

ALSO INSIDE JBLM families create stronger bonds, 2A

JBLM NORTHWEST NWGUARDIAN.COM III Authorized newspaper of Joint Base Lewis-McChord, Washington May 25, 2018

5TH SECURITY FORCE ASSISTANCE BRIGADE

New specialized unit coming to JBLM

The new security force assistance brigade to arrive sometime in 2019

U.S. Army Office of the Chief of Public Affairs

WASHINGTON, D.C. — The Department of the Army announced May 18 one of three new security force assistance brigades will be assigned to Joint Base Lewis-McChord. JBLM officials are expecting the arrival of the 5th Security Force Assistance Brigade sometime in 2019.

Along with the 5th SFA Bde. coming to JBLM, the Army announced the stationing of the 3rd Security Force Assistance Brigade at Fort Hood, Texas, and the 4th Security Force Assistance Brigade at Fort Carson,

The brigades are specialized units whose core mission is to conduct advise-and-assist operations with allied and partner nations.

"There will always be a need to help build allied or partnered forces, and the (security force assistance brigades) will take on this critical mission and allow brigade combat teams to concentrate on preparing for potential full-spectrum combat operations against a near-peer adversary" said Mark Esper, secretary of the Army.

The decision to station the

SEE BRIGADE, 12A



SCOTT HANSEN Northwest Guardian

Sgt. Maj. Ken Killingsworth answers questions for JBLM service members during a recruiting briefing at French Theater on Lewis Main Jan. 9.

LOCAL PARTNERSHIP

Leaders briefed on study of JBLM

Team to analyze economic impact

BY JOHN NORGREN Joint Base Lewis-McChord Public Affairs

A project that will capture Joint Base Lewis-McChord's value to neighboring communities and Washington state was unveiled May 17 during a South Sound Military and Communities Partnership breakfast meeting at the Eagles Pride Golf Course and Conference Center.

About 140 elected officials, staff members, business leaders and senior military leaders were present to hear how SSMCP has partnered with the University of Washington-Tacoma's Milgard School of Business Center for

SEE STUDY, 12A

I CORPS

Soldiers battle for Best Warrior bragging rights

BY SGT. KYLE LARSEN 5th Mobile Public Affairs Detachment

First Sergeant Heather Buxton started day two of the I Corps' Best Warrior Competition by racing her fellow competitors in an early morning 7-mile ruck march to the M-9 pistol range.

After Buxton, the first sergeant for the 514th Medical Company, 593rd Expeditionary

SEE I CORPS, 12A

IN THE NEWS



Handlers hitch the Budweiser

Clydesdales to a coach May 18.

KING OF HORSES

The Budweiser Clydesdales drew a big crowd at Joint Base Lewis-McChord at the Lewis Main Exchange May 18.. See story, 9A

JBLM ARMED FORCES DAY CELEBRATION

SOMETHING FOR EVERYONE



Pvt. Jerril Eisenbeck, left, entertains his son, Troy, 2, while listening to Highway 9 during the JBLM Armed Forces Day celebration Saturday.

Thousands enjoy day of free music, carnival rides, military displays

BY RUTH KINGSLAND Northwest Guardian

housands of people flocked to McChord Field's Heritage Hill Saturday for Joint Base Lewis-McChord's annual celebration of Armed Forces Day, a national celebration created in 1949 to unify the Armed Forces under the Department of Defense and replace the prior separate Army, Navy, Marine Corps and Air Force days.

At JBLM, the free event, coordinated by Family and Morale, Welfare and Recreation, was previously hosted at Cowan and Memorial stadiums on Lewis Main since

With lines of parked military vehicles for children and adults to view and climb aboard, as well as the variety of static aircraft on display, there were plenty of fun activities. Dozens of food and information booths, carnival rides, climbing wall, roving entertainers, musicians, war re-enactors, a Volksmarch and a petting zoo were avail-

Five-year-old Rayza Cuba giggled as

SEE FORCES, 12A



AT LEFT: Master. Sgt. Arriel Campbell, middle left, plays laser tag with her daughters, Adeline, 2, middle right, and Arianna, 8, right Saturday.

BELOW: Visitors tour Heritage Hill during the annual JBLM **Armed Forces Day** celebration on McChord Field Saturday.



NORTHWEST GUARDIAN FRIDAY MAY 25 2018

JBLM RETIREE APPRECIATION DAY

Event celebrates retirees

BY RUTH KINGSLAND Northwest Guardian

Whether they came for medical screenings and information, vendor freebies, door prizes or to socialize with other veterans, more than 1,200 people showed up for the annual Retiree Appreciation Day at American Lake Conference Center May 18.

The day is intended to say "thanks" to those who previously served in all branches of the military. In some years, more than 2,500 retirees attended the event. Last year, there were 600 attendees, according to Dennis Thomas, Joint Base Lewis-McChord retirement services officer.

"Being able to more than double the number of people who attended last year shows we've got forward momentum," Thomas said. "We got almost all positive feedback, so I'd say it was a success.'

Retired Army Col. Bruce Block, of Puyallup, spent some time with Syneva Staley, an internal medicine nurse at Madigan Army Medical Center, who took Block's blood pressure and checked his pulse and oxygen

"I always come to this event, because it gives me free medical (screenings) and it's faster than going to see a doctor," Block

Esperanza Soto, a legal assistant at Madigan, said she has enjoyed helping retirees at the event for the past five years. Soto's office signed up retirees for services at the hospital and provided help with medical power of attorney paperwork.

"We're mainly providing (information) today, but we can sign people up for more advanced legal help, depending on what they need," she said.

The event was an opportunity for Dr. Dennis Smith, Fircrest Family Chiropractic Center in Fircrest, Wash., to showcase some of the services his office now offers through TriWest Healthcare Alliance's choice



Retired Army Col. Bruce Block, left, of Puyallup, gets his blood pressure, pulse and oxygen levels checked by Syneva Staley, an internal medicine nurse at Madigan Army Medical Center, during the Retiree Appreciation Day at American Lake Conference Center May 18.



Madigan Army Medical Center physical therapists chat with John Chestnutt, right, a retired Air Force and Army veteran May 18.

program, not to be confused with TRICARE, he said, adding his office also accepts Medicare patients.

Smith has been a vendor at the retiree Appreciation Day

"It's great to be a part of this to help the military and also let them know what's available for future help; we've scheduled

Retired Army Staff Sgt. Jim Martin and his wife, Linda traveled from Vancouver, Wash., to attend the event. The couple has attended every year since Martin retired in 1992 from Camp

'We come every year, because it's a kind of reconnection with the military," Martin said, adding he met a fellow Vietnam

"There's a special connection, and it's good to talk with and share with others who served," he said.

"We also come for the door prizes," Linda Martin said, who won a small grill at last year's event. "Who knows, we may win something again."

event for the past 10 years.

quite a few people to come in to the office," Smith said.

Murray.

veteran at the event.

STRONG BONDS

Couples learn to balance work, marriage

SG1. IST CLASS MIRIAM ESPINOZA 593rd Expeditionary Sustainment

Command Maintaining a healthy marriage along with the demands of the job, kids, and life is a chal-

lenging task for military couples. The Army's Chaplain Corps is there to help, and this past weekend, couples enjoyed a three-day, all paid, child care provided, all meals included get away at a hotel in Bellevue.

Twenty couples from 593rd **Expeditionary Sustainment** Command at Joint Base Lewis-McChord attended a Strong Bonds event May 18 to Sunday to learn skills on how to maintain a healthy marriage.

"Having a strong relationship creates a strong family and having a strong family creates a strong Soldier," said Chaplain (Lt. Col.) Leau Vaioa, 593rd ESC command chaplain.

Strong Bonds is a unit-based, chaplain-led program, which assists commanders in building individual resiliency by strengthening the Army and Air Force families. The mission of the program is to increase individual Soldier, Airmen and family member readiness through relationship education and skills training.

"Whether you've celebrated one anniversary or 20, as an Army couple, you can anticipate more excitement and expect more challenges than a civilian couple," said Master Sgt. Arthur Woods, 593rd ESC master religious affairs noncommissioned

The stresses that plague couples in the military are distinct from those of civilian couples. Long separations, frequent relocations and the stress of deployments can subject military marriages to extreme hardship.

"The military itself a difficult profession and families are part of everybody's lives, they are the underpinning of what we do and the foundation of who we are, so anything that we can do to strengthen the foundation I think it's time well spent," said Col. Jeffrey Niemi, 593rd ESC chief of staff.

Couples with one month of



SGT. FIRST CLASS MIRIAM ESPINOZA 593rd Expeditionary Sustainment Command

Couples participate in a communication exercise during a Strong Bonds couples retreat at Hyatt Regency in Bellevue May 18.

marriage through 23 years of marriage attended the three-day event. The child care provided gave the couples time to enjoy time together and learn how to strengthen their marriage. Date night was one of the activities scheduled for the couples during the event.

"We have attended 32 Strong Bonds retreats with my wife and daughter during my career," said Chief Warrant Officer 4 Nick Yuquimpo, food service adviser, Headquarters and Headquarters Company, 593rd

"This is our third with 593rd and has been, by far, one of the best ones we've attended. The ambience, timing and topics discussed were spot on, and the location was excellent."

Strong Bonds is conducted in an off-base retreat format in order to maximize the training effect. The get away provides a fun, safe, and secure environment in which to address the impact of relocations, deployments and military lifestyle

stressors. Along with the comfortable stay at a top-end hotel, the location made it perfect for families to enjoy dining out, shopping and family activities, like bowling, movies, outdoor activities and much more in downtown Bellevue," said Sgt. First Class

Maria Woods, training non-

commissioned officer, HHC, 593rd ESC. "It's a great way to get away from normal routine with our children, it's free and you can learn from other couples."

The Strong Bonds events on JBLM are not only designed for couples, there are events for single Soldiers, Airmen as well as families.

The Chaplain's Corps understands that there are approximately 50 percent of service members who are single. Strong Bonds has events for single service members to help them learn to examine priorities, manage mate-choosing patterns, and learn to evaluate a relationship's potential for long-term success.

Strong Bonds is part of every Army unit and it's a great tool for single Soldiers, families and married couples to learn skills that will help build healthy relationships — since JBLM is a joint base, the Airmen are invited to take part as well. Soldiers are encouraged to take advantage of this type of events designed especially for them and their families.

"The event reminded me and my husband why we entered into our marriage, it helped us grow in our relationship, spend time together and reconnect,' said Sgt. 1st Class Grace Walker, equal opportunity adviser, HHC,

NEWS IN BRIEF

JBLM Army Ranger killed in a motorcycle accident Saturday

An Army Ranger, assigned to 2nd Battalion, 75th Ranger Regiment at Joint Base Lewis-McChord, was killed in a motorcycle accident near Roy Saturday.

Staff Sergeant Cody Inman, 27, was an automated information systems noncommissioned officer assigned to the Communication Platoon, Headquarters and Headquarters Compa-

Inman was born October 17, 1989, in Byron Center, Mich., and served 10 years in the regiment as a communication's specialist. Inman is survived by his wife, two children, his parents, three brothers and one sister, all of Michigan.

"Staff Sergeant Cody Inman was a dedicated and determined Ranger and communications specialist," said Col. Kenneth Burgess, 2-75 Rngr. commander. "He had a larger-thanlife personality and was always eager to learn, eager to innovate and eager to lead. He will be deeply missed.'

Inman completed Basic Combat Training at Fort Benning, Ga., and Information Technology Specialist training at Fort Gordon, Ga. After graduating from the Basic Airborne Course and the Ranger Assessment and Selection Program 1 at Fort Benning, he was assigned to the Regimental Special Troops Battalion, 75th Ranger Regiment at Fort Benning.

He transferred to the 2-75 Rngr. in 2015. He deployed seven times in support of Operation Enduring Freedom and Operation Freedom's Sentinel.

His military education includes the Basic Airborne Course, the Ranger Assessment and Selection Program 1, U.S. Army Ranger Course, U.S. Army Jumpmaster Course and numerous other courses.

His awards and decorations include the Ranger Tab, Combat Action Badge, and Parachutist Badge. He has also been awarded Joint Service Commendation Medal, Army Commendation Medal, Joint Service Achievement Medal, Army Achievement Medal, Afghanistan Campaign Medal, National Defense Service Medal, Good Conduct Medal, Global War on Terrorism Service Medal, Army Service Ribbon, Overseas Service Ribbon, and the NATO Medal.

– U.S. ARMY RANGERS PUBLIC AFFAIRS

The presses come to an end on the Northwest Guardian June 15

The final edition of the Joint Base Lewis-McChord Northwest Guardian base newspaper will be published June 15. The Joint Base Public Affairs office, which produces the Northwest Guardian, will focus its efforts on a digital media strategy, to include distribution of JBLM News through social media and on a new JBLM website.

The new JBLM News website, https://www.army.mil/jblm, will go live June 1.

The JBLM Public Affairs staff, along with Army and Air Force public affairs professionals on the base, will continue to cover IBLM events and share base, Army, Air Force and other content on the new JBLM News website and via social media

The Northwest Guardian has been published for about 30 years via a no-cost contract — most of those years with The Tacoma News Tribune.

- JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

Bring resumes, not gloves June 1, to help catch jobs at Safeco Field

Hiring Our Heroes, a program under the U.S. Chamber of Commerce Foundation, is hosting a special military hiring event at Safeco Field in Seattle June 1 from 10 a.m. to 1 p.m.

Last year, 1,400 military job seekers preregistered for the Seattle event, many of whom were linked to Joint Base Lewis-McChord and other local military installations.

The special military hiring event itself is conducted by Hiring Our Heroes in partnership with organizations like the Department of Labor Veterans' Employment and Training Services, the Department of Veterans Affairs and local groups.

Job seekers are invited to directly connect with job recruiters and hiring managers from more than 100 local and national companies. Seattle-based companies like Amazon, Microsoft and Starbucks will be present.

Recruiters from companies like Capital One, CarMax, Hilton and Prudential also will be present. Hodges said only 30 percent of service members at JBLM choose to stay in the Pacific Northwest.

The event is open to service members, veterans and military spouses.

For more information, visit hiringourheroes.org/events. – DEAN SIEMON, NORTHWEST GUARDIAN

Construction on the Liberty Gate is scheduled to get started June 1

Construction plans this summer at the Liberty Gate on Lewis Main have officials asking drivers to avoid that entrance and exit to the base when possible.

Outbound traffic and two of the four inbound lanes at Liberty Gate, off exit 120 of Interstate 5, will be closed for construction June 1 through the end of September.

The parking area at the Lewis Main Visitor Center also will be undergoing construction during the third phase of the project. A temporary center will be constructed and is expected to be available during that portion of the project, according to Matt Weeks, civil engineer and project manager for Joint Base Lewis-McChord's Directorate of Public Works.

