactions aimed at guidance and mentorship.

Regardless of the generation, people are best understood by, mentored by and led by people — not ones and zeros. A high-tech organization deserves high-touch leadership to maximize the effectiveness of its people.

VIEW FROM THE TOP

Caution: same old scams making the rounds again

BY JOSEPH PIEK
JBLM Garrison Public Affairs Officer

They're back. Classified ads, allegedly posted by service members on Craigslist, Facebook, Franklin Sell It! and other websites, are again making the rounds. These ads are enticing because they're selling great products for low prices that seem almost — because they are — too good to be true.

As you read the latest scam ad, look for the red flags: "2014 Food Concession Trailer for sale in perfect condition: no need for repairs. The interior and exterior is in very good condition. This trailer is top of the line: fully equipped; weighs 6,000 lbs. I bought it when I was serving in Lewis McChord, U.S. Joint Base, WA. The trailer will be delivered from Lewis McChord, WA. I will take care of the shipping.

I have a low price (\$5,000) because I want to sell it before July 10. The reason for selling is that I am in US Army and my unit will be sent back overseas, and I don't want it to get old in a storage for 18 months. Just let me know if you are interested and where are you located.

P.S. Please contact me only if you have cash in hand. This is a fast sale! Thanks! Staff Sgt. Sharon Jacobs, 128th Mobile Public Affairs Detachment, Lewis McChord, U.S. Joint Base, WA"

Let's look at the red flags.

1. "Lewis McChord, U.S. Joint Base, WA." Wrong.
2. "I will take care of the shipping." No one is going to ship a 6,000-pound trailer for free.
3. "I have a low price (\$5,000)." The price alone is too-good-to-be-true.
4. "Storage for 18 months." Service members and units do not deploy for 18 months.
5. "128th Mobile Public Affairs Detachment." There's no such unit at JBLM.

Over the last two weeks, we've taken calls and social media questions from at least 20 private citizens and law enforcement asking if a "Staff Sgt. Sharon Jacobs" works at JBLM and if this ad is legitimate. Of course, it's not and we said so. We don't know if any people were fooled and sent money.

How do we know this "posting" is a scam? That's easy. We've seen it before. This latest iteration has made the rounds for the last eight years. Although the item for sale changes, the basic elements are

always the same. Something is for sale at a price that's too-good-to-be-true because a service member must deploy or move to a new assignment. And, of course, shipping is always free.

Unfortunately, it's not the only service member-related scam that continues to make the rounds. We also took a call this week from someone who'd fallen for the old "Soldier stuck overseas scam."

In this case, a woman called seeking advice on how to get her Soldier-fiance — who she'd never met — back from Syria because the Army deployed him two years ago and had not brought him back to the United States. The woman stated she was working with a person in Nigeria to get him home. She admitted she'd sent this person thousands of dollars, but her "Soldier" still hadn't returned. She wanted to know what we could do to help.

Sadly we couldn't help. Instead, we told her she'd been taken in by a long-standing scam. We advised her to stop sending money and to cease all contact. She asked how she could get her money back. We told her to report the incident to the authorities. Finally, we told her it's unlikely she will get her money back.

Another variant of this scam involves a claim that a Soldier has been left overseas and needs medical care. One recent caller said he'd been contacted online by the Soldier's unit, which then sent him an "official looking" form. This form asked him to provide the name of his bank and account routing number, so they could transfer money from his account to them to pay for the Soldier's medical care. He didn't fall for this.

Perhaps you're thinking this couldn't happen to me. This is such an obvious trick. I'd never fall for it. Maybe you're right, but then again, the one that tricks you might be more sophisticated. It will capture your attention by selling something you really want or must have. The price will be great, the sale will appear credible, and the seller — a service member — trustworthy.

The temptation will be to jump on this great deal before someone else does, and you'll make the payment. Then you'll wait for a delivery that will never arrive.

Don't let this happen to you. Be skeptical. If the deal seems too good to be true, it probably is. Make sure to verify it with a trustworthy source before you commit.



PHOTO ILLUSTRATION BY LORI BULTMAN 25th Air Force Public Affairs

A catfish is a person who pretends to be someone they're not, using social media to create a false identity with the intent of scamming someone, or worse.

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CHAPEL SERVICES

CATHOLIC MASSES

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

PROTESTANT SUNDAY

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

DIVERSE WORSHIP

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

JBLM SNAPSHOT



MASTER SGT. JOHN HUGHEL Oregon National Guard Public Affairs

Canadian Army Reservist Private Benjamin Smith, assigned with the 39th Canadian Brigade Group, Vancouver, British Columbia, holds a hilltop position, waiting to move into a forward position during Exercise Cougar Rage at Joint Base Lewis-McChord Saturday.

THIS WEEK IN HISTORY

May 4, 1965: Willie Mays breaks National League home run record.

May 5, 2002: "Spider-Man" tops \$100 million in opening weekend.

May 6, 1937: Hindenburg explodes in New Jersey.

May 7, 1915: German submarine sinks Lusitania.

May 8, 1945: V-E Day is celebrated in America and Britain.

May 9, 1974: House votes to initiate impeachment proceedings.

May 10, 1877: Hayes has first phone installed in White House.



★

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The Landing at Hawks Prairie, 1140 Galaxy Drive NE, Lacey, WA
15815 Meridian E, Puyallup, WA



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MOTHER'S DAY Brunch

The Club at McChord Field

Sunday, May 13

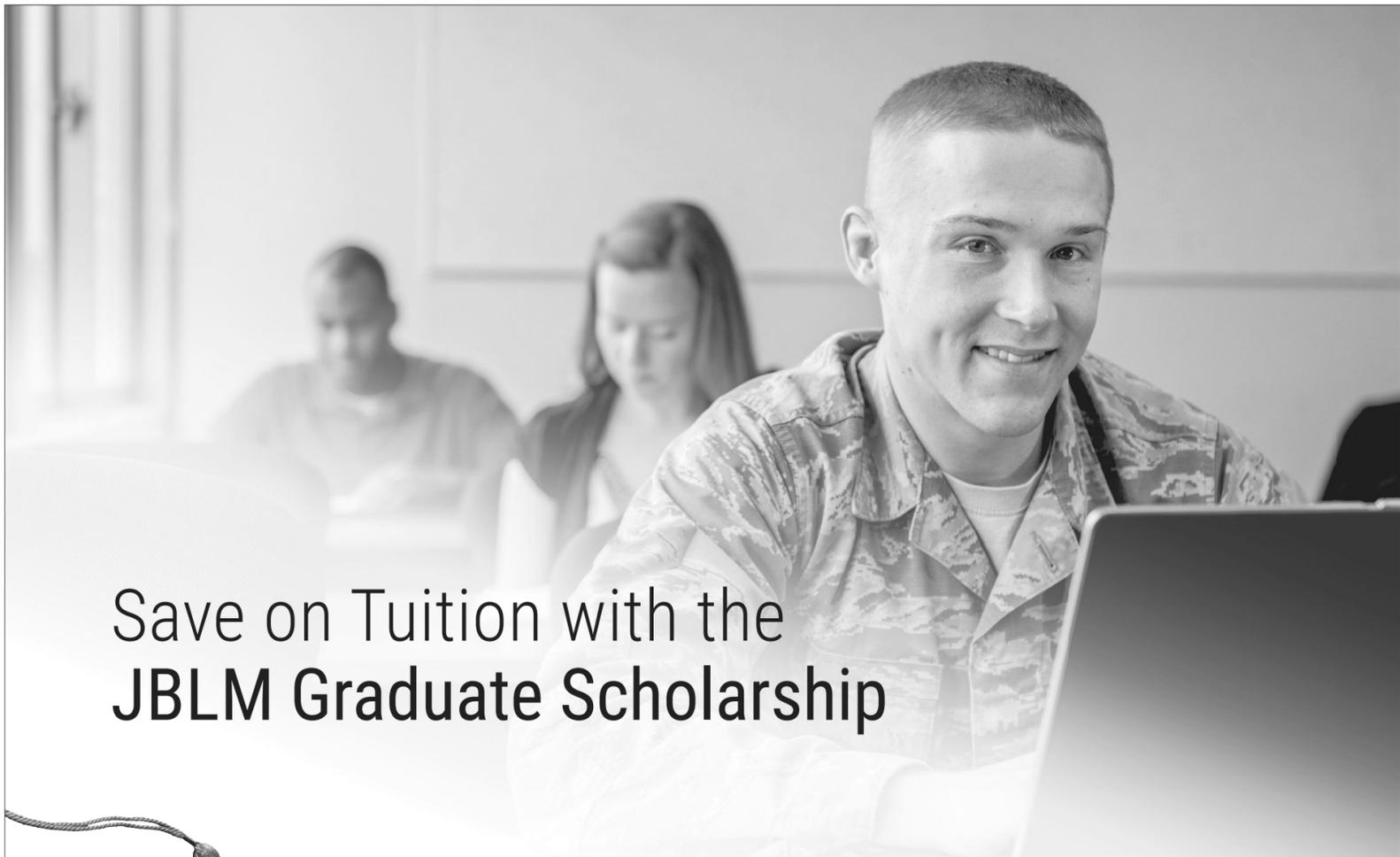
\$28.95 for ages 13 & older
 \$14.95 for ages 4-12;
 Free for ages 3 & younger

Reservations required; call 253-982-5581.

Club members receive a \$2 discount. Seating is at 10 a.m., noon and 2 p.m.

 The Club is at 700 Barnes Blvd.

JBLMmwr.com



Save on Tuition with the JBLM Graduate Scholarship



Earn a Master of Science in management at Joint Base Lewis-McChord (JBLM). Enroll in hybrid courses in the University of Maryland University College (UMUC) Master of Science in management program at Joint Base Lewis-McChord, and you could earn a scholarship worth up to \$1,371 toward your core management courses. The JBLM Graduate Scholarship was created specifically for eligible active-duty servicemembers and their spouses and dependents. The program, designed with input from today's top employers, can provide you with enhanced decision-making skills, real-world experience and a firm foundation for career advancement.

Graduate classes start on May 21.

FIND OUT HOW UMUC CAN WORK FOR YOU.
 Call 253-212-2399 or visit umuc.edu/jblm to learn more.



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NORTHWEST ADVENTURE CENTER



OPEN HOUSE

& Community Yard Sale

8050 NCO Beach Rd., Lewis North

SATURDAY, MAY 12
 9 a.m.-3 p.m.

20% storewide SAVINGS!
*excludes firearms

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

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




JBLM DOWN & DIRTY MUD RUN 2018

5K Fun Run & Obstacle Course

Saturday, May 12

11AM, 11:30 & noon

Soldiers Field House

3236 2nd Division & Handrich at Lewis Main

Ages 14 and younger must run with an adult.
 Race bib pickup starts at 9 a.m.

Registration link at JBLMmwr.com/races

Questions? Call 253-967-7311

HEALTH AND WELLNESS EXPO

Expo spurs service members to stay fit

BY RUTH KINGSLAND
Northwest Guardian

Getting healthy and staying that way was the subject discussed by dozens of folks who stopped by the McChord Field Fitness Center Annex for the annual Health and Wellness Expo at Joint Base Lewis-McChord April 26.

The free event was hosted by Family and Morale, Welfare and Recreation's Sports Fitness and Aquatics. Informational tables from several on and off base health-related groups were available.

"I get a lot of steps walking around the building, and then I go home and walk some more," said Chief Master Sgt. Manuel Martinez as he and Master Sgt. Shawn Willis, both of 627th Force Support Squadron, stopped by the McChord Field Health Promotion table.

There, Danielle Knutson, Ph.D., health promotion coordinator for the 62nd Medical Squadron, explained some important things to know to get



RUTH KINGSLAND Northwest Guardian

Nelson Blake, a retired Army major from Tacoma, works out during the Health and Wellness Expo at the McChord Field Fitness Annex at Joint Base Lewis-McChord April 26.

and stay fit.

"We get lots of questions about living a healthy lifestyle," Knutson said.

That's why she and Teresa Bruder, a registered nurse and director at the Armed Forces Wellness Center on Lewis Main,

work together to provide information and programs for service members and their families. Bruder also had a table of information at the event.

"It's all about synergy," Knutson said. "The Army and Air Force (are) working together to

help all service members."

Both women stressed the importance of knowing one's personal health needs and how one is impacted by food and exercise.

"You need to know how many calories you need, not just based on your height and weight," Bruder said. "You can be exercising and eating right, you think, but still not losing weight; what happens if you have a slow metabolism?"

Bruder said the wellness center provides personal coaches, massage chairs, stress management programs, tobacco awareness and cessation classes. Staff from the center are available to come to units to talk about health and wellness.

Martinez said he mainly came to the event to get information for others, because he personally is active and participates in Zumba classes with his wife, Laura, in addition to walking and jogging regularly. However, he did admit to eating a half-bag of potato chips shortly after

exercising about a week ago.

"I get hungry, and I really needed something with a crunch," he said, with a laugh.

Willis said he enjoyed learning more about health and fitness at the event.

"It's always good to look at stuff like this, so you can get ready for summer and get that beach body," he said.

Nelson Blake, a retired Army major from Tacoma, worked out on an arm cycling device as other service members and veterans wandered past him and the tables.

He said he had another hour to go on that machine and planned to complete some more time on a stationary bicycle before stopping by the information booths.

Blake fell and fractured his arm in December and has been working out every day since then at the fitness center annex.

"I really want to see what (Knutson and Bruder) have to offer," he said. "Because it's really important to stay fit."

62ND AIRLIFT WING

JBLM Airmen Take Back the Night during SAPR 5K

BY SENIOR AIRMAN
TRYPHENA MAYHUGH
62nd Airlift Wing Public Affairs

Sexual assault can affect anyone. Many victims of sexual assault can feel ashamed and try to hide what happened instead of speaking out.

In an effort to raise awareness about sexual assault prevention, McChord Field Airmen strapped on their running shoes and participated in the 62nd Airlift Wing Sexual Assault Prevention and Response office's Take Back the Night 5K walk/run April 25 on Joint Base Lewis-McChord.

Leaders from the 62nd AW and 627th Air Base Group gave opening remarks and joined other participants on the track to support sexual assault prevention.

"We have so many cases that come in from both the Army and Air Force side, and (the 5K) is a way to empower people," said

Airman 1st Class Tamara Couch, Sexual Assault Awareness and Prevention Month council member and 627th Communication Squadron vulnerability management technician. "It's to raise awareness that this is happening on our base and out in the civilian world. We want to take back the night; we want to break the silence."

April was Sexual Assault Awareness and Prevention Month, and 62nd AW sexual assault response coordinators wanted to impress upon people that it only takes one person to bring about change in society.

"One person can make a drastic change around a bigger setting," said Tech. Sgt. Rayna Anderson, 62nd AW SARC intern and volunteer victim advocate. "If I tell you and you tell someone else, it can continue from there. We want to widely



SENIOR AIRMAN TRYPHENA MAYHUGH 62nd Airlift Wing

disseminate the information to as many people as we can reach."

The SAPR office also hosted a bowling event to raise awareness during Sexual Assault Awareness and Prevention Month. The events themselves weren't the main goal for SAPR; it was about bringing people together and opening a dialogue.

"I hope people take away that

it's OK to talk about it," Couch said. "It can be hard; it's a very touchy subject, but it's OK to want closure. There's probably people on base who have been sexually assaulted that we don't know about at the center because they are afraid to speak out."

Another purpose of the awareness events is to show there are people available who

McChord Field leaders, sexual assault response coordinators and participants walk during the Take Back the Night 5K at Joint Base Lewis-McChord April 25.

can help those who have been victims of sexual assault.

"It shows there are people like us who work in the SAPR center who care," Couch said. "Our victim advocates are there to listen and help guide a person to getting the closure they need."

Speaking to a SARC or victim advocates is confidential, and people are encouraged to take advantage of their expertise to help them close a difficult chapter in their or a loved one's life.

Anyone who would like to speak with a SARC or victim advocates or is interested in becoming one can visit the SAPR office in Building 100, Room 3024 or call 253-982-0473. A 24-hour hotline is also available at 253-982-7272.

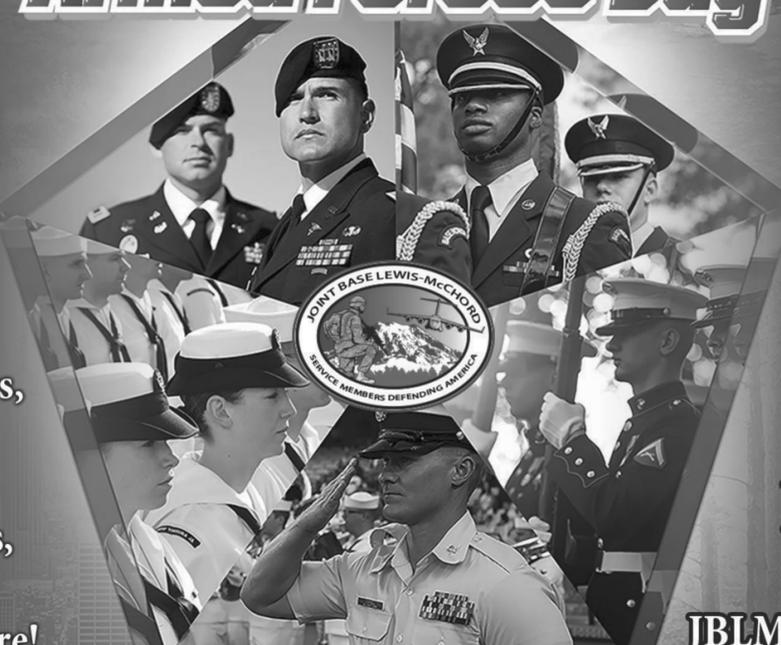
Every service member can help to take back the night, break the silence and end sexual assault at JBLM and throughout the world.



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Static Military Aircraft & Vehicles:
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Historical Reenactors, Fair Food, Carnival, Kids' Activities & more!

Armed Forces Day



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SERVICE MEMBERS DEFENDING AMERICA

Open to the public!
Use North Gate on
112 St. &
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McChord Field Heritage Hill

Saturday, May 19
10 am–6 pm

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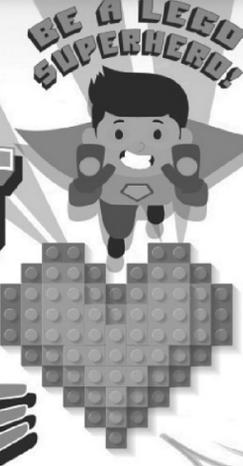







You're invited!

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



Sustainability

JBLM PUBLIC WORKS

Staying green through recycling

JBLM recycling centers take a variety of items

BY CATHY HAMILTON-WISSMER
Directorate of Public Works
 Joint Base Lewis-McChord has a robust recycling program. As a long term goal for a sustainable future, JBLM seeks to achieve Net Zero Waste by 2025.

“Consider most items as a resource, not a waste,” said James Lee, JBLM Public Works environmental division solid waste program manager.

Recycling centers are available for military ID cardholders and not for commercial use. The recycling centers take a wide variety of items: metals, glass, books, clothes and appliances, as well as cardboard, paper, organic waste, plastic and clean wood.

To capture as many items as possible, there are two locations for free drop in recycling, one at Lewis Main across from the Lewis Main Exchange on Nevada Avenue and another at McChord Field at Building 516 on South Gate Road.

Sheila Martin, JBLM Public Works solid waste and recycling outreach coordinator, encourages people to order recycling receptacles that can be placed in rooms or under desks and can then be emptied into the 90-gallon gray recycling totes.

Recycling can be confusing, as there are different requirements for each county. Some cities have their own special restrictions. The JBLM website, lewis-mcchord.army.mil, has a direct link to the latest JBLM recycling information, such as how to order additional containers and how to request support.

If living off base, use the county guide to solid waste



Sheila Martin, middle left, recycling outreach coordinator, hands out books to families at Kids' Fest on Joint Base Lewis-McChord April 5. The books are donated to the Discovery Books bin at the JBLM recycling centers and redistributed.



CATHY HAMILTON-WISSMER Directorate of Public Works

programs for a recycling menu and remember:

- Light bulbs can be recycled.
- Toner cartridges are

collected at recycling centers.