The third phase should begin in the end of July, Weeks said. There are several other gates available for use, including the DuPont Gate, exit 119; Madigan Gate, exit 122; Logistics Gate, exit 123; Lewis North Gate, exit 120; and, the McChord Field Gate, exit 125.

"Don't go through the (Liberty Gate) if you don't have to,"

- RUTH KINGSLAND, NORTHWEST GUARDIAN

Cute pets from JBLM can try and cash in on a contest at Exchange

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

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

The grand-prize is a \$1,000 Exchange gift card. Photo entries can be submitted now to June 1 at ShopMyExchange.com/sweepstakes.

- IOINT BASE LEWIS-MCCHORD EXCHANGE



Page Three

QUOTE OF THE WEEK

"Installations sustain daily operations, enabling units to concentrate on missions without distraction. When an installation is well-run and well-managed, everything from range operations to a commissary visit to a long deployment is easier for Soldiers, civilians and their families."

Gen. James McConville Vice Chief of Staff of the Army



RUGBY: Capt. Will Holder, right, of JBLM, was recently signed to play for the Seattle Seawolves Major League Rugby team. See story, 1B

NWGUARDIAN.COM

Finding Navy divers: Navy divers interacted with fish and showcased their underwater skills for the public at the New York Aquarium in Brooklyn as part of this week's Fleet Week New York activities Wednesday. The divers assigned to Mobile Diving and Salvage Unit 2, Explosive Ordnance Disposal Expeditionary Support Unit 2 and Underwater Construction Team 1, spent the day in the aquarium's conservation hall, welcoming hundreds of visitors from various schools and youth groups. They played tictac-toe, posed for photos and wrote messages to visitors using wax pens on the aquarium's glass.

• AFA graduation ceremony: **Defense Secretary James Mattis** told the 983 graduating cadets from the U.S. Air Force Academy



that now their missions commence and he expects them to follow in the footsteps of giants. Mattis was the commencement speaker at the Colorado Springs, Colo., school Wednesday. The secretary told the graduates that they must make the Air Force better every day. "You must make it into your own image and you have a legacy to carry forward,"

2ND BRIGADE, 2ND INFANTRY DIVISION

Lancers train in subterranean operation

Subterranean training dates back to Civil War

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

Soldiers from the 2nd Brigade, 2nd Infantry Division, with the assistance of the Army's Maneuver Center of Excellence, completed a fiveday exercise focused on subterranean operations at a remote underground facility in Washington May 14 to 18.

The subterranean operational environment, which dates as far back as the Civil War within American history, continues to be one that is complex and can create significant challenges for today's Soldier.

Beginning with classroom lessons, equipment familiarization, and hands-on instructions by members of the Subterranean Operations Mobile Training Teams, the Lancers were ready to use what they learned to fight in an actual subterranean environment.

With the size and scope of the facility, a typical squad or platoon element cannot move and clear a building that immense effectively or efficiently as they would a house or build-

"The battlefield is getting more complex every day," said Command Sgt. Maj. Ronald Graves, 2nd Bde., 2nd Inf. Div. "Training our Soldiers for this type of environment and giving them the right types of tools is what we need to fight and win

America's battles. Given population trends, future adversaries are expected to operate in dense urban terrain; areas of dense population and closely packed infrastruc-



Soldiers of 2nd Brigade, 2nd Infantry Division prepare to clear a corridor during subterranean operations training at a remote underground facility in Washington May 17.



Infantry Division prepare to clear a corridor during subterranean underground facility in Washington May 17.

operations training at a remote

Soldiers of 2nd Brigade, 2nd

ledge with the Lancers to assist

them in their training. Company-sized elements, equipped with weapons, ballistic shields, night vision goggles and breaching tools moved around the underground

facility relying on communi-

cation, training and initiative.

Combat engineers and infantry Soldiers from across the brigade trained together as a single unit, to breach the facility and move down, floor-byfloor, clearing vast corridors and large rooms.

Once they were complete and met the objective, they conducted a quick after action review and the instructors had the units run the scenario again and again.

"Overall, the emphasis on fundamentals proved to be the biggest learning point," said Capt. Brenton Clark, commander, Bravo Company, 2nd Battalion, 1st Infantry Regiment, 2nd Bde., 2nd Inf. Div. "With instructors from some of the most lethal units the Army offers, the refinement of fundamentals proved to be the main theme.'

Future conflicts are unknown and constantly changing. The brigade's Soldiers won't always be perfect, but their goal is always to be better than the enemy.

"The most challenging part of the training was operating in such austere conditions," Clark said. "Literally one's presence made the enclosed atmosphere that more untenable. While infantrymen are quite accustomed to persevering through unfavorable weather, the subterranean environment presented an atmosphere where air, lighting conditions and munitions all had to be factored into the decision making process for the operation."

The future operating environment continues to change in four fundamental and interrelated ways: adversaries will challenge U.S. forces in all domains; the battlespace will be more lethal; the operating environment will be more complex; deterring aggressive acts is becoming more challenging.

1ST BRIGADE, 2ND INFANTRY DIVISION

JBLM Ghost Brigade Soldier awarded for excellence

underground utility structures

Armed with combat experi-

ence in dense population areas

in Iraq and Syria, as well as the

caves of Afghanistan, the mo-

bile training teams instructors

shared their collective know-

and sewers to maneuver.

BY STAFF SGT. SAMUEL NORTHRUP 1st Brigade, 2nd Infantry Division

The Lt. Gen. Sidney T. Weinstein Award recognizes one military intelligence captain a year who demonstrates the values and ideals Weinstein stood for — duty, honor and country. For the 2018 award, Capt. Bryan Nesbitt, an intelligence officer for the 5th Battalion, 20th Infantry Regiment, 1st Brigade, 2nd Infantry Division, was recognized.

"It is a real honor," Nesbitt said, who was previously the commander of Bravo Company, 109th Military Intelligence Battalion, which won the award for Best military intelligence unit in U.S. Forces Command this year. "I was not aware I was even nominated."

'He is a very articulate and passionate individual who accomplishes his mission and takes care of his Soldiers," said Lt. Col. Carol Hickey, 109th MI Bn. commander. "He is always able keep them motivated and well trained. He is a leader who takes the time to think things all the way through."

Nesbitt was a member of an expeditionary military intelligence unit that has requirements beyond their collection abilities, Hickey said. These Soldiers have



U.S. Army Photo / 2016

to be physically fit so they can keep up with their maneuver counter parts. They have to be tactically proficient as well as be

tures, to include subterranean

These areas may be a part of

future battlefields, where U.S.

forces could expect to encoun-

ter an enemy seeking to exploit

features.

THE FUTURE

experts in their technical craft. "He recognized all those requirements and would create training events to develop the Soldiers competencies in all those elements," Hickey said. "At the same time, he would empower his platoon leaders to create their own training and challenge their teams.'

'When he took over command of the company, we had just (finished) with initial con-

version from a battlefield surveillance brigade to an expeditionary military intelligence brigade," said 1st Sgt. Roger Dover, the first sergeant for Headquarters and Headquarters Company, 201st MI Brigade and former first sergeant of Bravo Company. "That all happened in 2016. He had the tasking to take on all these new missions the unit had been assigned - with brand new equipment we had just been fielded."

The Soldiers are what motivate him day-to-day, Nesbitt said. He is a believer of Soldiers doing front, an intelligence officer for 5th Battalion, 20th Infantry Regiment, leads his company before a battalion run in 2016. Nesbitt was recently selected to be awarded the Lt. Gen. Sidney T. Weinstein Award for military intelligence excellence.

Capt. Bryan Nesbitt,

their duty and serving honorably

can still make a difference. "Every day you have to find ways to make a difference, whether that is making Soldiers' lives easier for commanders," he said. "I like teaching and seeing Soldiers develop into that future sergeant major of the Army one day."

Growing up in the small town of Ambridge, Penn., Nesbitt worked in a steel mill while in high school and did landscaping and roofing when he was in college. He had been into sports and wanted to join the Army

since high school. While playing soccer, he earned scholarships for college and eventually earned his degree in psychology from Wheeling Jesuit University.

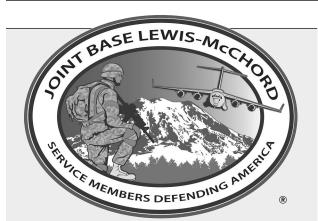
"I think everyone growing up who plays sports and are a part of a team sees the allure of joining the military and wanting to serve," Nesbitt said. "But it was members of my family who were officers and noncommissioned officers in the Army that swayed me to go into intelligence, he said as he recalled that his grandfather served the intelligence community during World War II.

There are many different facets of military intelligence such as human intelligence, geospatial intelligence, signals intelligence and open source intelligence, he said. It definitely keeps it from getting boring.

"Intelligence drives operations," Nesbitt said. "Everything is pivotal at the beginning stages of the Military Decision Making Process; intelligence has to be there to help commanders make decisions. We have to be able to produce it and explain how we are producing it and (where we are) getting the information from.

He scheduled to be presented the Weinstein award near the end of June.

□ 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

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







What's your go-to dish for summer picnics and cookouts?

"Steaks and boneless chicken breasts. Both are easy to cook and a step up from the old hot dog and hamburger thing."

– RICK WHISENHUNT

"Pulled pork or BBQ chicken with potato salad."

— MELYNDA BUCK

"Homemade burgers, the kind that drip down your arm."

- CRYSTAL EDMONDSON

"DD214 I hear is delicious."

— MAXIMILLIAN ALDO BONIN

"Whiskey and ice or Soylent Green — yum!"

— WILLIAM ANDREW SUTTOR

"Pulled pork."

— TIFFANY GRAVLEE

"Deviled eggs. They disappear every time!"

— PAMELA KULOKAS

"All of them. I'll eat them all."

— BRITTANY CATANZARO

Next week's question

We're hearing that speeding has become a problem in certain areas of base housing. With the school year coming to an end, more children will be out playing at all hours. What should the speed limit be throughout base housing to keep our military families safe?

VIEW FROM THE TOP



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

Soldiers with 2nd Battalion, 1st Infantry Regiment, 2nd Brigade, 2nd Infantry Division, board CH-47 Chinook helicopter during the inaugural I Corps exercise Courage Ready 18-01 near Fort Greely, Alaska, April 25.

Army ethics remind us on why, how we serve

BY MAJ. GEN. WILLARD BURLESON III 7th Infantry Division Commanding General

am once again humbled to share a few thoughts, and I am optimistic that they will resonate with all of you; regardless of your branch of service, active, retired, reserve or a family member —

every service member holds a unique reason as to why they serve.

I want this to be a reminder of how we

serve.
Last weekend, we celebrated Armed
Forces Day. Memorial
Day is upon us. Inde-

pendence Day is right around the corner.

Burleson

These are all days on which we recognize, remember, and honor our military service, our fallen, our past and current achievements and the significant role our armed forces have played in securing and maintaining our way of life in our great nation. Within our Army seal, as well as on the Drill Sergeant Identification Badge is our motto: This We'll Defend.

We defend our nation as members of the profession of arms and through our honorable accomplishment of the mission.

Our Army Ethic provides the foundation and moral basis for why we exist. It stems from our countries beginning — the U.S. Constitution, The Declaration of Independence,

United States law, the law of war, the Uniform Code of Military Justice, our oaths of enlistment and commissioning, Army values and many other contributing rules and norms.

We are members of a profession, we support and defend the Constitution of the United States, and we serve our countrymen and brothers in arms with honor and treat them with dignity and respect.

With this, I offer our Army Ethic as a reminder of what we do and why, and encourage all of you to realize that you are trusted professionals. The Army Ethic is our professional identity and by continuously and consistently demonstrating our character, commitment and competence we build and maintain trust amongst ourselves, and the people of our great nation.

ARMY ETHIC

• Editor's Note: The following is from Army Doctrinal Reference Publication 1, 14 June 2015.

• Trusted Army professionals are honorable servants of the nation —professionals of character:

We serve honorably — according to the Army Ethic — under civilian authority while obeying the laws of the nation and all legal orders; further, we reject and report illegal, unethical or immoral orders or actions.

We take pride in honorably serving the nation with integrity, demonstrating character in all aspects of our lives.

In war and peace, we recognize

the intrinsic dignity and worth of all people, treating them with respect.

We lead by example and demonstrate courage by doing what is right despite risk, uncertainty, and fear; we candidly express our professional judgment to subordinates, peers and superiors.

• Army experts — competent professionals:

We do our duty, leading and following with discipline, striving for excellence, putting the needs of others above our own, and accomplishing the mission as a team.

We accomplish the mission and understand it may demand courageously risking our lives and justly taking the lives of others.

We continuously advance the expertise of our chosen profession through lifelong learning, professional development and our certifications.

Stewards of the Army professioncommitted professionals:

We embrace and uphold the Army values and standards of the profession, always accountable to each other and the American people for our decisions and actions.

We wisely use the resources entrusted to us, ensuring our Army is well led and well prepared, while caring for Soldiers, Army civilians and families.

We continuously strengthen the essential characteristics of the Army profession, reinforcing our bond of trust with each other and the American people.

CHAPEL SERVICES

CATHOLIC MASSES

No. 2

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

Sunday, noon — Lewis Main Chapel Sunday, 5 p.m. — Lewis Main Chapel Weekdays, noon — Lewis North Chapel

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

Chapel; call 253-968-1125 1st Friday, noon — McChord Chapel No. 2

PROTESTANT SUNDAY 9 a.m. — Liturgical — Sol

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

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



KAITLIN GOODALL Seattle Seahar

Sgt. Ajjima Utaravichien, center, 1st Brigade, 2nd Infantry Division, takes a selfie with a couple of Sea Gals at the Seattle Seahawks 12 Tour at the Warrior Zone at JBLM Monday. Service members participated in Seahawks events and photo ops with Seahawks players Ethan Pocic, Jordan Roos, mascot Blitz and Sea Gals.

THIS WEEK IN HISTORY

May 25, 1977: "Star Wars" opens in theaters.

May 26, 1897: Bram Stoker's novel "Dracula" goes on sale in London.

May 27, 1937: Golden Gate Bridge opens.

May 28, 1957: Baseball owners allow Dodgers and Giants to move.

May 29, 2005: Danica Patrick becomes first woman to lead Indy 500.

May 30, 1806: Future President Andrew Jackson kills Charles Dickinson.

May 31, 1859: Big Ben goes into operation in London.

Such sacrifice through valor made,

A debt too deep to be repaid,

From their courage freedom born,

To remember them the poppy worn.



MEMORIAL DAY 2018

6A NORTHWEST GUARDIAN FRIDAY MAY 25 2018





For MWR events, specials, giveaways & daily updates visit & "like" us at:

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UMUC Salutes Our Military Heroes

Vernon Green Jr. brings the values he learned in the military to his service in the community.