- Furniture can be donated for reuse, if in good shape, to either Lewis Main Thrift Store's

drop off location, Building 2070-2071, Pendleton Avenue, 253-964-0445; or the McChord Field Thrift Store drop off

Randy Heck, left, and Steve Zipnis, LeMay employees, sort reusable and recyclable items at the Lewis Main Recycling center April 19.

“The security of our nation is vital and is directly enhanced by the Army’s meticulous stewardship of environmental resources. By making the right choices today, our Army will remain the world’s premier military force into the future.”

Jordan Gillis

Acting assistant secretary of the Army, installations, energy and environment

location, Building 717, Fourth and Battery Street, 253-982-2468.

Off base, the Northwest Furniture Bank will take mattresses as well as other furniture, for a fee.

• If you live in JBLM housing, schedule a bulk item pick up. Be sure and contact Lewis-McChord Communities for details.

• JBLM residents can bring their household hazardous waste to the Environmental Building 1210 on Mann Avenue. Otherwise, take it to any Pierce County household hazardous waste drop-off location. Residents of Thurston County can use the HazoHouse at the Hawks Prairie Landfill.

“The security of our nation is vital and is directly enhanced by the Army’s meticulous stewardship of environmental resources,” said Jordan Gillis, acting assistant secretary of the Army, installations, energy and environment in his 2018 Army Earth Day message. “By making the right choices today, our Army will remain the world’s premier military force into the future.”

Recycling right, reducing use of resources and reusing items will help sustain the mission.

For more information, visit tinyurl.com/y88t35lp.

ENVIRONMENT

What goes up tumbles down as garbage

Balloons that are released will be hazardous soon

BY CATHY HAMILTON-WISSMER
Directorate of Public Works

Balloons floating across the sky carrying good wishes are a beautiful thought and sight. What is not so beautiful is the debris they leave behind when they land.

“People don’t realize the impact of balloons on the environment, once they are released,” said Paul Steucke, Directorate of Public Works Environmental Division branch chief. “It’s simply littering.”

Balloons have a destructive effect on animals, environment and people. They can last years in the environment, risking harm to any animal who comes across them. Latex balloons are not biodegradable, even when marketed as such.

Animals can mistake burst balloons as an enticing meal,

causing intestinal blockage and death. The ribbons or string tied to balloons and can entangle any animal that comes in contact with it.

Many life-changing events are marked with a mass balloon release such as graduation, retirement and memorials, but this is a damaging practice. Balloons are made with chemicals, plasticizers and artificial dyes — not 100 percent latex — and can last years as hazardous trash.

Mylar/foil balloons can cause power outages and spark fires. They take several years before breaking down.

Balloons are a waste of helium, a finite resource, used in medical devices, space exploration, cryogenics and ventilators, among many other uses. The price of helium does not reflect supply. If it did, the helium balloon you buy for \$3.50 should cost about \$35.

There is no chemical way to manufacture helium for replacement.

Mass balloon releases and sky lanterns are illegal in



CATHY HAMILTON-WISSMER Directorate of Public Works

Bruce McDonald, a Joint Base Lewis-McChord forester, finds a spent Mylar balloon on a tree plantation on base April 9.

various nations. In the U.S., several states have banned the intentional release of a balloon inflated with a gas that is lighter than air — excluding

balloons released for scientific or meteorological purposes, a hot air balloon or a balloon released and remaining indoors.

“People don’t realize the impact of balloons on the environment, once they are released. It’s simply littering.”

Paul Steucke

Directorate of Public Works, Environmental Division branch chief

There is a better way to mark that special occasion. Consider the dramatic effect of flags, ribbon dancers, pinwheels, bubbles and candles. Other fun ideas can be more engaging. Put together a drum circle, a flock of pink flamingos on a lawn, floating flowers or flower petals on clear water, origami, a wildflower seed bomb, painted rocks or planting bulbs.

Memorable moments that also make a big impact and carry the message.

For more information on the environmental division on JBLM, visit [@SustainableJBLM](https://www.facebook.com/SustainableJBLM) on Facebook.



How often do you ask yourself what's safe to put in your recycling bin?

Next time you go to throw something away, get creative and think of ways to reduce waste in the first place!

Only paper, cardboard, plastic bottles, jugs & jars, aluminum & tin cans can go into your recycling bin.

Check out the Lewis Main or McChord Field recycling centers for additional recycling options!

Yard waste & leaves can be taken to the recycling centers on the installation for disposal.

For more information find us on Facebook!

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

Four-legged companion

Army Capt. Makensie Santiago, a doctorate of veterinary medicine, and Army Spc. Erica Powers, a veterinary food inspector, both attached to the 47th Combat Support Hospital, 62nd Medical Brigade, give a vaccine to a feline patient at the veterinary clinic in Kodiak, Alaska, Monday.

PETTY OFFICER 3RD CLASS LAUREN DEAN
U.S. Coast Guard Photo

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

RESERVE SPOTS FOR PARENT-SON DANCE

Enjoy a fun-filled evening at the Club at McChord Field's Parent-Son Dance Friday 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.

ARMY, AIR FORCE PCS MOVE WORKSHOPS

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

JOIN MCHORD 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 Wednesday 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 Thursday.

CALLING ALL CUB AND BOY SCOUTS ALUMNI

If you have ever been involved with Cub Scouts or Boy Scouts, join Pacific Harbors Council for an alumni gathering at the Lewis North Chapel on Joint Base Lewis-McChord May 12 from 11 a.m. to 2 p.m. Food will be provided by the USO. Come see the exciting, new activities going on in scouting and

connect with other current and former scouts and leaders.

VISIT NAC OPEN HOUSE AND YARD SALE

Bring the entire family to the Open House and Sidewalk Sale at the Northwest Adventure Center May 12 from 9 a.m. to 3 p.m. for free rock wall climbing, inflatable games and bounce castle, information on upcoming outdoor adventures and trips and cabin rental viewing. The retail store features 20 percent off merchandise. Check out the yard sale for great deals. If you have items to sell in the sidewalk sale, secure your spot early by calling 253-967-7744. The NAC is located at 8085 NCO Beach Road on Lewis North.

CATCH UFC ACTION AT THE CLUB MAY 12

Watch the UFC fights live on big screens at the Club at McChord Field. Doors open at 4 p.m. and everyone's welcome, and there's no cover charge. UFC 224 is May 12 and UFC 225 is June 9 at 7 p.m. in the McChord Pub. Club members get exclusive food deals and prize drawings during the fight. The Club is located at 700 Barnes Blvd. on McChord Field. For more information, call 253-982-5581.

TAKE MOM OUT FOR A TASTY BRUNCH

The annual Mother's Day Brunch is scheduled to take place 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 Joint 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 jblmafcscheckappointments.com.

BUILDING MANAGERS FIRE SAFETY CLASS

All building managers on Joint Base Lewis-McChord are required to take a Building Managers Fire Safety Class. Classes take place on the first and third Wednesday of the month at 9 a.m. in Building 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 to take place May 16. 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.

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.

EFMP CRUISE TO SUMMER LUNCHEON

Joint Base Lewis-McChord's Exceptional Family Member Program invites all EFMP parents to come and enjoy a complimentary lunch, mocktails, chair massage and giveaways May 16 from 10 a.m. to 1 p.m. at Eagles Pride Golf Course while they learn about family fun activities from "summer cruise directors." Complimentary child care is available. Registration is required; visit tinyurl.com/ya3m8r3q. For more information, call 253-967-7166.

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 McChord Field's commercial North Gate for entrance. Department of Defense ID cardholders can use any open gate. Pets are prohibited; only registered service animals will be allowed. Visit JBLMArmedForcesDay.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.

1968 MARINE PLATOON REUNION JULY 12

The 1968 "Evergreen State Platoon/Platoon 3041," a special Marine Corps State of Washington recruit unit that went through boot camp together, is hosting its 50th Anniversary Reunion July 12 in Olympia. It was under the Capitol's Dome that 80 young volunteers from Washington met and were sworn-in into the U.S. Marine Corps. Three events are planned; the first is a ceremony in the Capitol's Rotunda to which current state dignitaries have been invited to attend. The second, held immediately afterward at the nearby outdoor Washington Vietnam Veterans Memorial, will honor the six Platoon 3041 Marines killed in Vietnam. The final event is an informal banquet for platoon members, families and invited guests. Platoon members should call Dan Kirkman at 206-383-9018.

RESERVE TENTS, CABIN RENTALS ONLINE

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 BIKE RENTALS NOW AVAILABLE

The GO Bike program has expanded availability to include Department of Defense family members ages 18 and older. Now all DOD employees, their family members ages 18 and older and JBLM contract employees can check out a free GO Bike for up to two weeks. Use the bikes to run errands, get to appointments or spend some exercise time outside. Find the GO Bike check-out locations on GOLewisMCCChord.com.

TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

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

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

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

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.

WDVA Apprenticeship Workshop Wednesday-Thursday from 9 a.m. to 4 p.m. at the Hawk Transition Center, located at 11577 41st Division Drive. For more information, email RachelR@dva.wa.gov.

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 mitchel.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.

SFL-TAP Dress for Success Thursday from 10:30 to 11:30 a.m. at the Hawk Transition Center in Room 217. Builds on the skills learned during the DOL Employment Workshop by providing the necessary tools to identify characteristics of workplace dress codes based on industry/organizational policies, proper grooming, what is appropriate for the civilian workforce and characteristics of the various levels of business attire. For more information, call 253-967-3258.

SFL-TAP Skills Development Thursday from 9 to 10 a.m. at the Hawk Transition Center in Room 217 11577. Understand the importance of skills and skill sets, identify: skills pertinent to their goals, how and when to use the information and skills pertinent to their employment or education. For more information, call 253-967-3258.

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

Camo2Commerce has orientations Thursdays at 3:30 p.m. at the Stone Education Center on Lewis Main for military leaders in mid-level management roles, ideally staff and senior noncommissioned

officers and junior to mid-grade officers in transition. Camo2Commerce has created the Heroes Corporate Fellowship Academy can help you land a job in a position commensurate with knowledge, skills, abilities and experience. For more information, visit: camo2commerce.com/heroes or email rob@pacmtn.org.

C2C Targeted Resume May 11 from 9 a.m. to 2:30 p.m. at the Hawk Transition Center in Room 214. Identify the difference between a master and targeted resume, translate military skill sets and match skills and experiences to a job description. Most importantly, participants will create key results that show employers the value they bring to the job. This is not a basic resume class, so please bring your resume or use resumeengine.org to create one. Bring your resume and a description for the type of job you want. To register, call 253-967-0319.

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.

Onward to Opportunity The NW Edge is a six-week program facilitated by different partnering agencies 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.

INSTALLATION INSTALLER JOB IN PUYALLUP

Insulation Northwest — Salary: DOQ. Insulation Northwest is Washington State's most knowledgeable and respected insulation company that insulates everything from the smallest remodel to the largest commercial building. Now seeking candidates for training. Come join the team and build a bright future together. All training is paid at a rate of \$20 per hour. All tools and training will be provided by Insulation Northwest at our expense. The training process is completed within 60 days; one month with a trainer, one month with partner. For more information, call 253-846-0121.

ROUTE SALES REP POSITION IN TACOMA

Aramark — Salary: \$18.05 per hour. The route sales support driver builds solid, positive working relationships with customers and is highly motivated to exceed their expectations and requirements. AUS operates in a very competitive environment and successful employees must be able to balance exceptional customer service with meeting and exceeding individual sales growth goals. As advocates for the organization, employees strive to generate goodwill and loyalty for the organization while performing their work in a professional manner at all times. For more information, visit careers.aramark.com.

FROM PAGE 1A

CLEAN

leads the year-round effort and coordinates the seasonal clean-up events with service member support.

The average amount of garbage collected in an event like this falls between 150 and 300 tons, Mason said. He has the unpleasant job of digging in the collected garbage to find clues to help identify the person who dumped the debris on base property.

"It's worse in the heat of summer," Mason said.

Paystubs, expired drivers licenses, license plates, membership cards and credit or debit cards are commonly-found items.

On Monday, about 200

pounds of trash was found in one spot with a canine prescription bottle with the dog owner's name. Mason ran the name through the Department of Licensing and found an address where he'll send a claim through the attorney's office totaling the cost for her dump.

"We determine the number of man hours expended by the U.S. Army to clean up and investigate whose property this is," Mason said. "On average, that takes about 10 hours."

At an hourly rate of \$56 per hour and the \$300 charge by LeMay for removing a single ton of garbage, this bill is going to be about \$860. It can get more expensive depending on what they find.

About two months ago, an old boat filled with oil and fuel contaminated water was found.

The two largest claims Mason's



SCOTT HANSEN Northwest Guardian

Service members from the 864th Engineer Battalion, 555th Engineer Brigade unload old pallets during Spring Clean-Up Week Tuesday.

team has made are worth \$12,000 and \$11,500 respectively.

"Most people claim not to have dumped the trash, but that is not our concern," Mason

said. "We are going after the owner of the trash, because that is what we can prove in civil court."

Mason said his office has pursued cases against individuals, companies, organizations and, rarely, municipalities. In addition to year-round efforts, the two clean-up weeks take away about a month of service members training per year.

Each clean-up week in the spring and fall requires another week of training leading up to the event.

"It's a waste of taxpayer money," said Spc. Elixander Aikman of 1-14 Cav. "All of the money we're spending on this could be used training (service members)."

Dean Siemon: 253-477-0235, @deansiemon

FROM PAGE 1A

I CORPS

strengthened I Corps' readiness by deploying a company into an unfamiliar environment and integrating them rapidly in support of another battalion's operations," said Maj. Cheyne Parham, I Corps' future operations planner. "This was an opportunity for units from JBLM and Alaska to reinforce our capabilities and also improve from the individual to the company and battalion through a challenging mission set."

The most planning intensive and physically demanding quality repetitions of Courage Ready 18-01 were two company-sized night air assault missions within a four-day period. The first attack included a 7-kilometer dismounted movement through wild Alaska; the second attack's dismounted movement was about 2 kilometers through hillier terrain.

For each, CH-47 Chinook helicopters piloted by 7th Inf. Div. aviators stationed at Fort Wainwright with 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade transported the 2-1st Inf. Legionnaires.

Attack Company, 2-1st Inf.'s Spc. Javier Torres participated in the exercise and described an experience where he had to look out for an injured fellow team leader.

"After the enemy hit us with chemical weapons, we put on our pro(ective) masks and got back in the fight," Torres said. "That's when Sergeant (Antonio) Toves was shot."

Toves became a notional casualty after an observer/controller — Soldiers who provide administrative control, evaluate task performance and provide constructive feedback — gave him a card assigning a head wound requiring at least initial combat lifesaver-level treatment and evacuation.

"We were still in the middle of a fight," Torres said. "Me and another guy got Sergeant Toves behind cover and bandaged his head. I knew the rest of the platoon needed to know the status of our teams, so I used Sergeant Toves' radio to call up a (situation report), left him with a battle buddy and continued mission."



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

1st Sgt. Ronald Cole, right, follows one of his Soldiers, Spc. Corbin Young, and demonstrates room clearing techniques while conducting team rehearsals during the inaugural I Corps exercise Courage Ready 18-01 near Fort Greely, Alaska, April 23.

According to Maj. Josh Daily, 7th Infantry Division future operations and training officer, the challenges presented by the environment at U.S. Army Garrison-Alaska's Donnelly Training Area cannot be replicated anywhere in the state of Washington and very few places worldwide.

"The effects of the terrain on dismounted and mounted movement, the difference in hours of darkness and daylight and the environmental effects on communication, just to name a few of the myriad factors unique to this area, all combine to pose a serious test that stresses all members of the unit from the commander down to the most junior rifleman, Daily said."

"To deploy here rapidly and plan and execute a company-level offensive operation is to experience a blunt reiteration of the importance of discipline in planning and execution."

Donnelly Training Area, part of the 1.5 million acres of



Two 7th Infantry Division Soldiers fire on enemy positions while wearing protective masks after a simulated chemical attack April 22.

maneuver land in the Joint Pacific Alaska Range Complex, includes an intermediate staging base, artillery and weapons ranges, a combined arms combat training facility, simulated villages and more — all spread across 567,734 acres of light maneuver and 87,457 acres of heavy maneuver training areas.

"JPARC integrates all domains: land, air, sea, space and cyber. That coupled with the extreme environments in Alaska afford us truly unique training opportunities that simply can't be replicated anywhere else in the Department of Defense," said Col. Mark Colbrook, US-ARAK's deputy commander -

sustainment. "During the winter we train in the dark and extreme cold when we have to slow down, be extremely methodical in our execution and really focus on learning to not only survive, but to thrive, fight and win at 20, 30, even 50 degrees below zero."

Colbrook said summer is the just opposite.

"We have moderate temperatures and 20 plus hours of daylight," he said. "We can get rep after quality rep in all day long to ensure we absolutely master the fundamentals of warfighting."

Speaking of future Courage Ready rotations, Parham sees I Corps units with 25th Infantry Division in Hawaii participating in the no notice/limited notice emergency deployment training as well.

"(Although) this exercise involved Soldiers from JBLM and Alaska, future iterations will include Soldiers from Hawaii into the rotation," Parham said.

FROM PAGE 1A

SOLDIERS

incident is indicative of the broader strength of the ROK-U.S. alliance and the things that we can accomplish together as one team."

The farmer in his 50s was injured and unconscious after an accident with his tractor, which turned over and caught fire in the vicinity of Yeongcheon, North Gyeongsang Province.

A Republic of Korea Special Forces general presented the American Soldiers with citations on behalf of the Republic of Korea Special Warfare Command commanding general.

"It was a great opportunity for the detachments to demonstrate the friendship and inter-operability of ROK and U.S. SOF," said the Republic of Korea Special Forces battalion commander in charge of the Korean Special Forces soldiers involved in the event. "Further, it demonstrated to the Korean people that we can be trusted as a combined force. It was truly the friendship between our forces that set the conditions for the Soldiers to help the elderly farmer and leave a positive impression on the local community."



Courtesy Photo

Soldiers from the 1st Special Forces Group (Airborne) and the Republic of Korea Special Forces provide life-saving emergency care to a Korean farmer, while training nearby April 25. The partnered forces were traveling from one training location to another when a local flagged them down to treat the injured farmer, saving his life.

FROM PAGE 1A

LANCER

do this year and during my tenure as a commander," said Col. Jay Miseli, commander of 2nd Bde. 2nd Inf. Div.

According to statistical research presented by Tremblay from the National Sexual Violence Resource Center, 91 percent of rape and sexual assault victims are female, and 9 percent are male.

"To prevent sexual violence, boys and men have to be part of the solution," Tremblay said. "The military is leading the culture change, and (although) we haven't solved all our problems yet, we are willing to have courageous conversations."

Although 95 percent of men do not commit sexual assault according to the National Sexual Violence Resource Center, the remaining 5 percent have a pattern. The perpetrators target their victim using their positions of power and control to manipulate the situation, to include perceptions of co-workers.

In many cases, coworkers perceive the perpetrator in a positive way — incapable of such a crime — which is part of the deceit.

Attacks result in victim trauma. Actual physical changes occur to the human brain due to chemical and hormonal reactions to the point rational thought becomes impaired and memory is fractured.

"The victim's first impression matters (when reporting)," Tremblay said. "Some victims were blamed by their own family, friends, the command, police, and it further impacts the trauma. The way we respond to the victim matters, which is why the words we use and leadership matter in helping a victim heal."

Tremblay and Miseli said leadership plays an important role in the prevention and proper response to victims of sexual violence.

"We have great Soldiers, great leaders, which are represented here today, but there's that 1 to 2 percent (who) don't uphold the values and standards within our own formation, and it is alarming and unnerving," Miseli said. "It is something we as leaders have to own and have to address. It isn't just about standards and discipline; it is about the how. How are we treating each other as leaders and Soldiers? I need everyone here to make sure that how and what we are doing to enforce standards and discipline is on track."

Sports

PACIFIC NORTHWEST ARMY-NAVY RUGBY CHAMPIONSHIP

JBLM rugby looks to avenge loss to Navy

Team's roster has more experience heading into this year's rugby match

BY DEAN SIEMON
Northwest Guardian

Nick Punimata, Joint Base Lewis-McChord rugby team's head coach, is confident that he can bring together the talent needed for a strong rugby team for the 19th annual Pacific Northwest Army-Navy Rugby Championship May 19 at noon at Rainier Field on McChord Field.