When you talk to military people about heroism, they'll often tell you about something greater they've been a part of.

During his time in the U.S. Army, Vernon Green put his cybersecurity training to work as part of a team managing a large tactical information network.

Today, Vernon puts the values he learned in the military to work in his community as founder of a nonprofit organization mentoring young men and women to build strong character, relationships, and careers.



VERNON GREEN JR. Master of Science, Cybersecurity Technology U.S. Army Veteran

UMUC salutes the members of our military who inspire us in their daily service. **Who inspires you?** Share your story about a servicemember who made a positive impact on people's lives at **umuc.edu/militaryheroes** or share your hero's story using **#militaryheroes**.



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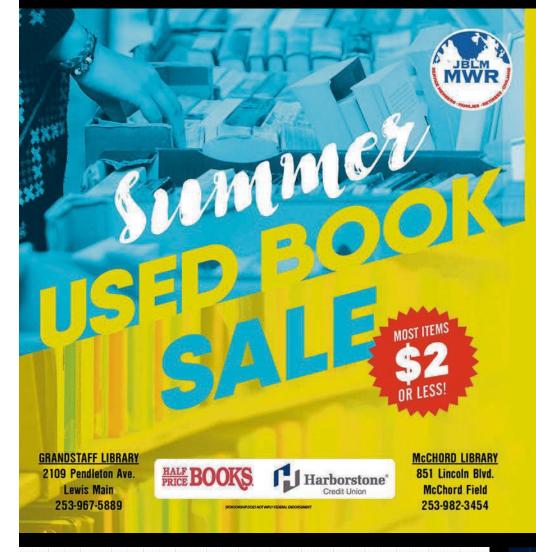
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9 a.m. - 6 p.m. **BOGO!**

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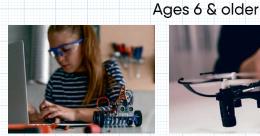
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June 1 Dash & Dot

Ages 6 & older

July 6 Circuit Board Building

August 3 Drones Ages 14-17





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LEWIS MAIN EXCHANGE

Budweiser Clydesdales visit JBLM

BY RUTH KINGSLAND Northwest Guardian

Eleven-year-old Chloe Wohlgemuth didn't mind using crutches to hobble on a cast leg through the crowd at the Lewis Main Exchange parking lot May 18 to see the famed Budweiser Clydesdale horses.

The young girl recently had surgery on her leg, but a cast wasn't a deterrent to her mis-

Chloe's mom, Kierstan Wohlgemuth, accompanied her to the event as they both are a bit horse crazy, they said.

"Chloe has a massive Breyer horse collection, and we both love horses and riding them," Wohlgemuth said.

Chloe took riding lessons at the family's last duty station in Colorado Springs. Her dad, Lt. Col. Martin Wohlgemuth, is commander of the 5th Battalion, 3rd Field Artillery Regiment, 17th Field Artillery Brigade.

"I'm really looking forward to seeing the Clydesdales," Chloe said, as she waited with the rapidly-growing crowd for the horses to arrive.

The event was set to start at noon; however, traffic caused a

"I'm so excited, horsies — I see them now, horsies, horsies," said 4-year-old Peyton Bunstine, as the horse trailers finally arrived.

Peyton's mom, Renee Bunstine brought her and her 1-year-old sister, Penny, to the event because she knew her daughters would enjoy seeing the massive horses, she said.

The children live in Lacey with their mom and dad, Staff Sgt. Kevin Bunstine, 8th Squadron, 1st Cavalry Regiment, 2nd Brigade 2nd Infantry Division. Peyton said she had an opportunity to see horses once before



RUTH KINGSLAND Northwest Guardian

Budweiser handlers hitch the

Studebaker coach, as event

beginning of an appearance at

the Lewis Main Exchange May 18.

attendees look on at the

Budweiser Clydesdales to a 1903

Chloe Wohlgemuth, 11, on crutches, and her mom, Kierstan Wohlgemuth, right, watch as the Budweiser Clydesdales make an appearance at the Lewis Main Exchange May 18.



RUTH KINGSLAND Northwest Guardian

when her school, Auburn Gymnastics Academy in DuPont, went on a field trip last year.

"I like horsies now, but when I get big, I'm going to have a bunny rabbit," Peyton said.

"In just a few minutes, we're going to start hitching up these

world-famous, Budweiser Clydesdales," Mehgan Yunker, the Budweiser team announcer said to hundreds of men, women and children.

The announcer proceeded to spout facts about the horses, including their weight — an

average of 2,000 pounds each — and height, each over 18 hands tall.

A hand is a measurement for horses that equates to four inches per hand.

While she talked, the first horse, named Andy, pranced

Brig. Gen.

left, Hawaii

general, and

Hawaii Gov.

David Ige,

Kenneth Hara,

National Guard

deputy adjutant

examine an area

in Leilani Estates,

flowed onto the

Pahoa Hawaii,

where lava

road May 8.

forward with a handler to be groomed and fitted with tack. Andy was later hitched to the Budweiser carriage along with six other examples of the Clydesdale breed, each with the famed feathered white spats above their hooves.

The crowd learned a wealth of history of the Budweiser Clydesdales and their beginnings back in 1933, when August Busch and Adolphus Busch III, gave their dad, August Busch Sr., six Clydesdales in commemoration of the repeal of prohibition.

Now, there are three teams of Clydesdales — based in Colorado, Missouri and New Hampshire — each touring throughout the year.

As the horses were hitched to the 1903 Studebaker coach, the announcer began trivia contests for guests to win T-shirts, hats and other memorabilia.

"I know — Prince," said 5year-old Adalynn Moran as the announcer picked her to answer one of the names of the horses.

Her mom, Camilla Moran, accepted the free T-shirt for her daughter's winnings. Dad, Staff Sgt. Anthony Moran, 8-1 Cav, 2nd Bde. 2nd Inf. Div., wasn't able to attend the event.

"Adalynn loves horses; well I do, too, so we knew we had to come see the Clydesdales today," Moran said.

day," Moran said.

Many in the crowd had similar reasons for attending.

Tyler Hansen, 12, a sixthgrader at Onalaska Middle School, in Onalaska, Wash., said his primary reason for traveling more than 60 miles to the event with his mom and sister was because of their shared love of all things equestrian.

"We all love horses; who doesn't?" Tyler said. "These horses are so incredible and muscular. They are amazing."

MOUNT KILAUEA ERUPTION

Army National Guard helping in Hawaii

BY GARY SHEFTICK Army News Service

HILO, Hawaii — Joint Task
Force 5-0 in Hawaii is helping
authorities handle evacuations,
provide security and monitor
air quality as Mount Kilauea
spews out clouds of toxic gas
and lava destroys homes in its

About 2,000 residents have been forced to evacuate their homes so far on the big island of Hawaii, but the majority are staying with friends and family, said Lt. Col. Charles Anthony, state public affairs officer. Only a few hundred are in temporary community shelters, he said.

More than 150 National Guard troops have volunteered to help with evacuations and to man checkpoints in front of the lava flow. Other troops are standing by in case more mass evacuations are needed.

Black Hawk helicopters are conducting aerial surveys to monitor the lava and check on fissures, Anthony said. At least



TECH. SGT. ANDREW JACKSON Hawaii Air National Guard Photo

17 fissures in the Puna district are currently emitting lava and toxic gasses. One lava flow is approaching the Puna Geothermal Plant and Anthony said that situation is being watched closely.

Members of the 93rd Weapons of Mass Destruction Civil Support Team are monitoring air quality to ensure dangerous gasses do not encroach on populated areas.

Last week, Army National Guard Soldiers went door to door in neighborhoods such as the Leilani Estates and Lanipuna Gardens to warn residents of the danger and advise them to evacuate in front of the approaching lava flow. Anthony said some residents waited

until the last minute.

"I have no idea how anybody could stay inside that evacuation zone for days on end," Anthony said. "The amount of gas and smoke and steam ... sulfuric acid and hydrochloric acid and all is incredibly nasty

The troops of JTF 5-0 are staged in the town of Hilo,

about 15 miles north of the evacuation zone. They go into the evacuation zone for about four hours at a time to conduct roving patrols and help police man checkpoints, Anthony said.

Brigadier General Kenneth Hara is the task force commander. He is the deputy adjutant general of Hawaii.

Some active-duty officers and Soldiers from the Oahu have joined him on the staff, Anthony said. They are planning for contingencies in case the volcano eruption worsens.

Despite the troubles with Mount Kilauea, across most of the island, business continues

as usual, Anthony said.
"It's just a beautiful, pictureperfect day on a Hawaiian

beach," he said.

Then he contrasted it with the situation inside the evacuation zone where toxic fumes kill foliage and hot lava obliter-

ates structures.
"It's a mix of paradise and a freaking hellscape," Anthony

CLOVER PARK HIGH SCHOOL

High school honors the fallen with Arlington Project

BY RUTH KINGSLAND Northwest Guardian

LAKEWOOD — As hundreds gathered at Clover Park High School for the 10th annual Arlington Project display Wednesday, a combined Clover Park School District choir sang the song "Thank You Soldiers," accompanied by the Clover Park High School band.

The display is open to the public now through Monday, Memorial Day, at Clover Park High School, located at 11023 Gravelly Lake Drive SW in Lakewood.

At the ceremony, Tim Stults, Clover Park High School principal welcomed the crowd of students, parents, community members and dignitaries.

"We are gathered here for a variety of purposes," he said. "Some of us are here out of a sense of civic duty, because it's something we should do. Some of us are here because we participated in putting the Arlington display up, or we have done research projects on the causes or nature of war."

Students and staff worked months to create 7,000 individual markers in the field of honor, or to honor loved ones lost in the line of duty, Stults

"Regardless of your individual reasons for gathering here, one thing unites us — it is once again the time to remember and reflect," he said. "It is the time to remember the sacrifice, the extraordinary cost to individuals and their family, their comrades in arms, friends and their communities."

Stults pointed to the seemingly endless field of small white marker stakes located across the front and side of the school, each bearing the name of a fallen service member from 2001 and beyond.

The Arlington Project began at Clover Park High in 2008 as a way for students to learn about America's brave men and women who made the ultimate sacrifice to preserve this country's freedoms.

Although it's a far cry from the 400,000 service members



RUTH KINGSLAND Northwest Guardian

Retired Col. Paul Knoop, left, and retired Col. Ian Larsen, both of DuPont, read the names memorial markers at Clover Park High School's 10th annual Arlington Project after a ceremony Wednesday.

buried at Arlington National Cemetery, the markers at Clover Park High School mimic the grave markers at the national site and offer a way for local families of the fallen and students to honor them and learn from history.

During the ceremony, Washington State Rep. Dick Muri, of

the 28th District, read the iconic World War I poem, "In Flanders Fields" and spoke of the formation of Camp Lewis 100 years ago during what was then called "the Great War — the war to end all wars."

all wars."
"But we know that was not

true," Muri said. Retired Col. Ian Larson, who retired as garrison commander at JBLM in 1991, spent time after the ceremony walking through the field of markers.

"This is quite impressive," Larson said. "I was noticing how all the markers stretch on and on. It makes you realize the number of people who died."

Larson and his friend, retired Col. Paul Knoop, attended the event with several veterans now living at Patriots Landing in DuPont.

Knoop said he was impressed that Clover Park students cared enough to create the Arlington project each year for the past decade.

Many students participated in Wednesday's ceremony, including John Muna, a freshman at Clover Park High, who is in his first year in the school's ROTC program.

"It felt really good to be part of this tonight," Muna said. "It gives the people a chance to honor all the sacrifices of so many Soldiers, Airmen, Sailors and Marines. They gave their lives so we can be free."

Health Beat

MADIGAN SHOUT OUT

Thirteen Madigan Soldiers earned the German Armed Forces Proficiency Badge May 4 at Schofield Barracks, Hawaii. The Soldiers claimed six gold and seven silver badges. Earning gold were: Capt. Maximillian Lilly, Capt. Pamela Holtz, Capt. David Breen, Capt. Samuel Douglass, Capt. Cornelia Willis and 1st. Lt. Jamie Beckett. Earning silver were: 1st Lt. Nicholas Law, 1st Lt. Cody Fuller, 2nd Lt. Lydia Calvi, Sgt. Martha Erosa, Spc. Samuel Warsley, Spc. Fernando Avila-Bruno, and Pfc. Peter Kolaric. Staff Sergeant Derrick Polk ensured the 100 percent pass



rate. The German Armed Forces Proficiency Badge is one of the few approved foreign awards that can be worn on U.S. military uniforms. The competition tests the agility, endurance, strength and mental toughness of the participants.

MADIGAN ARMY MEDICAL CENTER

GENERAL SERVICES

Emergency: 911 Nurse Advice Line: 1-800-874-2273, option 1

Madigan directory: 253-968-

Tricare Regional Appointment Center (TRAC): 800-404-4506 Tricare On-Line: tricareonline.

United Health Care: uhcmilitarywest.com, 877-988-9378

Pharmacy Refill: 253-968-2999 Tricare Express-Script pharmacy service: 877-363-1433 or www.express-scripts.com **Referral Coordination Center** Hotline: 253-968-2903

Patient Admissions: 253-968-

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

BEHAVIORAL HEALTH SERVICES

Soldier Readiness Service: 253-968-5140

Child and Family Behavioral Health: 253-968-4843 Military One Source: 800-

342-9647 **National Suicide Prevention** Life Line: 800-273-8255 (Option 1) **Exceptional Family Member** Program: 253-968-0254/1370 **Armed Forces Blood Bank** Center: 253-968-1850

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

Veterinary Treatment Facility: 253-982-3951

Madigan Directory Assistance: 253-68-1110

Madigan Army Medical Center website: mamc.amedd.army.mil Email: usarmy.jblm.medcom-

mamc.mbx.pao@mail.mil Fisher House: 253-964-9283

MADIGAN ARMY MEDICAL CENTER

Program earns high accreditation

BY SUZANNE OVEL Madigan Public Affairs

Madigan Army Medical Center's bariatric program earned the designation of a full center of excellence by the American College of Surgeons' Metabolic and bariatric Surgery Accreditation and Quality Improvement Program.

The program earned the highest level of this international accreditation in April after a nearly yearlong process that included multiple applications and a site visit by the accrediting

"It certifies that we have all of the specialties and subspecialties to take care of (our patients), no matter what problem they could develop," said Col. (Dr.) Matt Martin, Madigan's metabolic and bariatric surgery director. "It demonstrates that we are committed to not only running a good bariatric program but to continuously improving it,"

Martin is also one of five Madigan Army Medical Center bariatric surgeons who are now considered to be center of excellence-approved surgeons — they meet the criteria for the number of bariatric surgeries they perform, their continued education and their participation in running the bariatric program here.