Having experience with rugby not only at JBLM, but with All-Army clubs and other regional

clubs, Punimata is aware of the potential talent service members have.

"The idea here is to field the best team we can and bring the cup back (to JBLM)," Punimata said. "There are experienced guys who can be anchors in key positions."

JBLM's rugby club leads the overall series 16-2, and it has become synonymous with JBLM's Armed Forces Day — which will be held at Heritage Hill on McChord Field this year.

For most of the previous 18 games, Punimata has entered the practices leading up to the game with the Kitsap Bangors rugby club out of Bremerton with the cup in hand. But now is a unique situation — the cup is with the Navy team.

Last year was only the second time the Navy team defeated JBLM on the rugby pitch, 42-31. The other time the Navy won was back in 2009.

Punimata said the team strayed a little from the strategy of wearing Navy down in the first half and being more physical in the second half. He also



Staff Sgt. Kevin O'Neill makes a catch during a passing drill for the JBLM rugby team at the Lewis North Athletic Complex April 25.

SEE RUGBY, 2B

BAYONET WARRIOR ATHLETE PROGRAM



Spc. Juan Gonzalez, right, 2nd Battalion, 17th Field Artillery Brigade, 2nd Infantry Division Artillery, completes a set of 80 pushups during a 7th Infantry Division Bayonet Warrior Athlete Program competition at Cowan Stadium on Lewis Main April 26.

SCOTT HANSEN Northwest Guardian

SOLDIERS ENDURE THE MARTINEZ CHALLENGE

7th ID troops compete with one another during timed fitness trial

BY DEAN SIEMON
Northwest Guardian

First Lieutenant Stephen Robarge, 2nd Battalion, 17th Field Artillery Regiment, 2nd Infantry Division Artillery, and a few of his peers trained for about a week for the 7th Infantry Division's Bayonet Warrior Athlete Program physical challenge known as The Martinez.

The Martinez was a time trial challenge held at Cowan Stadium April 26 — completing 40 pullups, 80 pushups, 120 air squats and a 1-mile run. He felt confident he could do it all in a decent time. He did; 14 minutes and 51 seconds.

In the last 100 meters of the last lap of his mile run, his wife, Rebecca, ran alongside him to help him finish strong.

"My wife was my best cheerleader running with me," Robarge said. "Unfortunately, she beat me (in those 100 meters)."

All joking aside, it was a grueling physical challenge that tested the 7th Inf. Div. participants. Many hunched over after completing the last lap; others like Robarge sought shade in one of the stadium's tunnels.

The challenge returned after debuting as part of the division's Bayonet Warrior Athlete Program. Throughout the year, there are five more physical challenges where Soldiers attempt to gauge their own fitness levels.

But it also places a focus on functional fitness where there is no need for a lot of free weights

SEE BWAP, 2B



Staff Sgt. Paul Borrero, left, 16th Combat Aviation Brigade, 7th Infantry Division, keeps score for 1st Sgt. Dereck Souder, 2nd Battalion, 17th Field Artillery Brigade, 2nd Infantry Division Artillery, as he completes a set of 40 pullups at Cowan Stadium April 26.

ON THE SCHEDULE

ENROLL THE KIDS FOR SPRING YOUTH SPORTS

Youth: Enroll children ages 5 to 15 for flag football and cheerleading through May 21 for \$55 per youth. Enrollment is open for fall soccer for ages 5 to 15 at \$55 per youth and bumblebee soccer for ages 3 and 4 at \$25 per youth. Register children with Child and Youth Services and have a current sports physical. Visit jblmcsregistration.com. For more information, call 253-967-2405.

ENTER THE 60TH ANNUAL FORT LEWIS AMATEUR GOLF

Golf: The 60th annual Fort Lewis Amateur golf tournament is Saturday and Sunday at Eagles Pride Golf Course. Registration is \$145. For more information, call 253-967-6522.

FAMILY FUN AT DOWN AND DIRTY MUD RUN

Races: The Down and Dirty Mud Run is May 12 at Soldiers Field House. Late registration ends Wednesday at 11:59 p.m. Department of Defense cardholders pay \$25; others pay \$35. 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 and May 31 at noon at the McChord Field Fitness Center. Active-duty service members at JBLM can apply. For more information, call 253-967-1195.

INFORMATIONAL MEETING FOR OPEN VOLLEYBALL

Intramural: Informational meeting for Open League Volleyball is June 2 at noon at the Wilson Sports and Fitness Center. Season begins June 16 and a league tournament is July 21. All JBLM ID cardholders, ages 18 and older, can play. Cost to register team is \$300 for guaranteed five league matches and one playoff. For more information, call 253-967-7311.

INFORMATIONAL MEETING FOR OPEN BASKETBALL

Intramural: Informational meeting for Open League Basketball is June 2 at 1 p.m. at Soldiers Field House. Season begins June 16 with a league tournament July 21 to 22. All JBLM ID cardholders, ages 18 and older, can play. Cost to register team is \$300. For more information, call 253-967-4771.

FIRST TEE OF SOUTH PUGET SOUND

Military kids learn valuable lessons in life at annual golf camp

BY DEAN SIEMON
Northwest Guardian

Tuesday marked five years since the passing of Staff Sgt. Michael Simpson of 1st Special Forces Group (Airborne), and Joint Base Lewis-McChord remembers. His widow, Krista Simpson Anderson, has since found an outlet for their two sons — Michael, 8, and Gabriel, 6 — through the game of golf.

After speaking at an event for Folds of Honor, Anderson met officials from the First Tee

program who heard about her sons' interest in the sport. Both boys are now sponsored for the program for life.

Michael and Gabriel are enrolled at the current First Tee camp at Joint Base Lewis-McChord's Eagles Pride Golf Course, which meets every Tuesday. Anderson said she's happy they're learning from a program that teaches golf and life skills.

"(It's great) to be able to have (an activity) that's constant," the

Gold Star spouse said. "It's also amazing to have a program that instills the values you do."

First Tee is a youth developmental organization that introduces kids to nine core values: sportsmanship, responsibility, perseverance, confidence, judgment, courtesy, honesty, integrity and respect.

Based out of St. Augustine, Fla., First Tee has several chapters based across the United



Steve O'Brien, middle, teaches children how to grip a club during a First Tee golf camp at Eagles Pride Golf Course on Lewis Main Tuesday.

SEE GOLF, 2B

DEAN SIEMON Northwest Guardian

FROM PAGE 1B

RUGBY

added that the JBLM players were breaking down in positions they shouldn't have.

"We didn't put a strong front line at the points of contact," Punimata said. "We were allowing them extra yardage; we weren't gang tackling. (Navy) built up momentum."

There are a few experienced players that Punimata is hoping will be available for the May 19 game; there are potential deployments, trainings, transitions and other factors to consider.

However, there are players returning who were new to the sport last year. Staff Sergeant Kevin O'Neill, 1st Special Forces Group, was part of Punimata's Joint Base Lewis-McChord team in the annual JBLM Rugby 7s tournament in July.

If you go

What: 19th annual Pacific Northwest Army-Navy Rugby Championship

When: May 19 at noon

Where: Rainier Field, McChord Field

O'Neill's athletic experience included playing football, basketball and track in high school. He never played any sports at his previous duty stations — Fort Campbell, Ky., and Fort Bragg, N.C.

While having key players is going to be a big benefit, O'Neill believes the entire group will make the difference this year.

"In football, you can solely rely on a gifted quarterback or

running back; but in rugby you need all 15," O'Neill said. "I know if we get the same group of guys (as last year), it'll be a different outcome."

Other players are just excited to play on the field against a sister service; regardless of who comes out to the practices leading up to the game.

"It will be interesting to see all of the new players (we get), but it's always good to play rugby," said Sgt. Fineasi Polaulu, 1st Battalion, 17th Infantry Regiment, 2nd Brigade, 2nd Infantry Division.

Practices are currently planned for Wednesday and Friday nights at 7:30 p.m. at the Lewis North Athletic Complex before the May 19 game. All athletes, regardless of rugby experience, are welcomed to try out.

Dean Siemon: 253-477-0235, @deansiemon



DEAN SIEMON Northwest Guardian

Tuavao Koniseti sprints past teammates during a scrimmage at JBLM rugby practice at the Lewis North Athletic Complex April 25.



SCOTT HANSEN Northwest Guardian

1st Sgt. Derek Souder, middle, completes a set of 120 squats before beginning a 1-mile run during a 7th Infantry Division Bayonet Warrior Athlete Program competition April 26.

FROM PAGE 1B

BWAP

and exercise machines.

"This has you do work with your body weight and show what you can do with nothing more than a pullup bar," said Maj. Jason Yellman, deputy 7th Inf. Division surgeon.

The program's certified trainers judged Soldiers to make sure they were using proper form for all exercises — no kipping on pullups and no going halfway on pushups and air squats.

Obviously, it's hard to make a mile run easier. But plenty of Soldiers were able to finish the entire course in half-an-hour or less — significantly less.

Moments after Robarge set the time at 14:51, Sgt. First Class Phung Bun, of 2-17 FA, completed everything in 13:37. Not bad for someone who had only heard about The Martinez challenge a week prior.

Not long after Bun finished, his time was matched by Staff Sgt. Jaime Martinez, 864th Engineer Battalion, 555th Engineer Brigade. Both agreed that the run was the toughest part of the



1st Lt. Stephen Robarge, left, completes a set of 80 pushups as Staff Sgt. Justin Mannucci, right, keeps score during a 7th Infantry Division Bayonet Warrior Athlete Program competition April 26.

event, especially after using plenty of energy in the pullups, pushups and squats.

"By that time, you use up all of your muscles, and you're just

trying to finish," Bun said.

Both Bun and Martinez felt that there were plenty of Soldiers who could beat their time. They were right. Not long after

they had left, Sgt. Jaden Roberts, 1st Battalion, 17th Infantry Regiment, 2nd Brigade, 2nd Infantry Division, set the best time of the field in 12:44; followed by Sgt.

Andrew Corey, 1-17 Inf., in 13:34.

While some Soldiers wanted to have the best time, it wasn't all about competition.

"I was happy to complete it due to my age," said 1st Sgt. Derek Souder, 2-17 FA, who turned 43 Sunday. "My main focus was to complete it."

That mindset is big for Yellman and the BWAP as the entire point of The Martinez and the whole program was to create a culture of fitness. It's a culture that continues to grow with a recent partnership that formed with Madigan Army Medical Center's R2 Performance Center.

While it was nice to see battalions and companies having pride in their performance, Yellman said the biggest win was the number of participants who took the challenge.

"Thank you for showing the initiative to prove yourself," Yellman said to all participants before the event started. "Having your name on that piece of paper means a lot to this program."

Dean Siemon: 253-477-0235, @deansiemon



DEAN SIEMON Northwest Guardian

Instructor Steve O'Brien, left, offers pointers to Gabriel Simpson, 6, during a First Tee golf camp at Eagles Pride Golf Course Tuesday.

FROM PAGE 1B

GOLF

States, including a few in Washington state. The First Tee of South Puget Sound partners with organizations like the Boys and Girls Clubs of South Puget Sound, YMCA and JBLM's Child and Youth Services.

A weekly camp for kids on Tuesdays started April 24 at Eagles Pride Golf Course on Lewis Main for ages 8 to 17, along with a version for ages 5 to 6.

A weekly camp for kids on Thursdays started Thursday at Whispering Firs Golf Course on

McChord Field for ages 8 to 17.

Anderson said she's noticed her kids are more attentive on the golf course.

"They're making it fun, and it's great to be able to teach someone and make them want to do it," she said.

Steve O'Brien is on First Tee's board of directors and said he's enjoyed teaching as a volunteer the last three years after acting as a rules official for the Washington Junior Golf Association.

In his first time leading instruction on a JBLM golf course, O'Brien said he noticed a difference in the military youth class compared to the classes taught at civilian golf courses.

"There's a lot of kids who don't have one of their parents or guardians (with them due to training and deployments)," O'Brien said.

Marsha Barrow-Smith, an Army spouse, also noticed a difference in her children — Mia, 8, and Ellis, 6. Both are in their second year in the program and have shown increasing interest in the sport.

Like Anderson, Barrow-Smith said she's more happy to see the skills they can take away from the links.

"It's a lifestyle social skill they can add to their repertoire," Barrow-Smith said.

Dean Siemon: 253-477-0235



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Historical Reenactors, Fair Food, Carnival, Kids' Activities & more!

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McChord Field Heritage Hill

Saturday, May 19

10 am–6 pm

JBLMArmedForcesDay.com

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8050 NCO Beach Rd., Lewis North

SATURDAY, MAY 12

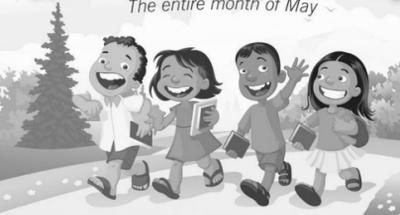
9 a.m.–3 p.m.

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

Kids come celebrate STRONG B.A.N.D.S. with a

STORY WALK

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.

<p>BOOK PATCH LIBRARY Mon.–Fri. 10am–6pm 2109 N 10 & Pendleton Lewis Main 253-967-5533</p>	<p>McCHORD LIBRARY Mon.–Fri. 10am–6pm 851 Lincoln Blvd. McChord Field 253-982-3454</p>
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JBLMLibrary | JBLMmwr.com/libraries

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

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




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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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Event Info, GPS directions & Hours of Operation





Cinco de Mayo

Cinco de Mayo at Sam Adams JBLM

Specials so fun, we're starting them early!

Come to Sam Adams JBLM May 4-5, 4-10 p.m. for \$5 nachos and drink specials starting at \$3.

Plus, Friday, May 4 is \$10 pitcher Friday.

2400 Bitar Ave | 253.964.2012

YOUTH SPORTS FLAG FOOTBALL

ENROLLMENT APRIL 9 – MAY 21

AGES 5-15 \$35

PARENT MEETING JUNE 1

PRACTICES START JUNE 4

SEASON ENDS JULY 27

JBLMCYSREGISTRATION.COM




The Novel Navigators

Adult Book Discussion Group

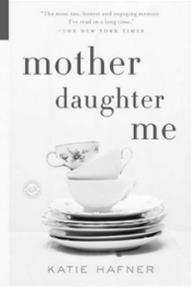
May 9 • 4:30 p.m.

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



mother daughter me

KATIE HAFNER

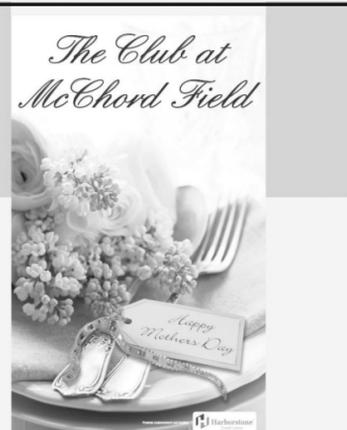
MOTHER'S DAY Brunch

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.



The Club at McChord Field

FALL SOCCER

ENROLLMENT MAY 1 – JULY 31

AGES 5-15 \$55

PARENT MEETING AUG. 16
PRACTICES START AUG. 20
SEASON ENDS OCT. 20

BUMBLEBEE SOCCER AGES 3-4 \$25

PARENT MEETING AUG. 15
SEASON ENDS OCT. 13

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McChord Field Heritage Hill

**Saturday, May 19
10 am–6 pm**

JBLMArmedForcesDay.com

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SAMUEL ADAMS

BREWHOUSE

Cinco de Mayo

Cinco de Mayo at Sam Adams JBLM

Specials so fun, we're starting them early!

Come to Sam Adams JBLM May 4-5, 4-10 p.m. for \$5 nachos and drink specials starting at \$3.

Plus, Friday, May 4 is \$10 pitcher Friday.

2400 Bitar Ave | 253.964.2012



Celebrate Military Spouse Appreciation Week with JBLM MWR May 7-11:

Monday:
20% off at Arts & Crafts ceramics

Tuesday:
20% off McChord Grill -- all menu items

Wednesday:
20% off food all day at Sam Adams JBLM; spouse specialty drinks 6-8 p.m.
20% off food all day at Habanero Mexican Grill

Thursday:
Free game of bowling for spouses at Bowl Arena Lanes & Sounders Family Fun Center

Friday:
Free bucket of range balls (free rental clubs on a first-come, first-served basis) 20% at Sam Adams Eagles Pride with onsite pro shop coupon

****All limited to one discount per day per spouse ID**

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Club members receive \$2 discount per meal.

Seating is 10 a.m., noon and 2 p.m.
The Club is at 700 Barnes Blvd.

Menu: JBLMmwr.com/club/events

*The Club at
McChord Field*



UFC 224
WORLD BANTAMWEIGHT CHAMPIONSHIP
NUNES VS PENNINGTON
SATURDAY, MAY 12
The CLUB at McCHORD FIELD
7 p.m. • 700 Barnes Blvd. • 253-982-5581

Everyone welcome!
No cover!

Club member food specials & prize drawings



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Event Info, GPS directions & Hours of Operation



Armed Forces Day

JOINT BASE LEWIS-McCHORD

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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!

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5K Fun Run & Obstacle Course
Saturday, May 12
Soldiers Field House

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MWR (Military & Retiree Welfare) logo

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JBLM
NORTHWEST

guardian weekend

SECTION C

ALSO INSIDE:

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

COVER STORY

GIG HARBOR BY GONDOLA

Tour beautiful
Gig Harbor via
an authentic
Venetian-style
gondola, 3C



FOR THE WEEK OF MAY 4-10

4

SAMUEL ADAMS BREWHOUSE JBLM 4 p.m. to midnight. Play trivia for prizes 7 to 9 p.m.

McCHORD FIELD 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. Chicken fried steak for \$8.25.

SAMUEL ADAMS BREWHOUSE AT EAGLES PRIDE Open to the public. Try our new Sam Adams brews on tap, plus order the new hard cider.

5

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

SOUNDERS LANES 10 a.m. to 11 p.m. Cosmic Blacklight Bowling 7 to 9 p.m. Two hours plus shoe rental for \$12 per person.

JOINT BASE LEWIS-MCCHORD MARKETPLACE DIRECTORY

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

6

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.

7

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 8 p.m. Today's special: Chicken club sandwich for \$8.25.

THE CLUB AT McCHORD FIELD Make your Mother's Day Brunch reservations this week by calling 253-982-5581. 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.

STRIKE ZONE CAFÉ AT BOWL ARENA LANES 11 a.m. to 2 p.m. Soup and sandwich daily specials, burgers, chilled and grilled sandwiches, fish and chips, salads, pizzas, grilled chicken, chili dogs and more.

8

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 salad sandwich for \$8.25.

McCHORD FIELD GRILL 11 a.m. to 1 p.m. Dine at the grill with a huge salad bar, soup of the day, pasta made to order, 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.

9

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 8 p.m. Spaghetti and meatballs 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.

10

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

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 8 p.m. Jaeger schnitzel 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. weekdays. Order breakfast with coffee.

AT THE MOVIES

Carey Theater
on Lewis Main

Avengers: Infinity War (PG-13)

Friday at 7 p.m.

Ready Player One (PG)

Saturday at 1 p.m.

Blockers (R)

Saturday at 7 p.m.

Avengers: Infinity War (PG-13)

Sunday at 1 p.m.

Ready Player One (PG)

Sunday at 7 p.m.

MOVIE TIMES

For movie times, contact your local theater.

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GIG HARBOR

GALAXY UPTOWN THEATRE: 253-857-7469

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REGAL SOUTH SOUND 10: 360-871-2294

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ROXY THEATRE: 360-832-7699

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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

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



Warner Bros. Pictures

Tye Sheridan, Olivia Cooke, Ben Mendelsohn and Simon Pegg star in the new Warner Bros. Pictures release, "Ready Player One."



BRIAN BUGGE Blakely Photography Studio

John “Cinque” Synco, left, a gondolier with Gig Harbor Gondola, has been offering daily Venetian-style cruises around the scenic Gig Harbor Marina and Boatyard since 2015.