The accreditation looked at not just the bariatric surgery program itself, but also at supporting subspecialties such as emergency medicine and interventional radiology; Martin said nutrition care, behavioral health, physical and occupational therapy and pharmacy are all a part as well of the multidisciplinary team that cares for bariatric patients.

"We have to show that the whole hospital is invested in this program," said Barb Rix, Madigan's metabolic and bariatric surgery coordinator and clinical reviewer.

Overall, Madigan's bariatric program performs 120-180 surgeries on average each year with the intent to address diseases related to increased weight.

"The full list of diseases is about 100 diseases long from head to toe that are obesityrelated and can be improved with significant weight loss, Martin said.

Common obesity-related diseases include high blood pressure, high cholesterol, sleep apnea and other pulmonary problems and diabetes — the results of bariatric surgeries can also positively affect joint diseases such as arthritis, degenerative joint disease and degener-



Ian Gunyea, right, a certified physician assistant, charts patient notes at Madigan Army Medical Center on May 17.

ative spine disease.

In some cases, potential knee replacement patients may find that after weight loss they no longer need a replacement, or that with the loss it is finally safe for them to undergo the needed surgery.

"Obviously a lot of those (diseases) can cluster together,' Martin said. "Hypertensive patients can have high cholesterol and diabetes, and when you get multiple of those factors together it's called metabolic syn-

drome, which is one of the reasons why the name was changed from just bariatric surgery to metabolic and bariatric surgery."

To be eligible for bariatric surgeries, patients need to have a body mass index of 40 or above, or a body mass index of 35 or above if they have obesityrelated diseases, or a body mass index of 30 or above if they show that they tried and repeatedly failed to control diabetes with medical management.

Martin hopes that even more patients take advantage of Madigan's bariatric program because he knows the substantial improvements in health they can experience afterward. The program is currently working with Bremerton Naval Hospital and Veterans Affairs to encourage patients to take advantage of the bariatric services here.

Since primary care providers are the gatekeepers for referrals to the bariatric program, Martin is reaching out to them as well.

"If you look at outcomes in the modern world, they're excellent," he said. "The rates of complications are extremely low, our complication rates are extremely low, so I think it's just about getting that word out and making sure that we aren't having any major obstacles to referral."

In the meantime, the bariatric program leadership plan to continue their investment in quality services.

"We do regular quality improvement projects to make sure that the experience for the program is better, the pathway is not too cumbersome, and the process is easy for the patients to understand," Rix said. "We're continuously growing and trying to improve ourselves.'

10TH MEDICAL GROUP

New surgical technique saves eyesight

BY LAURIE WILSON

U.S. Air Force Academy For patients with the progressive eye diseases keratoconus and corneal ectasia, the odds of their careers ending prematurely changed dramatically May 3 when innovative laser surgery, called collagen crosslinking, was performed at the U.S. Air Force Academy, Colorado Springs, Colo.

Air Force Maj. (Dr.) Marc Neuffer, chief of cornea and refractive surgery at the 10th Medical Group, corrected Air Force satellite engineer Capt. Brent Danner's degenerative eye condition.

"This groundbreaking capability to correct the condition allows us to treat cadets and active-duty members here and from surrounding areas,' Neuffer said. "They keep their vision and stay eligible for deployment."



LAURIE WILSON U.S. Air Force Academy

Cadets diagnosed with the condition are not commissioned unless they receive a waiver, and pilots with the condition are restricted from

"Keratoconus is most com-

Neuffer, chief of cornea and refractive surgery at the U.S. Air Force Academy's 10th Medical Group, prepares to perform collagen crosslinking on patient Capt. Brent Danner May 3.

monly found in individuals between 20 and 30 years of

age," Neuffer said. "It eventually leads to loss of sight requiring corneal transplantation.' Neuffer said the condition typically isn't diagnosed until

Maj. (Dr.) Marc after an individual has joined the military and is well into their career. Once discovered, it becomes a duty-limiting condition that can result in medical discharge from active-duty service.

SIGHT-SAVING SURGERY

Collagen crosslinking was approved by the Food and Drug Administration in 2016 as a means to treat progressive keratoconus. The surgery stiffens and stabilizes the cornea which stops the degenerative process. Patients typically keep their vision and don't require

corneal transplants. For Airmen like Danner, the procedure means the future looks a lot brighter.

"I'm a little nervous because I'm the first patient here to get this done," Danner said. "I'm also excited and positive because of what it means to my

family, my career and for my

Neuffer's second patient of the day was a cadet, and the doctor said both surgeries went smoothly. The doctor expects both patients to recover quickly and return to duty.

The academy is the third Air Force location to offer the procedure. Currently, there are 15 base patients awaiting the procedure. This does not include patients from Peterson and Schriever Air Force bases, or Fort Carson, installations that refer their keratoconus patients

to the academy for the surgery. The academy is also the referral center for 10 additional Air Force bases in the sur-

rounding states. "This procedure is a game changer for Airmen who would otherwise have their careers sidelined permanently," Neuff-

PERFORMANCE TRIAD GUIDE

Fueling for performance with protein is necessary

BY 1ST LT. TIMOTHY KOTNOUR Madigan dietetic intern

While there are many aspects to consider when building a strong body, one vital piece is protein. Often referred to as the building block of muscle, protein helps repair tissue in your body. Protein is important for anyone looking to gain strength and build muscle.

Determining the proper amount of protein for active people is important. According to the U.S. Department of Agriculture, nonactive adults need about 0.4 grams of protein per pound of body weight daily. For example, a 180-pound person would need around 70 grams of protein daily.

However, this number may double for those leading active

lives. According to the Performance Triad Guide, service members conducting three to five physical readiness training sessions per week, plus strength training or endurance training, need 0.7 to 0.8 grams of protein per pound of body weight.

Following these guidelines, active service members weighing 180 pounds need between 126 to 144 grams of protein daily. Captain Joshua Lockwood, a registered dietitian and chief of Clinical Nutrition Services at Madigan Army Medical Center, recommends spreading intake throughout the day.

"Timing your protein intake is also important for achieving the daily total without saturating the body's ability to metabolize and utilize protein," Lockwood said.

While including this amount



STAFF SGT. ARECA BELL 633rd Air Base Wing Public Affairs

of protein into your diet may seem difficult, there are many protein-packed foods that make reaching your daily goal doable.

There are several affordable high-protein foods for meateaters, vegetarians and anyone in-between.

Sgt. Holden, assigned to the 30th Intelligence Squadron, does a pull-up during a workout event at Joint Base Langley-Eustis, Va., recently.

For example, a 3-ounce por-

tion (the size of a deck of cards)

of meat or fish provides around

21 grams of protein, whereas

grams of protein. Additionally,

Greek yogurt, peanut butter,

eggs, egg whites, milk, soy milk,

3-ounce of tofu contains 12

Air Force Staff

protein to your diet, small changes could go a long way. For example, opting for eggs or egg whites, milk or soymilk, bagels with peanut butter or yogurt with breakfast instead of plain toast, breakfast bars, doughnuts, or pastries could boost your intake.

mixed nuts (peanuts, cashews,

almonds and pistachios), beans

or legumes, quinoa, green peas

and edamame are all excellent

If you are looking to add more

sources of protein.

Likewise, eating foods like quinoa instead of rice, green peas in place of green beans and edamame rather than chips can increase protein in meals and

So, what are you waiting for? Calculate your needs, track what you eat and take the hill.



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

Bremerton Parade

Soldiers from the 13th Combat Sustainment Support Battalion, 62nd Medical Brigade and America's I Corps Band participated in the Bremerton Armed Forces Day Parade in downtown Bremerton Saturday.

CAPT. JENNIE ARMSTRONG 593rd Expeditionary Sustainment Command

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.

Friday - Army DONSA Monday - Memorial Day June 15 - Army DONSA June 18 - Army DONSA July 3 - Army DONSA July 4 - Independence

July 5 - AF Family Day Aug. 3 - Army DONSA Aug. 6 - Army DONSA Aug. 27 - 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

ENJOY ADULT ARTS, CRAFTS AND WINE

The Arts and Crafts Center invites adults to a new evening class Friday from 6 to 8:30 p.m. Bring your friends and meet new ones while you create beautiful string art, paint a canvas or decorate a piece of ceramic for firing. The cost is \$30 per person, which includes art supplies, snacks, door prizes and one glass of wine. Beer is available by request at registration. Preregistration is required at JBLMmwrRegistration-.com. For more information, call 253-982-6721.

SIGN UP YOUTH FOR FREE KIDS' KRAFT

Your child can bring home a creepy or cute alien made at the Arts and Crafts Center's free Kids' Kraft. The class meets Friday from 3:30 to 5 p.m. Limited seating is available; students must preregister. For more information, call 253-982-6721.

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 jblmafcs checkappointments.com.

CELEBRATE BEING A CLUB MEMBER

Join the Club at McChord Field and enjoy monthly freebies and perks. Pick up an application from the Club office. Drop by Wednesday from 5 to 7 p.m. for a free member appreciation dinner. Bring a family member or guest, and they pay only \$5. Clubmember bingo takes place Fridays. Cards go on sale at 5 p.m.; the first game starts at 5:30 p.m. The cover-all game starts at 6 p.m. for a chance to win \$850 to \$1,195. For more information, call 253-982-5581. The Club is located at 700 Barnes Blvd.

PARENT-DAUGHTER

DANCE SET FOR JUNE 1
Enjoy a fun-filled evening at the Club at
McChord Field's ParentDaughter 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 walkins allowed at the door.

ATTEND THE AQUATICS LIFEGUARD FAIRS

Joint Base Lewis-McChord is hiring lifeguards, lead lifeguards and water safety instructors for the active summer season. Attend the JBLM Aquatics Lifeguard Fair June 1 from 3:30 to 6 p.m. or July 13 from 1 to 3:30 p.m. at Soldiers Field House pool. Bring a resume, copy of certifications, swim gear and a towel for a pretest. CPAC will be on-site with tentative job offers for qualified candidates. Pay range is \$13.50 to \$16 per hour for job positions. Soldiers Field House pool is located at 3236 Second Division and Handrich on Lewis Main. For more information, call 253-967-5026.

SPECIAL OLYMPICS WA SPRING GAMES

On June 2 and 3, more than 150 Special Olympics Washington athletes from all across the state will compete in the 2018 Spring Games cycling competition at Joint Base Lewis-McChord. In addition to the cycling competition, Special Olympics Washington athletes and families will have the opportunity to partake in games and activities at the neighboring Olympic Town. About 250 volunteers are needed throughout the weekend to male these events successful. Come out and help set up the event, line the cycling course with fans or run an activity booth in our Olympic Town. Whether it is volunteering or coming

to spectate, each individual in attendance makes a huge impact on the event and the experience of the athletes participating. Register to volunteer by visiting specialolympicswashington.org/volunteer or email volunteers@sowa.org. Individuals, groups and families are all welcome and encouraged to join.

CATCH UFC ACTION

AT THE CLUB Watch the UFC fights live on big screens at the Club at McChord Field. Doors open at 4 p.m., everyone's welcome and there's no cover charge. 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.

JOIN MCCHORD 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 June 13 to discuss "Wesley the Owl" by Stacy O'Brien. 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 June 14.

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 June 19 at American Lake Conference Center at 8085 NCO Beach Road on Lewis North. Report time for Soldiers and Airmen is 8:30 a.m. Orientation is set to begin at 9 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.

ATTEND MONTHLY KIDS' BOOK CLUB

Kids in grades three to five are invited to join McChord Field Library's monthly Kids' Book Club meeting the third Wednesday of the month at 4 p.m. Read fun books, meet fun people. Parents, bring your children by the McChord Field Library now to register and get a copy of this month's book. Check out "The Lightning Thief" by Rick Riordan for the June 20 book club meeting. The library is located at 851 Lincoln Blvd. on McChord Field. For more information, call 253-982-3454.

BUILDING MANAGERS FIRE SAFETY CLASS

All building managers on Joint Base Lewis-McChord are required to take a Building Managers Fire Safety Class. Classes take place on the first and third Wednesday of the month at 9 a.m. in 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 June 20. 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.

MONTHLY RETIREMENT CEREMONIES ON JBLM

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

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 JBLMmwr Registration.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.

PLAY AND HANG OUT AT THE WARRIOR ZONE

Join in on friendly Warrior Zone competitions each week:

- Eight-ball pool and Texas Hold 'Em Wednesdays at 6:30 p.m.
- Super Smash Bros. Fridays at 9 p.m.
- Trading card game night Fridays at 9 p.m.
- Anime night Saturdays
- at 8 p.m.
 PlayStation VR Sundays
- PlayStation VR Sunda from 4 to 10 p.m.

Watch UFC fights, eSports, boxing, movies in the theater, plus pool tourneys, board games, shuffleboard and more. The Warrior Zone is located on the corner of 17th and D streets on Lewis North. For more information, call 253-477-5756.

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: GoodJobsFridays 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 DONSAs 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.

The Entrepreneur's Source Wednesday from 1 to 4 p.m. at the Hawk Transition Center in Room 216. Attend this interactive and informative workshop to explore business ownership no matter where home is. For more information, email Mark Bloomquist at mbloomquist@esource coach.com or call 651-249-4166.

C2C Linked In Workshop
Wednesday from 1 to 3:30 p.m.
at the Hawk Transition Center
in Room 214. Build your Linkedln profile, connect with employers, develop a robust
professional network and
identify potential new career
pathways. Additional time will

be available after class for questions and lab work. For more information, visit tinyurl.com/ybffp42r.

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.

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

253-982-3454.
Worksource Pierce Weekly
Meetings Thursdays from 1 to
4 p.m., the WorkSource Pierce

5889. McChord Library is at 851

Lincoln Blvd. at McChord Field;

Career Center hosts a meeting for job seekers unemployed for 27 weeks or longer, seeking assistance to re-enter the workforce. Location is 1305 Tacoma Ave. South, Tacoma. Fore more information, call 253-593-7300 or email 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 midgrade 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.

Seattle Hiring Expo with the Mariners June 1 starting at 10 a.m. at the Safeco Field in Seattle. Come speak to employers about the many opportunities available. All registered veterans and military spouses are eligible to receive up to two free tickets for them and their families to attend that evening's game between the Mariners and the Tampa Bay Rays. Preregister and upload resume at tinyurl.com/yb4l27ca.

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.