GIG HARBOR GONDOLA

A romantic interlude

Touring scenic Gig Harbor by Venetian-style gondola

BY RUTH KINGSLAND
Northwest Guardian

Imagine this — gliding across the water in an authentic Venetian gondola, sipping a cool refreshing drink, tasting a few appetizers and looking into your beloved’s eyes as a



ONLINE

To learn more or to book a gondola cruise, visit gigharborgondola.com

tenor gondolier rows and guides the boat and soulfully sings: “Che bella cosa na jurnata ‘e

sole; N’aria serena doppo na tempesta,” of the classic Italian love song, “O Sole Mio.”

No, people from Joint Base Lewis-McChord don’t have to travel across the globe for this

SEE CRUISE, 7C



A party of four enjoys a recent Gig Harbor Gondola cruise around the Gig Harbor Marina and Boatyard.

MAY 5

A CHANCE TO FLOAT ON THE 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.**

LEARN BASIC PHOTO SKILLS AND TRICKS

A photography class offers a perfect training session for anyone looking to learn the fundamentals of photography.

Whether new to photography and needing to learn the basics or a seasoned shooter wanting to brush up on the world of digital, this class puts

all students on firm ground for advancing photography skills.

Learn the basic principles of photography including:

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

- Depth of field — What it is and how to use it to make better photos.

- Exposure — Get it right in the field without any fuss.

- Focus — Learn how focus is affected and how to take control of it.

- Composition — Explore the rules and learn when to break them.

Minimum age: 12; children younger than 18 must be accompanied by parent or guardian.

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

MAY 6

NAC OFFERS FREE FIRST AID ESSENTIALS CLASS

Within a First Aid and Essentials class, students will be exposed to the types and basic components of the medical kit.

The instructor will dig into a first aid kit and identify the essential items to take in any first aid kit.

This class will have a discussion about the differences between preassemble kits and do-it-yourself kits.

Participants in the class will also learn about preventative behaviors to avoid using the first aid kit.

This class serves as an excellent preparation course for the 16-hours Wilderness First Aid class since the course does not provide a certification for First Aid or Wilderness First Aid.

Participants younger than 18

must be accompanied by parent or guardian.

The seminar will be held at the Northwest Adventure Center at Lewis North at 10 a.m.

Free.

FOSS HARBOR STAND-UP PADDLEBOARD TRIP

The Foss Waterway Seaport is dedicated to connecting people to the wonder that is the Puget Sound.

The group will travel up the waterway to access Commencement Bay as see all of water this waterfront has to offer.

Minimum age: 12 (participants younger than 18 must

be accompanied by parent or guardian). Meet at the Northwest Adventure Center at

Lewis North at 9 a.m. Preregistration required. **\$45.**



Fabulous Mother's Day Buffet Brunch

Sunday, May 13th • 9am-2pm

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Mother's Day Brunch



First Course

Fresh Fruit Plate and Assorted Scones, Muffins & Croissants

Brunch Entrees

Prime Rib • Smoked Salmon Frittata • Dungeness Crab Enchilada
Chicken Fried Steak • Classic Egg Benedict
Create Your Own Omelet • Home Town Brunch

Brunch Combinations

Shortbread Waffles with Fresh Strawberries & Whip Cream
French Toast • Cheese Blintz

Reserve Now - Seatings: 8:30am, 10am, 11:30am, and 1pm

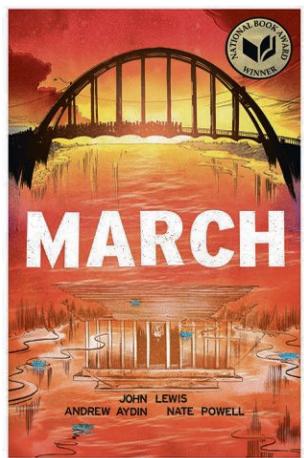
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PIERCE COUNTY READS 2018

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



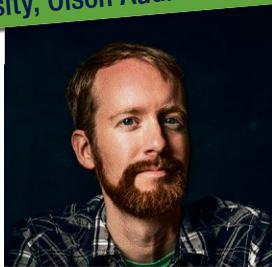
Meet co-author Andrew Aydin
and illustrator Nate Powell
Congressman John Lewis may appear with a special video message.

May 11, 7 p.m.

Pacific Lutheran University, Olson Auditorium



Andrew Aydin
photo by Harriet Beecher Stowe Center



Nate Powell
photo by Rett Peck

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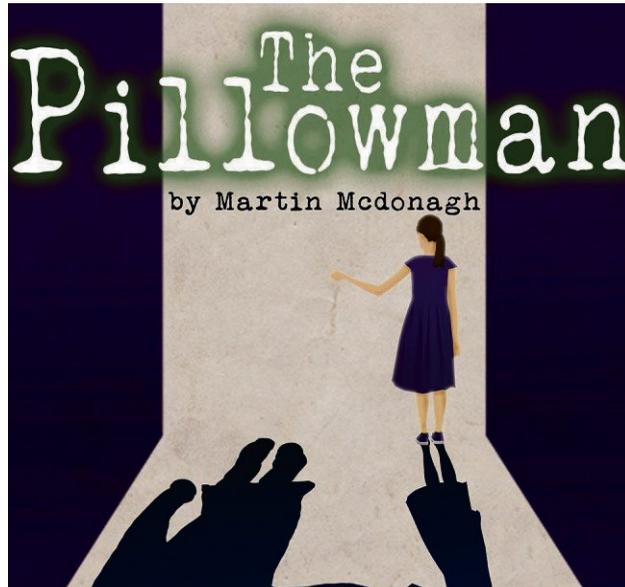


Society Soirée

the
Humane
society
Tacoma & Pierce County

The Pillowman

by Martin McDonagh



APR. 20 - MAY 6, 2018
Fridays & Saturdays | 7:30 pm
Sundays | 2:00 pm

TACOMA Little THEATRE

Tickets: \$24 Adults | \$22 Students/Seniors/Military | \$20 Children 12 & Under
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<p>Psychic Fair May 5th 10 to 4, \$5 entry Coupons Not Valid</p>	<p>Mother's Day Tea Weekend May 12th and 13th 12:30 and 2:00 Seatings. Each Day, \$15 per Guest, Reservations Needed</p>
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artotix

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

MAY 6 SUNDAY 5:00 P.M.

Christ Episcopal Church

EASTERTIDE CHORAL EVENSONG

310 North K St., Tacoma, WA 98403
Christ Church Choir presents music of Grayston Ives, Peter Aston and Craig Phillips. Kathryn Nichols, conductor; Mark Brombaugh, organ. Reflection: Priest Janet Campbell.
www.ccptacoma.org

MAY 5 & 6 SAT 10AM-5PM • SUN 1PM-5PM

Tacoma Historical Society

HISTORIC HOMES OF TACOMA TOUR

Reception center: Bethany Presbyterian Church, 4420 N 41st Street, Tacoma
Tacoma Historical Society presents: Historic Homes of Tacoma - North End Tacoma Tour 2018. Featuring Bethany Presbyterian Church as our reception center, Weyerhaeuser "haddaway Hall", and five beautiful home of North Tacoma.
Ticket Info: Tickets available at the reception center, 4420 N 41st Street.

MAY 6 SUNDAY 5PM

New Connections & Immanuel Presbyterian Church present

WOMEN 'N' BLUES: TREVALYAN TRIANGLE

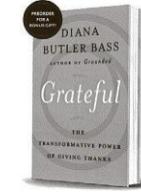
901 N J Street, Tacoma, WA 98403
Special Blues Vespers Benefit Concert. Blues Vespers welcomes the smooth vocals and superb instrumental harmonies of Tacoma's own *Trevalyan Triangle*. The concert benefits New Connections' shelter for formerly incarcerated women. *Small Bites in the Basement* fundraiser after the concert.
Ticket Info: Free event, donation encouraged! www.nctacoma.org

MAY 8 TUESDAY 7PM

Immanuel Presbyterian Church

BOOK EVENT: DIANA BUTLER BASS

901 N J Street Tacoma, WA 98403
Conversation - Book Signing - Reception. Gratitude doesn't just belong in a journal. It's a journey! In her new book, *Grateful*, award-winning author Diana Butler Bass weaves together social science research, spiritual wisdom, and contemporary issues as she calls for a richer understanding and practice of gratitude. What emerges are insightful takeaways about the power of thankful living to change how we treat one another and how we might transform our world.
Ticket Info: \$15.
dianabutlerbasslive.eventbrite.com
253.627.8371
iptacoma.org



EVENTS

COMMUNITY

The Gallery at Tacoma Community College Works by Rick Mahaffey. 10 a.m. to 5 p.m. Friday. Tacoma Community College, South 12th Street between Pearl and Mildred streets. 253-460-4306.

Adult Auditions for 2018 Puget Sound Revels 10 a.m. to noon Saturday. First United Methodist Church of Tacoma, 621 Tacoma Ave. S., Tacoma. Email or call to schedule audition appointment. 253-756-1804, psrevels@pugetsoundrevels.org.

Hilltop Artists' Spring Glass Sale 10 a.m. to 1 p.m. Saturday. All proceeds go back into our tuition-free glass art programs. Bring a \$10 or more grocery store gift card or three or more non-perishable food items to the sale for a surprise gift. Arrive at 9 a.m., pick up a timed ticket, and return at your appointed entry time. No timed ticket necessary after 11:30 a.m. Jason Lee Middle School, 602 N. Sprague Ave., Tacoma. 253-571-7670, hilltopartists.org.

Kittredge Gallery 2018 Senior Art Show Through May 13. Exhibiting artists include: Kiri Bolles, Megan Breiter, Ian Chandler, Stephanie Clement, Sam Crookston Herschlag, Walker Edison, Ally Hembree, Emily Katz, Sequoia Leech-Kritchman, Monica Patterson, Jarrett Prince, and Mairan Smith. University of Puget Sound, 1500 N. Warner St., Tacoma.

"Louder Than Words: A Portrait of the Black Panther Movement" Through May 15. By Billy X Jennings, archivist. Collins Memorial Library, University of Puget Sound, 1500 N. Warner St., Tacoma.

"Our Dreams" Mixed Media Exhibit Through June 17. Works by the women of Hilltop Artists' Arts Connect Program using glass, paint, paper, writing and sound. Seymour Conservatory, 316 S. G St., Tacoma.