DIESEL MECHANIC POSITION IN TACOMA

On Point Logistics — Salary: \$25 to \$35 per hour, DOQ. On Point Logistics has an immediate opportunity for a diesel truck mechanic who will be responsible for day-to-day equipment maintenance on the fleet equipment consisting of preventative maintenance and minor to major repairs to fleet vehicles (step vans and cargo trucks). Diesel engine experience is required. Experience in maintaining gas engines and full truck repairs preferred. Must be responsible to maintain fleet and make repairs when needed. This role reports to the operations manager and is responsible for maintaining service schedules, vendor relationships and coordinating with outside mechanics when needed. For more information,

MANUFACTURING ASSOCIATE OPPORTUNITY

email hr@onpointlogistics.us.

FUJIFILM Sonosite Inc. Salary: DOQ. A dedicated team player can be a part of a fastpaced, busy manufacturing environment. FUJIFILM, Sono-Site, Inc. is seeking manufacturing associates who are looking for a temporary position with the opportunity to turn into a full-time opportunity with benefits, 401K plan and paid time off. Successful candidates will exhibit manual dexterity, reliability, basic math and computer skills and an aptitude for learning quickly. Manufacturing experience is not required but is preferred. For more information, visit sonosite.com/careers.

PURCHASE TACOMA RAINIERS TICKETS

Purchase your Tacoma Rainiers 2018 home-game Summit Club tickets from Leisure Travel Services for \$40 each, including:

- All-inclusive beer, wine, soda, water and ballpark snacks
- Box seats in the first 10 rows
 Box and VID parking
- Reserved VIP parking
 Access to Summit Club,
 Home Plate Porch and Base
 Camp Grille

Visit 2272 Liggett Ave. on Lewis Main, inside Bowl Arena Lanes. For more information, call 253-967-3085 or visit JBLMmwr .com.

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.

JOIN THE MONTHLY SCRAPBOOKING CLUB

If you're into scrapbooking and want to socialize with others, check out the monthly club. Exchange recipe cards and learn new scrapbooking and rubberstamping techniques. The Arts and Crafts Center is located at 1121 Barnes Blvd. on McChord Field. For more information, call 253-982-6721/6718.

FROM PAGE 1A

BRIGADE

three new security force assistance brigades at these three locations was based on strategic considerations including projected time to activate and train a brigade, presence of senior grade personnel to support the unit and required facility costs. Their work will strengthen U.S. allies and partners while supporting the nation's security objectives and the combatant commanders' warfighting needs.

"I think we'll see a much better adviser capability built out of these brigades," said Gen. Mark Milley, Army chief of staff. "Meanwhile, we'll recoup the readiness value of bringing the



ERICKSON BARNES Resolute Support Headquarters

The 1st Security Force Assistance Brigade marked its one-year anniversary with a patching ceremony at Advisor Platform Lightning, Afghanistan, May 1.

regular (combat) brigades home to train for their regularly designed missions."

The three new brigades are the final three active-duty units joining the 1st Security Force

Assistance Brigade, at Fort Benning, Ga., and the 2nd Security Force Assistance Brigade, at Fort Bragg, N.C.

The National Guard is still considering locations for its security force assistance brigade.

Security force assistance brigade Soldiers are screened based on qualifications and experience and are among the most highly trained tactical leaders in the Army. The unit will receive the most advanced military equipment available.

Security force assistance brigade Soldiers receive special training through the Military Advisor Training Academy to include language, foreign weapons and the Joint Fires Observer course.

Commanders and leaders in

the security force assistance brigade will have previously commanded and led similar basic combat training units at the same echelon. Enlisted advisers will hold the rank of sergeant and above.

The Army currently has incentives to include promotion and special pay to join the security force assistance brigade. The Army released new guidance May 15 on the Army's Selective Retention Bonus Program, which includes bonuses up to \$52,000 for those who reenlist for security forces assistance brigade positions.

The Army is also establishing a command element within U.S. Army Forces Command at Fort Bragg with the intent to conduct training and readiness oversight of the security force assistance brigades.

FROM PAGE 1A

FORCES

Leapin' Louie, a cowboy on stilts, lassoed the child in the middle of the walkway. The entertainer asked Rayza's parents, Desiree and Spc. Chris Cuba, 4th Attack Reconnaissance Squadron, 6th Cavalry Regiment, 16th Combat Aviation Brigade, for permission before circling the girl with his

"That was fun," Rayza said. "I like cowboys, and he's so tall."

The Castro family of Yelm -Roseanna and Pete Castro, a former Marine Corps sergeant who is currently a civilian contractor with the Air Force's Western Air Defense Sector, and their children, Lilah, 5, and Nathan, 3 — spent some time enjoying the animals in the petting zoo.

The family moved about a year ago from San Diego, where they had farm animals, including their own goats and a pig.

"I miss having goats," Roseanna said, after walking around in the enclosure and allowing Lilah and Nathan to pet the goats and a young calf.

Terry Smith, a Revolutionary War historian with the 2nd Connecticut Regiment of Military, dressed in period costume. He had a steady flow of visitors to his booth as he talked of clothing styles of the time and explained how to load and fire a smooth bored gun - similar to those used during America's first war.

Smith, a Seattleite, has been demonstrating his passion for the Revolutionary War at JBLM's Armed Forces Day celebration for the past decade.

"Most people don't know a lot about American history," Smith said. "Especially on the West Coast, there's not a lot of Revolutionary War history taught, so I enjoy sharing what I know.'

For many, the military vehicles and planes were the highlight of the day.

Private First Class Blayne Shockley, Group Support Battal-



SCOTT HANSEN Northwest Guardian

Members of the Lost Towney Mess Civil War reenactment group in Lakewood practice a bayonet drill during the annual JBLM Armed Forces Day celebration on McChord Field Saturday.

ion, 1st Special Forces Group (Airborne), moved to JBLM one month ago, shortly after joining the Army. He said growing up in St. Louis, he never had a chance to go to military events.

Shockley helped the kids learn about the Oshkosh Defense, Standard Special Forces Mine Resistant Ambush Protected all terrain vehicle, where he was positioned during the day. Nineyear-old Jayden Gray and his 6-year-old brother, Landen, happily climbed off the MRAP vehicle with a little help from Shockley.

The boys were at the event with their parents, Lisa and retired Chief Warrant Officer 3 Herbert Gray. The family lives on Fox Island and brought along a neighbor child, Aiden Martinez, 9, who also enjoyed the military vehicles.

"This is my first time coming here, and I'm learning a lot of stuff about the Army," Aiden

Landen said he enjoyed the airplanes best - "especially one that had a machine gun on the front."

The 6-year-old said he now wants to be a scuba diver when he grows up, after talking with a few Special Forces service members about that adventurous occupation.

"We try to come to Armed Forces Day every year; we really look forward to it," Gray said. "It's fun for the whole family."

FROM PAGE 1A

Business Analytics to conduct a JBLM Regional Economic Impact Analysis report.

Attendees were told how and why this analysis is being done. The goal is to brief the report's final version during the SSMCP's November Elected Officials meeting.

Lakewood Mayor Don Anderson said the study comprehensively explains JBLM's economic benefits to local communities — a factor the Department of Defense weighs when making force restructuring decisions.

'This economic impact analysis project is something the South Sound very much needs," Anderson said. "This study will help (SSMCP) members quantify the value of JBLM and make a stronger case to the DOD for decisions to realign missions to

While a previous efforts focused defense contracts' impact on the state economy, Bill Adamson, SSMCP program manager, wanted this study to capture JBLM-specific impacts. "We know from the surveys

SSMCP conducts every other



Bill Adamson, SSMCP program manager, speaks at the SSMPC Elected Officials Council Breakfast at Eagles Pride Golf Course May 17.

year IBLM is pretty heavily invested in 17 communities across the South Sound, because that is where Soldiers, Airmen and the (civilian) workforce live," Adamson said. "So what we wanted to do, which is a little bit different is look at the financial impacts of the IBLM workforce (and operations). So we entered this partnership with UW-Tacoma.'

Professor Haluk Demirkan, director, UW-Tacoma Center for Business Analytics, explained this effort will have two phases.

'During the first, we are basically looking at the impact of JBLM on the community," he said. "We hope to submit a report by November 2018. In the long run (phase two), we'd like to create an economic impact analysis dashboard."

The dashboard will include historical data, accept user updates, perform analysis and

What is the SSMCP?

The South Sound Military and Communities Partnership was established in 2010 to foster effective communication and understanding between Joint Base Lewis-McChord and surrounding communities in the South Sound Region and to help orchestrate unified approaches to resolving issues of mutual interest

More than 55 state, county, city, community, business, education and military organizations are SSMCP members.

present its findings via its website. Users will see major JBLM funding areas — payroll, defense contracts, operations and maintenance. Based on 2015 data, JBLM's preliminary total exceeds \$7.8 billion.

It will also include such areas as secondary jobs created, tax revenue, transportation, health care, housing, banking and finance, education and retail spending. Retail spending will likely be the study's biggest impact area.

"Everyone goes home and

spends their paycheck in the local economy," said Professor Margo Bergman of the Center for Business Analytics. "They go to restaurants, buy clothes. All of those things go away if their payroll goes away. So we're in the process of identifying where (JBLM) people are and what they need."

U.S. Rep. Denny Heck, who represents Washington's 10th Congressional District where IBLM resides, believes the final report will demonstrate JBLM's economic importance.

"I predict with, great confidence, (the report is) going to say how very, very important JBLM is," Heck said.

Although JBLM is a major force generation installation and power projection platform, it's also a major economic engine, according Bruce Kendall, CEO, Tacoma-Pierce County Economic Development Board. He talked about JBLM being the state's third largest employer — behind Boeing and the state - and the leading employer in Pierce County.

"The economic engine supreme in Pierce County is JBLM," Kendall said. "Approximately 55,000 service members and civilian employers work at JBLM."

FROM PAGE 1A

Sustainment Command, arrived at the stress shoot range, she performed a series of kettle bell swings, burpees, pushups and ammo-can carries, before engaging targets with her pistol.

Conducting these ranges allows us to test our mission readiness," Buxton said, as she wiped a bit of sweat and grime from her cheek. "Firing these weapons after physical activities is a good simulation of what it would be like to fire a weapon in a stressful environment when deployed."

I Corps Command Sgt. Maj. Walter Tagalicud said the fourday competition exemplified the I Corps standard and aligned with the Army's mission to have a more complete fighting force.

'These competitors gave everything during this competition and showed how well rounded they are as Soldiers and as leaders," Tagalicud said. "It proved that they were the best available competitors from their units. They really exhibited what they were made of."

The Soldiers showed their grit and determination while demonstrating the Warrior Ethos: "I

will always place the mission first, I will never accept defeat, I will never quit, I will never leave a fallen comrade."

BECOMING THE BEST

The competition, held at Joint Base Lewis-McChord from May 14 to 17, tested Soldiers' mental and physical endurance, as well as their perseverance. It featured participants from across I Corps competing for the titles of best Soldier, best noncommissioned officer, best first sergeant, best warrant officer and best officer.

The competition winners will be announced at the I Corps' Corps Ball June 14.

In addition to the M-9 range on day two, the competitors traveled to an obstacle course and mass casualty paintball range before conducting a 7mile road march back to their bivouac site.

During the mass casualty simulation, the competitors donned protective masks and armed themselves with paintball guns before walking into the woods of Lewis North. As loud explosions filled the air, competitors moved toward their assigned casualties.

Participants administered first aid as paintballs whizzed past their heads, occasionally making



SGT. KYLE LARSEN 5th Mobile Public Affairs Detachmen

Competitors in the 2018 I Corps Best Warrior Competition conduct a 7-mile road march during the second day of the competition May 15.

contact with a sting followed by a splash of blue paint.

Specialist Michael Krystallis, 2nd Brigade, 2nd Infantry Division, returned fire at opposing forces until he ran out of ammo.

"The paintball didn't hurt as much as I thought it was going to," Krystallis said. "It added an important aspect to casualty care. It allowed us to experience a real-world simulation of providing care under fire.'

The next day, competitors completed an Army Physical Fitness Test, M-4 carbine qualification range and land navigation. One competitor blew the rest away with a perfect score and finished the 2-mile run in less than 12 minutes.

"I really enjoyed all of the physical events — it really tests your abilities as a Soldier," said Staff Sgt. Shawn Jenkins, 42nd Military Police Brigade. "I love how different all of the events are, but it was hard not being able to talk to my family. I really wanted to let them know what we did every day."

The contest tested the heart of

competitors from nine different

units within I Corps. Even a permanent profile couldn't stop Sgt. 1st Class Aram Jacques from outperforming most of his fellow competitors. Entering the fourth and final day of the competition, Jacques, the Headquarters and Headquarters Detachment first sergeant of the 109th Military Intelligence Battalion, 201st Expeditionary Military Intelligence Brigade, outscored all but one other Soldier at the M-4 stress shoot.

Despite near-constant pain in his left knee from numerous injuries and subsequent surgeries, Jacques completed a 4-mile ruck march, hurled a half-dozen 45-pound sandbags into a military vehicle, flipped tires, carried water cans and pulled a weighted sled with 185 pounds before firing his weapon from four firing positions.

His was the second fastest stress shoot time among the event's 40 competitors.

"I saw my competition in the first sergeant category and knew it was no longer my job to win it was my job to finish," Jacques said. "I want to show that it doesn't matter how old you are, or how injured you are. If there is a task in front of you, it just matters how much heart you have to complete it.'

Sports

ARMY VS. NAVY COMMANDER'S CUP RUGBY CHAMPIONSHIP

Army tops Navy to regain Commander's Cup

JBLM team avenges last year's loss with 63-38 victory over rugby rival

BY SPC. JONATHAN RIVERA-COLLAZO 1st Special Forces Group (Airborne)

Soldiers and Sailors competed in the 19th Commander's Cup rugby match on Rainier Field at Joint Base Lewis-McChord Saturday

The JBLM-based Army team jumped to an early a 27-point lead over the Naval Base Kitsapbased Navy team. The Navy team failed to get on the scoreboard until the second half. The

Army side protected its early lead and built on it, culminating in a 63-38 victory and securing this year's Commander's Cup trophy.

The win avenges last year's 42-31 loss to the Navy and gives the Army a 17-2 series record.

Since the inception in 1999 between the Army and Navy rugby teams, support from the base initially struggled. However, in recent years, it has received support from command leadership throughout JBLM, the Tacoma Rugby Club, JBLM Family and Morale, Welfare and Recreation and from leadership at the 1st Special Forces Group (Airborne).

"The match idea began based on a conversation between former military players to try and establish a game between the service installations," said Nick Punimata, a retired Green Beret chief warrant officer four and current coach for the JBLM Army rugby team. "Our intent was to try and replicate that rivalry between the services, since there is no military service academy presence in the Pacific

SEE RUGBY, 2B



SPC. JONATHAN RIVERA-COLLAZO U.S. Army Photo

JBLM team members, right, battle Sailors from Naval Base Kitsap during the Commander's Cup match on McChord Field Saturday.

MAJOR LEAGUE RUGBY



Courtesy Seattle Seawolves

Captain Will Holder, right, of Joint Base Lewis-McChord, delivers a kick during the Seattle Seawolves' Major League Rugby home opener against the San Diego Legion at Starfire Sports Complex in Tukwila, Wash., April 22.

SOLDIER CHASING HIS ARMY, RUGBY DREAMS

JBLM artillery officer signs to play pro rugby with Seattle Seawolves

BY DEAN SIEMON Northwest Guardian

ill Holder was barely in Washington state to report to Joint Base Lewis-McChord before he was recruited for Major League Rugby's Seattle Seawolves club.

The Army captain now with Headquarters and Headquarters Battery, 17th Field Artillery Brigade, was announced as one of the team's latest signings April 21 — the day before the Seawolves season opener against San Diego Legion.

Holder was ready to focus solely on his Army career back in November 2016, but just when he thought he was out, he got pulled back in.

"I realized that a part of me is rugby," Holder said. "I found that I need to be playing."

Holder's father, Rob, played when he was stationed in Germany and continued playing for multiple clubs before he became a coach. Holder said he

SEE SOLDIER, 2B



DEAN SIEMON Northwest Guard

Capt. Will Holder, right, holds a bag for Eric Duechle during a tackling drill at the Seattle Seawolves practice in Tukwila, Wash., May 15.

ON THE SCHEDULE

KIDS BOWL FREE THIS SUMMER ON JBLM

Bowling: Joint Base Lewis-McChord's Bowl Arena Lanes on Lewis Main and Sounders Lanes on McChord Field are participating in the Kids Bowl Free summer program. Families can register children ages 17 and younger for two games of bowling a day at either center. Adults can purchase a family pass to bowl with their kids for a one-time fee starting at \$29.95, good for the whole summer. To register, visit kidsbowlfree.com/jblm.

WHISPERING FIRS CUP SERIES CONTINUES

Golf: Improve your competitive game by entering the Whispering Firs Cup series Saturday. The series continues June 16 and 30, July 14 and 28 and Aug. 11 and 25. Golfers must participate in at least four events to qualify for the championship. Buy-in is \$15 plus green fee for the top three gross and net for each division. For more information, call 253-982-2124.

JBLM OPEN LEAGUE VOLLEYBALL SEASON

Intramural: The information meeting for the Joint Base Lewis-McChord open league volleyball is June 2 at noon at the Wilson Sports and Fitness Center on Lewis North. The season begins June 16 with a league tournament scheduled for July 21. Registration is \$300 per team. Players without a team can be placed with one at the meeting. For more information, call 253-967-7311 or visit jblmmwr.com/intramural.

JBLM OPEN LEAGUE BASKETBALL MEETING

Intramural: The information meeting for the Joint Base Lewis-McChord open basketball league is June 2 at 1 p.m. at Soldiers Field House on Lewis Main. The season begins June 16 with a league tournament planned for July 21-22. Registration is \$300 per team. Players without a team can be placed with one at the meeting. For more information, call 253-967-7311 or visit jblmmwr.com/intramural.

JOIN THE SOUND TO NARROWS MILITARY RUN

Races: Service members assigned to Joint Base Lewis-McChord can register for the 2018 Sound to Narrows Military Run June 9 at Vassault Park in Tacoma in three divisions: super squad company formation and battalion formation. For more information, visit jblmmwr.com/races.

2018 WARRIOR GAMES

Former JBLM Soldier to compete at upcoming Warrior Games

BY DEAN SIEMON Northwest Guardian

Heather Moran, a sergeant first class in the Army Reserve, is training for the 2018 Department of Defense Warrior Games as one of Team Army's 40 athletes. She will be participating in discus, shot put, air rifle, rowing and swimming events in her second consecutive appearance.

The single mom is living north of Seattle in Kenmore with two teenagers — Rachael, 15, and Ryan, 13 — and dealing with

rehabilitation from injuries she suffered during her active years. Moran also coaches baseball for the North Lake Little League.

With everything going on as the Warrior Games at the U.S. Air Force Academy, Colo., June 1 to 9 draws closer, some might be impressed with her time management skills. The pain tolerance of Moran — formerly part of Joint Base Lewis-McChord's Warrior Transition Battalion from 2016 to 2017 — is equally impressive.

"I don't necessarily recognize the pain that is occurring," she said. "I learned how to take a deep breath and let it go, and it's gone."

Last year, Moran found that her right shoulder's labrum was torn, along with a bicep tendon split and the need for a new rotator cuff in the near future. Her left knee has a medial collateral ligament tear and significant cartilage damage. Moran

SEE GAMES, 2B



PFC. FRANSICO ISREAL 55th Combat Camera / 2017

U.S. Army Sgt. 1st Class Heather Moran throws discus for the 2017 Department of Defense Warrior Games in Chicago July 5, 2017. FROM PAGE 1B

RUGBY

Northwest."

The annual match used to be played at small local park fields before being moved to Cowan Stadium at JBLM and incorporated as part of the annual Armed Forces Day celebration. This year, it was played at Rainier Field on JBLM.

"Two former 1st SFG commanders, retired Maj. Gen. Thomas Csrnko, along with retired Brig. Gen. Hector Pagan, were very instrumental in supporting the athletes and keeping the rivalry alive by encouraging Special Forces Soldiers to compete," Punimata said. "The current 1st SFG deputy commander Col. Steve Johnson is also a longtime rugby player and fan and still participates in many of the unit and JBLM rugby

Another 1st SFG Soldier, Spc. Joseph Monreal, a winger for the JBLM Army rugby team, said the sport builds unit cohesion, and he's honored to have built rela-



SPC. JONATHAN RIVERA-COLLAZO U.S. Army Photo

Nick Punimata, middle, coach for the Joint Base Lewis-McChord Army rugby team, motivates the Soldiers before the 19th Annual Commander's Cup rugby match Saturday.

tionships among the players both active-duty and retired service members.

"I like to participate, because it allows us to gain new levels of experience and camaraderie

with other service members," Monreal said.

The game also serves to build upon the natural rivalry between the Army and the Navy.

"It's always been a great rela-

tionship between the Sailors and Soldiers," Punimata said.

"Though this match is small, it's still unique to us in the military stationed in the Pacific Northwest, and it's something that

many former 1st SFG players have been a part of since the inception of the idea of playing against another service.

Rugby has grown in popularity in the United States. According to a CNN report, the sport has had record-breaking events for each of the last seven years and is one of the fastest-growing sports in the world.

The sport's growth attracts new players who are willing to experience and learn something new and challenge themselves physically and mentally, according to Punimata. New players join and leave the team regularly due to the often transient nature of life in the military.

However, they still pride themselves on playing at a competitive level.

"I certainly hope the JBLM (Family and MWR) continues to support this event in the future," Punimata said. "It is a celebration of the camaraderie of our nation's armed forces and recognizes those military rugby players who have made the ultimate sacrifice for our country and have been great ambassadors of this game."

FROM PAGE 1B

SOLDIER

has been playing for as long as he can remember.

He wanted to pursue football in college and received an offer for the U.S. Military Academy in West Point, N.Y., where both of his parents attended.

After one semester, Holder decided to play rugby instead and played four years for the Black Knights program. After graduating and commissioning as an officer in 2013, Holder was selected to the All-Army team in the 2013 Armed Forces Rugby Championships — played as part of the Rugbytown USA Sevens tournament in Glendale, Colo.

It was there the coaches recruited Holder for the Army's World Class Athlete Program. He played with the USA Rugby's 15s and Sevens teams for many international tournaments, which included a bronze medal in the 2015 Pan American Games in Toronto.

Holder left the WCAP in 2016 and joined the 2nd Battalion, 12th Field Artillery Regiment, 1st Brigade, 4th Infantry Division, at Fort Carson, Colo.

When it came time for his next duty station, Holder put JBLM at the top of his wish list because of the rugby community on base, the Atavus rugby program in Seattle and the Seawolves.

Holder reached out to the team and had connections with players like Shalon Suniula and Peter Tiberio. Seawolves coach Phil Mack said he was happy to bring Holder on the team.

'He's added tremendous value to us, just in terms of leadership on and off the field,' Mack said. "He's a very steady player as well on offense and defense. I've had the misfortune of playing against him with Canada.

Holder plays in the back of the field, which makes him effective not only on offensive, but also on defense.

"He's a big boy, and he knows technique and how he tackles is really good," Mack said. "As everyone knows, you have to play both sides of the ball. How he puts his body on the line really motivates the rest of the team to do the same."

The team has been successful so far in its first season with a 3-1 record so far, averaging between 3,500 and 3,600 at the home matches at Starfire Sports Complex in Tukwila, Wash.

Regular seats were sold out



DEAN SIEMON Northwest Guardian

Capt. Will Holder, right, of Joint Base Lewis-McChord starts to drive forward during a Seattle Seawolves scrimmage at Starfire Sports Complex in Tukwila, Wash., May 15.

for last Sunday's game against the Utah Warriors, and only a few spots in the standing room only area were available for the final home game this Sunday against the NOLA Gold.

Holder is used to playing in front of large rugby crowds, but not in the U.S. Similar to how fans support the Seattle Sounders Football Club of Major League Soccer, fans at Seawolves games were loud with cheers and chants commonly seen in international venues.

"It's not so much seen in football," Holder said. "(Starfire has) got a very rugby feel about it, and that's what's cool.'

Holder has several goals he wants to accomplish — both on the rugby field and in his Army career, such as taking command of a batteryand representing the U.S.A. in the Rugby World Cup

or the Olympic Games. '(I'm) figuring out which paths I want to take," Holder said. "I have time, and I have options, but I'd like to see all of my goals come true."



Capt. Will Holder of Joint Base Lewis-McChord begins to release the ball during a passing drill at the Seattle Seawolves practice at Starfife Sports Complex in Tukwila, Wash., May 15.

FROM PAGE 1B

GAMES

has had six knee surgeries on both knees.

She also has instability of the sacroiliac joint in her pelvis, which has forced her to occasionally pop the joint back into place. She's been dealing with lower back issues, but that's the least of her concerns, she

"What Soldier doesn't have some bulging disc issues who's been in the military 29 years?" Moran said. "It's to be expected that your back is going to be ticked off at you.

She has received the necessary care to prepare for the Warrior Games, where she hopes to add to her medal collection.



Sgt. 1st Class Heather Moran competes in the shot put field event at

In 2017, Moran took silver in the her division of shot put with a throw of 7.56 meters, behind

Fort Bliss, Texas, March 6.

Team Navy's Melissa Klotz (8.08 meters). Moran also took silver in the discus with a throw of 22.18 meters, again behind Navy's Klotz (22.59 meter).

She collected nine medals during the Army trials in March, which included gold medals throws in discus (7.07 meters) and shot put (25.43 meters). Despite her injuries, Moran said she feels the two throwing events are her best because they are complex.

"There is your physical presence and whereabouts, your body positioning, your agility and balance, and of course your strength and power," Moran said. You're involving a lot of different things at the same time. And I think I do better and excel in areas where I am doing multiple things at one time."

It is the competitive nature of sports that keeps her driven to continue setting goals for her-

"I guess other people have goals; there's lots of different goals," Moran said. "Mine just so happen to be athletic.'

Moran said she plans to have surgery for her right shoulder and some work on her left knee if she isn't picked as an alternate for the 2018 Invictus Games in Sydney in October.

She missed out on qualifying for the games last year and has held off on the aforementioned procedures to keep herself open, just in case.

"I'm still training as if I might get picked as an alternate," Moran said. "I'm not giving up hope. That's been my dream, which is why I never stop training."

Dean Siemon: 253-477-0235, @deansiemon



Season begins June 11 at the **Lewis North Athletic Complex**

Representative Meetings

May 30 at noon
Nelson Recreation Center
McChord Fitness Center

CC League Tournament July 27 at noon







Players must play with their unit or have a written request to be added to another team.

Open to active duty service members attached to JBLM only

For more information visit JBLMmwr.com/intramural or contact the Intramural Sports Office at 253-967-4768

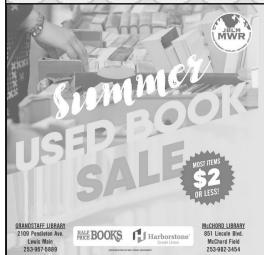


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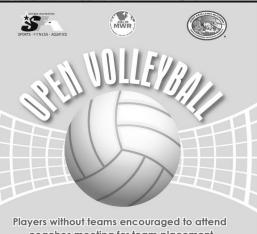
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coaches meeting for team placement Open to JBLM Community ID cardholders ages 18+ COACHES MEETING: June 2 at noon Wilson Sports & Filness Center

REGISTRATION: \$300 per team

SEASON BEGINS: June 16

LEAGUE TOURNAMENT: July 21

For more information visit JBLMmwr.com/intramural or call 253-967-7311



FRIDAY, JUNE 8 1330



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Coaches Meeting June 2 • 1 p.m. Soldiers Field House

<u>Season Begins</u> June 16 • 1 p.m. Soldiers Field House

<u>Registration:</u> \$300 per team

League Tournament July 21-22

Players willhoul teams encouraged to attend coaches meeting for team placement Open to JELLII Community ID card holders ages 184





For more information visit JBLMmwr.com/intramural contact the Intramural Sports Office at 253-967-4771





EAGLES PRIDE GOLF COURSE Off I-5 at Exit 116

8-10 a.m. CPAC receives applications and resumes

9:45 a.m.-3 p.m. CYS facility managers conduct initial interviews NAF HR extends tentative job offers

Child & Youth Program Assistants, (for child development centers, school-age care; before/after-school & camps)

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CYS: MAY 29 BOD: MAY 30 EAGLES PRIDE GOLF COURSE Off I-5 at Exit 116

8–10 a.m.
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9:45 a.m.-3 p.m.

MWR facility managers conduct initial interviews & NAF HR may extend tentative job offers



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QUALIFICATION REQUIREMENTS Must be at least 18 years old, able to lift 40 pounds, possess a high school diploma, able to communicate (verbal and written) in English and favorable completion of pre-employment and background checks.

Applicants should bring their Social Security card and birth certificate and/or passport. Applicants need to submit TWO paper applications at the Recruitment Fair! Tentative job offers may be extended and preliminary background checks will be initiated. Download DA Form 3433 from JBLMmwr.com (Community Update page).

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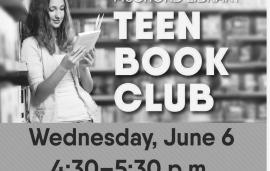






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MAY 25, 2018 » WEEKEND

FOR THE WEEK OF MAY 25 - 31



McCHORD PUB

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

STRIKE ZONE AT **SOUNDERS LANES**

11 a.m. to 9 p.m. Shrimp basket for \$8.25.