Pacific Gallery Artists Art Show 9 a.m. to 4:30 p.m. Monday-Friday through June 7. "Art is Alive" features more than 20 artists original watercolor, mixed media, oil, acrylic, colored pencil, ink, collage and miniature art.

Pacific Gallery Artists May Meeting and Art Demo by Keith

Artz 11 a.m. to 1 p.m. May 15. Asia Pacific Cultural Center, 4851 South Tacoma Way, Tacoma. Free. pacificgalleryartists.org.

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. tacomaartmuseum.org/events.

ARTS AND MUSIC

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

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

Author and humorist David Sedaris 7:30 p.m. Saturday. Pantages Theater, 901 Broadway, Tacoma. \$29-\$85. 253-591-5894, broadwaycenter.org.

Kris Andersson in "Dixie's Tupperware Party" 7:30 p.m. Sunday. Pantages Theater, 901 Broadway, Tacoma. One-woman show with mature themes and language. \$19-\$55. 253-591-5894, broadwaycenter.org.

The Weepies: Hideaway 10-Year Anniversary Tour 7:30 p.m. May 18. Rialto Theater, 310 S. Ninth St., Tacoma. Singer-songwriters Deb Talan and Steven Tannen. \$29-\$49. 253-591-5894, broadwaycenter.org.

Ira Glass, Host of "This American Life" 3 p.m. June 24. Rialto Theater, 310 S. Ninth St., Tacoma. \$29-\$85. 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/Squarepegs.

Memory (Alzheimer's) Cafe 3 to 4:30 p.m. Fourth Wednesday. 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

Paper Quilling with Emily 3:30 to 5 p.m. Thursday. Learn, make and take quilled magnets with expert paper crafter Emily Mallory. Supplies provided. Ages 8 and up. Registration required at piercecountylibrary.org. University Place Library, 3609 Market Place W., University Place. Free. 253-548-3307.

Tahoma Audubon Budding Scientist Classes 9:45 to 10:45 a.m. and 1:45 to 2:45 p.m. May 14. Tahoma 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.

NIGHTLIFE

FRIDAY

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

Clyde Villain, Rain Delay and Aaron Lawrenson 7 p.m. Real Art Tacoma 5412 South Tacoma Way, Tacoma. \$10. realarttacoma.com.

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

Girls Love Rockets with The Jethro Tull Experience 8 p.m. Louie G's 5219 Pacific Highway E., Fife. \$10. 253-926-9700.

Old Fools, The Dreadnones and The Josephine Chopper 8 p.m. The Valley Pub 1206 Puyallup Ave., Tacoma. 253-248-4265.

The Llanos Brothers 8:30 p.m. Jazzbones 2803 Sixth Ave., Tacoma. \$7. 253-396-9169.

Sin City 9 p.m. and Saturday. Emerald Queen 1-5 Nightclub 2024 E. 29th St., Tacoma. 253-594-7777.

Nite Crew 9 p.m. and Sat-

urday. Great American Casino 10117 South Tacoma Way, Lakewood. 253-396-0500.

Iron Dragon 9 p.m. The Swiss 1904 S. Jefferson, Tacoma. 253-572-2821.

SATURDAY

Dedset, Abigail Neilson and Danny Cash and the Gallows 8 p.m. Louie G's 5219 Pacific Highway E., Fife. \$10. 253-926-9700.

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

Ms. Pat 8 and 10:30 p.m. and 8 p.m. Sunday. Tacoma Comedy Club, 933 Market St., Tacoma. 253-282-7203, tacomacomedyclub.com.

Live music featuring blues, brews and barbecue 8 p.m., Uncle Thurm's Finger Lickin' Ribs and Chicken 3709 S. G St., Tacoma, 253-475-1881.

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

Old School Fellas 9 p.m. The Swiss 1904 S. Jefferson, Tacoma. 253-572-2821.

SUNDAY

Karen Kandi World Orchestra 5 p.m. The Swiss 1904 S. Jefferson, Tacoma. 253-572-2821.

Geeks Who Drink 6 p.m. Jazzbones 2803 Sixth Ave.,

Tacoma. 253-396-9169.

Bill Stapleton and Power House 7 p.m. The Spar 2121 N. 30th St., Tacoma. 253-627-8215.

Country Roadhouse Jam with Dave Nichols 8 p.m. Stonegate Restaurant Bar and Grill 5421 South Tacoma Way. 253-473-2255.

Tim Hall Band 8 p.m., Dawson's Bar and Grill 5443 South Tacoma Way, Tacoma, 253-476-1421.

MONDAY

Open Mic with Chuck Gay 7 p.m. The Swiss 1904 S. Jefferson, Tacoma. 253-572-2821.

Rockaroake with a live band 10 p.m., Jazzbones 2803 Sixth Ave., Tacoma, 253-396-9169.

TUESDAY

Troubled Minds, Arthur James, Paper Anthem and Narrative 7 p.m. Real Art Tacoma 5412 South Tacoma Way, Tacoma. \$10. realarttacoma.com.

Mick Foley 8 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. 253-282-7203, tacomacomedyclub.com.

Blues Jam with Roger Williams 8 p.m. Stonegate Restaurant Bar and Grill 5421 South Tacoma Way. 253-473-2255.

Karaoke with Virginia 9 p.m., Great American Casino 10117 South Tacoma Way, Lakewood, 253-396-0500.

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INGRID BARRENTINE

A recent Venetian-style gondola cruise around the scenic Gig Harbor Marina and Boatyard offers patrons a beautiful sunset view of Mount Rainier.

FROM PAGE 3C CRUISE

amazing, romantic interlude. It's available in the nearby waters of Gig Harbor.

Gondolier John Synco has been offering authentic gondola cruises at the Gig Harbor Marina and Boatyard since 2015. A one-hour cruise is \$85 for two people and \$20 for each additional person, up to six. Appetizers are provided. An extended, 90-minute, cruise also is available for \$30 more. Children 5 years old and

younger are free. Synco recently added a 10 percent discount for service members and veterans.

Although the cruise is an obvious choice for a romantic excursion, it's also a great way to celebrate just about anything for a small group of family or friends.

"We bring a unique opportunity to enjoy the beauty of the harbor and celebrate life's special occasions on the water," Synco said.

Nelly — Synco's gondola — was built in Venice, Italy, in the 1980s and shipped to Southern California in 2008. It's one of

30 authentic gondolas in America and the only one in the Northwest, according to Greg Mohr, president of the Gondola Society of America and a gondolier in Newport Beach, Calif.

Mohr said he's happy for his friend of more than a decade in not only succeeding in the gondola business but also in being the owner of Nelly.

"John Synco is a wonderful guy and everyone loves him; he's just the right kind of person to be in this job, he really loves what he does and it shows," Mohr said. "I know it's a boat, not a

person, but this kind of boat is almost like a person — it's like a beloved pet. And, Nelly is a really great boat."

His degree in communications has served him well as a gondolier, since he uses his gift of gab to share the history of an area and chat with people from all walks of life about a plethora of subjects.

"I love chatting with people," he said. "Through the years, I've learned a lot of history of Gig Harbor from people who take the cruise, and I'm able to share those stories with people now."

His love of all things

nautical began as a child when he'd paddle canoes and kayaks.

"Any time I could learn another watercraft, I'd jump at it," he said.

He says he "fell into" a job with a gondola business in Long Beach, Calif., where he learned basic Venetian rowing.

"I fell in love with the job; I obsessed and it became a passion of mine," he said.

He began watching videos, which is how he learned to row. He also traveled to Europe and improved his skills through observation of Italy's gondoliers. That's

also where he picked up the craft of singing to his passengers.

"I'm not a singer, but people like what I do, and, in America, a gondolier has to sing," he said.

Summer is Synco's busy season, so if anyone has a specific date they want to book, it's best to contact him two to three weeks in advance. However, most times, weekdays can be booked a couple days ahead of time, he said.

For more information or to book a cruise, visit gigharborgondola.com or call 253-432-0052.

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Tully (R)

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4:30, 6:55, 9:10
Mon-Thu: 2:10, 4:30, 6:55, 9:10

Lean On Pete (R)

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

Isle of Dogs (PG-13)

Fri-Sun: 11:30 AM, 1:50,
4:10, 6:40, 9:00
Mon-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 (NR)

Fri-Thu: 3:45, 8:45

The Green Fog (NR)

WEIRD ELEPHANT SERIES
Sat: 11:00 PM

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

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ON SALE THIS WEEK

FLEETWOOD MAC Nov. 17. Tacoma Dome. Tickets go on sale Friday.

THE PHANTOM OF THE OPERA Aug. 8-19. The Paramount Theatre, Seattle. Tickets go on sale Monday.

ALREADY ON SALE

KENDRICK LAMAR 7:30 p.m. Saturday. White River Amphitheatre, Auburn.

LITTLE BIG SHOW NO. 21: NADA SURF, CELEBRATING THE 15TH ANNIVERSARY OF LET GO 8 p.m. Wednesday. 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.

COUNTRY CROWS 25 YEARS AND COUNTING TOUR June 20. 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.

THE COLOR PURPLE June 27 to July 1. The Paramount Theatre, Seattle.

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

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

GEORGE THOROGOOD AND THE DESTROYERS July 8. Emerald Queen Casino, Tacoma.

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 Amphitheater, 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 PIXIE 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. Key Arena, Seattle.

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

LOST 80S LIVE TOUR Sept. 3. Washington State Fair, Puyallup.

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.

DWIGHT YOAKUM WITH JOE NICHOLS Sept. 8. The Tulalip Amphitheatre.

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.

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Roast Baron of Beef	Chicken Cordon Bleu
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OLDER AMERICANS MONTH

ENGAGE AT EVERY AGE: MAY 2018

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Pierce College Campus Center Building
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Directions www.pierce.ctc.edu/maps
To register visit www.aginginpuyallup.org
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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.	** Don't Worry; Retire Happy	** Getting Old Ain't for Sissies
** Falls Prevention and Risk Assessment	** Can we talk about that? Aging and Sexuality	** What do You Want to be When You Grow Up? It's Not Too Late to Find Your Life's Passion
** Dementia: Information & Tips For Family Caregivers and Professionals	Sessions 2:15 - 3:45 p.m.	** Keep Moving, Debunking the Myths about Staying Active Later in Life
		** Plan Now For the Future

Puyallup area aging in community committee
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.

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