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11 a.m. to 1 p.m. Dine at the grill with salad bar, soup of the day, burgers, wraps and more. Friday's special is fish and chips.



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The Zone inside the Warrior Zone

For menus, visit JBLMmwr.com.

Samuel Adams Brewhouse at

Sounders Lanes' Strike Zone

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WHISPERING FIRS HABAÑERO MEXICAN **GRILL** 7:30 to 10:30

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11 a.m. to 8 p.m. Chicken cordon bleu for \$8.25.

McCHORD GRILL

11 a.m. to 1 p.m. Dine at the grill with salad bar, soup of the day, burgers, wraps and more. Tuesday's special is tacos.

BATTLE BEAN AT McCHORD FIELD 7 to

11 a.m. weekdays. Order breakfast with your made-to-order coffee.



STRIKE ZONE AT **SOUNDERS LANES**

11 a.m. to 8 p.m. Chicken bacon ranch wrap for \$8.25.

WHISPERING FIRS HABAÑERO MEXICAN **GRILL** 11 a.m. to 2 p.m.

The hefty 6-pound burrito challenge is back. If you can eat it in 45 minutes or less, it's on the house.

McCHORD GRILL

11 a.m. to 1 p.m. Dine at the grill with salad bar, soup of the day, burgers, wraps and more. Special is wings.



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 from 11 a.m. to 2 p.m. for \$7.95.

McCHORD GRILL

11 a.m. to 1 p.m. Special is a gyro.

STRIKE ZONE AT **SOUNDERS LANES**

11 a.m. to 8 p.m. Chicken salad sandwich 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.

AT THE MOVIES

Carey Theater on Lewis Main

Solo: A Star Wars Story (PG-13) Friday at 7 p.m.

Solo: A Star Wars Story (PG-13) Saturday at 1 p.m.

Solo: A Star Wars Story (PG-13) Saturday at 7 p.m.

Solo: A Star Wars Story (PG-13) Sunday at 1 p.m. Solo: A Star Wars Story (PG-13)

Sunday at 7 p.m. Solo: A Star Wars Story (PG-13)

MOVIE TIMES

JOINT BASE LEWIS-MCCHORD MARKETPLACE

For movie times, contact your local theater.

TACOMA AREA

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REGAL TALL FIRS 10: 253-891-5445

GIG HARBOR **GALAXY UPTOWN THEATRE: 253-**

PORT ORCHARD

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EATONVILLE

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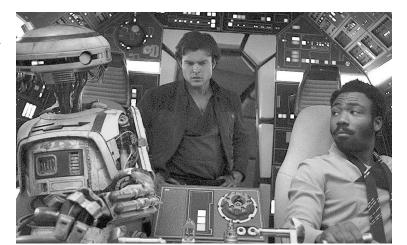
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YELM CINEMAS: 360-400-3456

OLYMPIA/LACEY **MARTIN VILLAGE STADIUM 16:**

360-455-5003 **CENTURY OLYMPIA: 360-943-0769**



Walt Disney Studios Motion Pictures

Alden Ehrenreich, Woody Harrelson, Emilia Clarke, Donald Glover, Thandie Newton, Phoebe Waller-Bridge, Joonas Suotamo and Paul Bettany star in the new Walt Disney Studios Motion Pictures release, "Solo: A Star Wars Story."



SCOTT HANSEN Northwest Guardian / 2017

Staff Sgt. Stephen Mosack Jr. plays Taps to honor fallen service members during the JBLM Memorial Day observance at Camp Lewis Cemetery on Lewis Main in 2017.



SCOTT HANSEN Northwest Guardian / 2017

John Jackowich, of Olympia, pays respects to a fallen Soldier during the JBLM Memorial Day observance at Camp Lewis Cemetery in 2017.

MEMORIAL DAY EVENTS

A day to honor nation's fallen service members

Ceremony at Camp Lewis Cemetery

BY DEAN SIEMON Northwest Guardian

onday is Memorial Day, which honors America's fallen heroes — the men and women in uniform who died serving the nation. Service members from Joint Base Lewis-McChord are supporting 13 local community events honoring Memorial Day.

In addition to the community events, the annual JBLM Memorial Day Ceremony is scheduled for Monday at 11:30 a.m. at the Camp Lewis Cemetery. A wreath will be laid in remembrance of unknown and missing service members by Col. Nicole

Lucas, the JBLM Garrison commander and the ceremony's guest speaker.

"It's a privilege for me to speak at Monday's JBLM Memorial Day observance — an opportunity that I don't take lightly," Lucas said. "As a career Soldier, I anticipate Memorial Day because it's that one day we set aside each year to pause and honor the brave servicemen and women who made the ultimate sacrifice in defense of our nation."

The colors will be posted by the I Corps Honor Guard. There will also be a 21-gun salute,

SEE FALLEN, 7C

EVENTS

COMMUNITY

Memorial Day Plant Sale 10 a.m. to 5 p.m. Friday-Monday. Soos Creek Botanical Garden and Heritage Center, 29308 132nd Ave. SE, Auburn. 253-639-0949, sooscreekbotanicalgarden.org.

Waterfront Day Party 3 to 8 p.m. Saturday. Food, music and drinks. West of the Waterway, 1901 Dock St., Tacoma. \$10. 253-732-4647, tinyurl.com/ y75ymnkl.

Puyallup Memorial Day

Observance 2 to 3:15 p.m. Sunday. Featured speakers are U.S. Congressman Denny Heck and State Senator Hans Zeiger. The Puyallup Valley Community Band and Clan Gordon Pipe Band will perform. Pioneer Park Pavilion, 330 S. Meridian, Puyallup. Free, 360-893-8022.

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. Puyallup Activity Center, Premier Gallery, 210 W. Pioneer, Puyallup. Free. pacificgalleryartists.org.

Slam Poetry and Pulp Storytelling 7 to 9 p.m. Tuesday. Naughty Mouse mixes slam poetry and storytelling in a yarn that will ensure you never look at dessert, or the Drug War, the same way again. Odd Otter Brewing Company, 716 Pacific Ave., Tacoma. Free. 253-327-1680, naughtyamouse.com.

Dozer Day 11 a.m. to 4 p.m. June 2 and 3. We put the kids in the driver's seat to allow them to interact with heavy construction equipment, fire engines, ambulances, and police cars, and to also engage in other fun outdoor activities, games and toys. Washington State Fair Events Center. 110 Ninth Ave. SW, Puyallup. \$8-\$10 seattle.dozerday.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.

Browns Point Light Keepers' Cottage Tours 1 to 4 p.m. Saturdays through Sept. 29. Browns Point Lighthouse Park, 201

Tulalip St. NE, Tacoma. Free. pointsnortheast.org.

ARTS AND MUSIC

Tahoma Gallery: Puget Sound Sumi Artists 8 a.m. to 5 p.m. Monday-Friday through June 29. Exhibition of sumi-e paintings promotes a meditative feeling in the beauty of gestures, seen in landscapes, animals and flowers. Catholic Community Services, 1323 S. Yakima Ave., Tacoma. 253-502-2617.

Harbor History Museum "Primal Connections" Sunday-July 23. Works by Christine Buchanan, Peninsula High School art instructor. Harbor History Museum, 4121 Harborview Drive, Gig Harbor. harborhistorymuseum.org/lobby.

The Gallery at Tacoma Community College Through June 8. Student Art Exhibit. Tacoma Community College, South 12th Street between Pearl and Mildred streets. Hours: 10 a.m. to 5 p.m. Monday-Friday. 253-460-4306.

Puget Sound Book Artists Annual Members' Exhibition June 4-15. Displaying books using all sorts of media and materials; origami folding, popup pages, drawing, painting,

printmaking, knitting, sewing, wood and found objects. 5 to 7 p.m. June 7 Opening Reception. University of Puget Sound -Collins Memorial Library, 1500 N. Warner St., Tacoma. Free. 253-879-3669, blogs.pugetsound.edu/ pugetsoundbookartists.

"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 Through June 7. "Art is Alive" features more than 20 artists original watercolor, mixed media, oil, acrylic, colored pencil, ink, collage and miniature art. Gallery hours: 9 a.m. to 4:30 p.m. Monday-Friday. Puyallup Activity Center — Premier Gallery, 210 W. Pioneer, Puyallup. Free. pacificgalleryartists.org.

'Elements of Design' Exhibit Through Sept. 30. Living Art of Bonsai: Elements of Design, featuring design elements of bonsai art: line, shape, form, space, color, and textures. Pacific Bonsai Museum, 2515 S. 336th St., Federal Way. Free. 253-353-7345, pacificbonsaimuseum.org.

University Gallery: Senior

Exhibition Friday. Celebrating the accomplishments of graduating artists in the culmination of their degree program. Gallery hours: 8 a.m. to 4 p.m. or by appointment. Pacific Lutheran University — University Gallery, 12180 Park Ave. S., Tacoma.

Annual Spring Fling Vendor Fair 10 a.m to 4 p.m. June 2. Vendors, arts and crafts, sports cards and memorabilia. Fawcett Elementary School, 126 E. 60th St., Tacoma. 253-571-4700, facebook.com/ events/149414215761170.

Artists Garage Sale 11 a.m. to 5 p.m. June 2. More than a dozen local artists and craftsmen are cleaning up their studios and offering supplies at bargain prices. King's Books, 218 St. Helens Ave., Tacoma, Free admission. 253-272-8801.

Hooked On Fishing Derby 8 a.m. to noon June 2. Steel Lake Park, 2410 S. 312th St., Federal Way. \$5 per child in advance, \$6 day of fishing. itallhappenshere-

National Learn to Row Day Session 1: 8:30 to 11:30 a.m. Session 2: 10 a.m. to 1 p.m. June 2. Learn rowing skills, get a tour of the lake and boathouse, get a chance to row in a boat. Friends

of American Lake Veterans Golf Course, 9600 Veterans Dr. SW, Tacoma. Free. Registration required, 253-589-1998, combayrow.net/home.php.

Duck Daze Family Fun Fest 10:30 a.m. to 12:30 p.m. June 2. Duck Daze parade, carnival games and more. University Place Library, 3609 Market Place W. University Place. Free. 253-548-3307.

Freighthouse Square Model Railroad Show and Market 9 a.m. to 6 p.m. June 2. Model Railroad Clubs from all over the West Coast displaying their lavouts they have collected for decades. Freighthouse Square. 430 E. 25th St., Tacoma. \$6 for adults and free for kids. 425-442-9642. facebook.com/ events/435219780262304.

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

SEE EVENTS, 8C

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UPDATED AND UNNIER THAN EVER TEVE SOLOMON'S

Starring PETER FOGEL

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Wed. 3 & 7:30. Thur 7:30. Fri. 8.

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Garth Guy The Ultimate Garth Brooks Tribute Show Saturday, June 2nd

Vegas Country Tribute To Tim McGraw & Shania Twain Saturday, June 9th

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ON SALE THIS WEEK **DISNEY ON ICE "DARE TO** DREAM" Nov. 1-5. ShoWare Center. Kent. Tickets on sale this week.

ALREADY ON SALE **SASQUATCH MUSIC FESTIV-**

AL 3 p.m. Friday to Sunday. The Gorge Amphitheatre, George.

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

THIRD DAY - FAREWELL TOUR 7:30 p.m. Thursday. 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 BON-NIE 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, Seat-

KEVIN HART IRRESPONSIB-LE 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" ED-MONDS 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 CON-**CERT WITH THE SEATTLE** SYMPHONY 7:30 p.m. June 24. KeyArena, Seattle.

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

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

DEAD AND COMPANY SUM-MER 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 BOB-BY TARANTINO VS. EVERYBO-DY TOUR" 7 p.m. July 13. White River Amphitheatre, Auburn.

DANCE THIS July 13. Paramount Theatre, Seattle.

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 Amphitheater, Auburn.

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

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

THE PHANTOM OF THE OPERA Aug. 8-19. The Paramount Theatre, 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 EX-TRAVAGANZA 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 RABIT 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 SPE-CIAL GUEST CYNDI LAUPER 7:30 p.m. Sept. 1. White River Amphitheatre, Auburn.

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

THE WAR ON DRUGS Sept. 6. The Paramount Theatre, Seattle.

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

MARCO ANTONIO SOLIS Sept. 2. White River Amphitheatre, Auburn.

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

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

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

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, Puyal-

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 Amphitheater, George.

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

TOBY KEITH WITH NED

LEDOUX 7:30 p.m. Sept. 15. Washington State Fair, Puyallup. LAUREN DAIGLE WITH ZACH

WILLIAMS 7:30 p.m. Sept. 17. Washington State Fair, Puyallup.

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

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

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

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

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

JOURNEY AND DEF LEP-PARD 7 p.m. Sept. 29. Gorge Amphitheater, George.

WILD KRATTS LIVE 2.0

ACTIVE CREATURE POWER Sept. 30. The Paramount Theat-

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

Seattle.

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

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

SERIAL KILLERS LIVE Oct. 17. The Moore Theatre, Seattle,

AUBREY AND THE THREE MIGOS TOUR Nov. 1. Tacoma Dome

ER X TOUR 7:30 p.m. Nov. 5. The Paramount Theatre, Seattle. **JUSTIN TIMBERLAKE: THE**

MAN OF THE WOODS 7:30 p.m. Nov. 12. Tacoma Dome. Tacoma.

FLEETWOOD MAC Nov. 17. Tacoma Dome.



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Ryan Reynolds, Josh Brolin, Morena Baccarin, Julian Dennison, Zazie Beetz, T. J. Miller, Brianna Hildebrand and Jack Kesy star in the new 20th Century Fox release, "Deadpool 2."

AVENGERS: INFINITY WAR ***

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

Time: 2:36

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

BLACK PANTHER *** 1/2

Rated PG-13; prolonged sequences of action violence, and a brief rude gesture

Time: 2:14

It would be enough to herald "Black Panther" because of how it prominently features a black superhero. The film is so much more. Director Ryan Coogler's willingness to deal with major social and political issues elevates the movie. Couple that with a superb cast, stunning cinematography by Rachel Morrison and dazzling

costuming by Ruth E. Carter and "Black Panther" has a grasp as strong as vibranium on making this such an important action movie. — Rick Bentley

BLUMHOUSE'S TRUTH OR DARE

★½

Rated PG-13; violence and disturbing content, alcohol abuse, some sexuality, language and thematic mate

Time: 1:40

When a rictus grin distorts the faces of the young people in "Blumhouse's Truth or Dare," it's demonic possession time and death will shortly start swinging his scythe. — Soren Andersen

BOOK CLUB

PG-13; sex-related material throughout and language Time: 1:54

The all-star ensemble, dominated by actresses who were at their height in the 1970s, works well as an easygoing team. "Book Club" has brio, rueful humor and celebratory verve that is nearly impossible to resist. — Ann Hornaday

BREAKING IN

**

Rated PG-13; violence, menace, bloody images, sexual references and brief strong language

Time: 1:28

The disappointment of "Breaking In" is the wasted potential – there are a few plot setups that could have been further fleshed out or brought back around and Union isn't given enough opportunity to truly display her charms. This thriller could have really used some room to breathe. — Katie Walsh

DEADPOOL 2

** 1/2

Rated R; violence, gore, language, drug use, some sexuality

Time: 2:00

The original "Deadpool" caught comic lightning in a bottle. The super hero sequel sparks only intermittently. — Soren Andersen

DISOBEDIENCE

Rated R; some strong sexual-

Time: 1:44

"Disobedience " is a slowburn drama that reveals its true self patiently to the audience. It might not look like it's for everyone on the surface, but its specificity is what makes it worthy and, almost, great. -Lindsey Bahr

LIFE OF THE PARTY

**

Rated PG-13; sexual material, drug content and partying **Time:** 1:45

The movie seems to be organized so that the weakest scenes come first and the funniest scenes come later. So "Life of the Party" gets better as it goes along. "Life of the Party," in the hands of a different writer and director, could have been funnier. — Mick

POPE FRANCIS — A MAN OF HIS WORD

LaSalle

Rated PG; thematic material including imaged of suffering **Time:** 1:36

Comes now a movie about a man renowned for his passionate advocacy on behalf of the poor, the sick, the displaced

and the oppressed. A man whose plain-spoken eloquence is an inspiration to millions. — Soren Andersen

A QUIET PLACE

Rated PG-13; terror and some bloody images

Time: 1:30

John Krasinski's ingeniously creepy new film takes place in virtual silence. He takes this and runs with it, producing a taut, goose-pimply thriller that earns its jump-out-of-your-seat moments and only occasionally strains its own logic. — Jocelyn Noveck

RBG

Rated PG; some thematic elements and language

Time: 1:38

"RBG" is an unabashedly admiring documentary that borders on hagiography. Its subject: Supreme Court Justice Ruth Bader Ginsburg, who comes across as a thoroughly admirable person. — Soren Andersen

SHOW DOGS

PG; suggestive and rude

humor, language and some action

Time: 1:32

Somewhere between the first time Will Arnett gets bitten on the butt, and when Shaquille O'Neal shows up voicing a sheepdog that sounds stoned, a realization occurs: "Show Dogs" is really bad, even for a talking dog movie. -Peter Hartlaub

SOLO: A STAR WARS STORY

Rated PG-13; sequences of sci-fi action violence

Time: 2:20

Alden Ehrenreich wears a smirk throughout "Solo: A Star Wars Story" that turns Han Solo into a guy who is just this side of insufferable. - Soren Andersen

TULLY

Rated R; language and some sexuality/nudity

Time: 1:36

"Tully" slowly reveals itself to the audience as a far more psychologically complex tale than simply "woman hires a nanny."

It's an emotionally deep yet concise rumination on the nature of modern motherhood, on the inherently false premise of doing it all, of having it all and making it look good. — Katie Walsh





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SCOTT HANSEN Northwest Guardian / 2016

Participants will come dressed in blue to honor the fallen during the annual wear blue: run to remember Memorial Day Run at Powderworks Park in DuPont Monday.

FROM PAGE 3C

FALLEN

followed by America's I Corps Band. The band will also play the national anthem, "America the Beautiful," and the Army and Air Force service songs.

Those who attend are welcome to lay items at graves across the cemetery. The event is open to the public.

JBLM visitors will need to obtain a pass from the Lewis Main Visitor's Center, located off Exit 120 from Interstate 5.

Just outside of the base in DuPont, the JBLM chapter of wear blue: run to remember will host its annual Memorial Day Run at Powderworks Park Monday at 9 a.m. As one of several chapters to host runs across the United States, the group saw more than 2,000 people participate last year in honoring nearly 7,000 service members who have died since the war on terror began in 2001.

Each year, a large banner is displayed at the park with all of the names of service members who died; 36 new names were added since last year.

"That's a reminder to the public at large that we continue to still live in a (world) where brave men and women are giving their lives for our freedom," said Curtis Brake, JBLM chapter copresident.

The Memorial Day Run takes place at the park, but participants should take a shuttle bus from the America's Credit Union parking lot in DuPont due to the lack of parking at the actual site, Brake said. With DuPont's population largely composed of service member and veteran families, Brake said the chapter has built a good working relationship with the city.

"We want to bridge that gap in the overall community between military and civilian, and DuPont is the best place to do that," he said.

About an hour's drive

Memorial Day Events

Upcoming Memorial Day Events supported by service members from Joint Base Lewis-McChord.

Spanaway — Fir Lane Cemetery Memorial Day Observance, Fir Lane Memorial Park, 924 176th St. E., Sunday at 12:30 p.m.

Yelm — Yelm Cemetery Memorial Day Observance, Yelm Cemetery, 11540 Cemetery Road SE, Sunday at 12:45 p.m.

Puyallup — Puyallup Memorial Day Observance at Pioneer Park Pavilion, 330 S. Meridian, Sunday at 1 p.m.

Vaughn — Vaughn's Aisle of Honor Memorial Day Event, Vaughn Bay Cemetery, 100th Street KP N. and 186th Ave. KP N.. Sunday at 1 p.m.

Roy — Roy Memorial Day Ceremony, Roy Cemetery, 288th St. S., Sunday at 2:45 p.m.

Spanaway — Bethany Lutheran Cemetery Memorial Day Celebration, Bethany Lutheran Cemetery, 26418 Mountain Highway, Monday at 10 a.m.

Sumner — Memorial Day Services at Sumner Cemetery, Sumner Cemetery, 12324 Valley Ave. E., Monday at 10 a.m.

Olympia — Thurston County Memorial Day Celebration at Washington State Capitol Rotunda, 416 Sid Snyder Ave. SW. Monday at 10:30 a.m.

DuPont — Community Memorial Day Ceremony at Ross Plaza, 1500 Ross Loop, Monday at 11 a.m.

Tacoma — Memorial Day Observance at War Memorial Park on corner of Sixth Avenue and McArthur, Monday at 11 a.m.

Lakewood — Pierce County Memorial Day Ceremony, Mountain View Cemetery, 4100 Steilacoom Blvd. SW, Monday at 2 p.m.

Orting — Washington Soldiers Home Memorial Day Program, Washington Soldiers Home, 1391 Orting-Kapowsin Highway, Monday at 2 p.m.

Seattle — Evergreen-Washelli Cemetery 92nd Annual Memorial Day Celebration, Evergreen-Washelli Cemetery, 11220 Aurora Ave. N., Monday at 2 p.m.

north of JBLM, the Museum of Flight in Seattle is hosting a special Memorial Day Program Monday from 11 a.m. to 1 p.m. Dave Cable, a former Navy aviator, will be the keynote speaker.

In addition to the ceremony, Saturday to Monday, service members and veterans will receive free admission for themselves and their families. It's a chance for them to see planes from the recently added Vietnam War exhibit.

The Museum of Flight also has the J. Elroy McCaw Personal Courage Wing — two stories containing about 28 restored fighter planes from World War I and II.

"It's that kind of connection that is sometimes essential not just for us, but for the families," said Ted Huetter, senior manager of public relations and promotions for the Museum of Flight. "Whether it's a military family or anyone (who has) had a (fallen) veteran in the family, it's a way to connect them."

Dean Siemon: 253-477-0235, @deansiemon



Sat & Sun Matinee at 3:30 pm

Sat 5/26 • ROCKY HORROR PICTURE SHOW 11:30pm 253-752-9500 www.bluemousetheatre.com



The Grand Cinema 606 S Fawcett Ave GRANDCINEMA.COM 253-593-4474

Disobedience (R)

Fri-Mon: 11:30 AM, 1:00, 3:30, 6:00, 8:40 Tue-Thu: 1:00, 3:30, 6:00, 8:40

Pope Francis - A Man of His Word (NR)

Fri-Mon: 12:00, 2:15, 4:30, 6:45, 9:00 Tue-Thu: 2:15, 4:30, 6:45, 9:00

RBG (PG)

Fri-Mon: 11:30 AM, 1:45, 4:00, 6:20, 8:45 Tue-Thu: 1:45, 4:00, 6:20, 8:45

Tully (R)

Fri-Mon: 2:00, 6:55, 9:10 Tue: 9:10; Wed: 2:00, 4:15 Thu: 2:00, 4:15, 6:55

Isle of Dogs (PG-13)

Fri-Tue: 4:15; Wed-Thu: 9:10

Spirited Away (PG)
SATURDAYS WITH STUDIO GHIBLI

Sat: 10:00 AM

Manos Returns (NR)
WEIRD ELEPHANT SERIES
Sat: 11:00 PM

White Ravens: A Legacy of Resistance (NR)

TUESDAY FILM SERIES Tue: 1:00, 6:30

Now serving local beer & wine daily! Tacoma's only nonprofit movie theater.

FROM PAGE 4C

EVENTS

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 of the month. 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, Icsnw.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

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-bystep 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.

Tall & Small Big Band with **Pete Christlieb and Linda Small** 7 p.m. Puyallup Elks Lodge, 314 27th St. NE, Puyallup. \$10 donation at the door. 253-845-9515.

True Crew and Varsity Crew presents Diversity is Conspiracy 7 p.m. Real Art Tacoma, 5412 South Tacoma Way, Tacoma. \$5-\$10. realarttacoma.com.

Tony Rock 8 and 10:30 p.m. and Saturday. Tacoma Comedy

Club, 933 Market St., Tacoma. \$15-\$20. 253-282-7203, tacomacomedyclub.com.

Lil Devil Featuring Lez Warner 8 p.m. The Ultimate Cult Tribute. Stonegate Restaurant and Bar, 5421 S. Tacoma Way, Tacoma. \$15. 253-473-2255.

Bob's Comedy Jive 8:30 p.m. Bob's Java Jive, 2102 Tacoma Way South, Tacoma. \$5. 253-590-

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

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

Memorial Weekend Party 9 p.m. Jazzbones, 2803 Sixth Ave., Tacoma. 253-396-9169.

Velocity, Marchall Law and Joy Tribe 9 p.m. The Swiss, 1904 S. Jefferson, Tacoma. 253-572-

PITW Fundraiser Show 10 p.m. with Punx in the Woods. The Valley Pub, 1206 Puyallup Ave., Tacoma. 253-248-4265.

SATURDAY

Inhibitions, Gutterpup, Zero Harbor and Featherpoint 7 p.m. Real Art Tacoma, 5412 South Tacoma Way, Tacoma. \$10. realarttacoma.com.

Comedy Night at The Triad 8 p.m. Triad Arts Theater, 102 E. Yelm Ave., Yelm. \$10. 360-458-3140, thetriadartstheater.com/ comedy-nights.

Tacoma Domination: Off The Dome 9 p.m. With DJ Done Gee. Revert and Bad Yoshi. Jazzbones, 2803 Sixth Ave., Tacoma. 253-396-9169.

80s Costume Ball with Hairstorm 9 p.m. The Swiss, 1904 S. Jefferson, Tacoma. 253-572-2821.

NxWxH, Pill Brigade and Barbarian Wastelant 9 p.m. The Valley Pub, 1206 Puyallup Ave., Tacoma. 253-248-4265.

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.

SUNDAY

Standup Sunday Funday 8 p.m. Tacoma Comedy Club. 933 Market St., Tacoma. Free. 253-282-7203, tacomacomedyclub-.com.

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

MONDAY

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

TUFSDAY

New Talent Tuesdays 8 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. 253-282-7203, tacomacomedyclub.com.

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

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

WEDNESDAY

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

All The Way Live 9 p.m. The Swiss, 1904 S. Jefferson, Tacoma, 253-572-2821.

The Blu Tonez 8 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way. 253-473-2255.

Mike's Movie Riff Off 8 p.m. A movie night where you berate, mock and interject on the classiest trash cinema has to offer. Acme Tavern, 1310 Tacoma Ave. S., Tacoma. No cover. 253-503-

THURSDAY

Tony Rock 8 p.m. Tacoma Comedy Club. 933 Market St.. Tacoma. \$15-\$20. 253-282-7203, tacomacomedyclub.com.

Power Rock Jam with Howard Comfort 8 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way, Tacoma. 253-473-2255.



MAY 18 - JUNE 10 • FRI & SAT 7:30PM • SUN 2:00PM

SUNDAY

Tacoma Musical Playhouse 7116 Sixth Avenue Tacoma, WA 98406

Tacoma Musical Playhouse

MY FAIR LADY Ticket Info: Adults \$31 | Senior (60+)

THE ADDAMS FAMILY DRESS

REHEARSAL

7116 6th Ave, Tacoma WA 98406

Featuring such unforgettable songs as "I Could Have Danced All Night," "The Rain In Spain," and "Wouldn't It Be Loverly?" this musical is perfect for the entire family! Additional performances Saturdays June 2 & 9 at 2:00pm

Military, Students \$29 | Children 12 and under \$22 Groups of 10 or more \$27

The award-winning cast of The Addams

Family will present a one act, dress

aactWorldFest national competition.

Tacoma Musical Playhouse will be

representing the United States.

rehearsal preparing for the upcoming

7:30PM

11:00AM

MAY 25-JUNE 24 • FRI & SAT AT 8PM • SUN AT 2PM

Lakewood Playhouse

LITTLE SHOP OF **HORRORS**

5729 Lakewood Towne Center BLVD SW Lakewood, WA 98496

Meek Seymour discovers a foul-mouthed, R&B-singing carnivorous plant that promises him fame and fortune, but is bent on global domination.

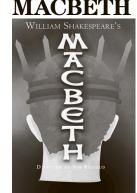
LAKEWOOD: Shop, Eat, Play, Stay! Ticket Info: Full Price \$30. Srs/Military \$28. Student/Educators \$25. 253-588-0042 or online www.lakewoodplayhouse.org

FINDING

Pierce College Fort Steilacoom Black Box Theatre, CAS 320

play features a compilation of monologues and scenes about people searching for their place in the world. Written by 38 Pierce College students, staff and faculty. This production contains strong language. Some material may be unsuitable for children. View Discretion

Ticket Info: \$5 general admission. FREE for Pierce College students with I.D. Tickets available at www.PierceCollegeEvents.com



JUNE 1 - JUNE 17 • FRI/SAT 7:30PM • SUN 12:00PM

Tacoma Little Theatre

210 N I Street Tacoma, WA 98403 A brave Scottish general named Macbeth receives a prophecy from a trio of witches that one day he will become King of Scotland. Consumed by ambition and spurred to action by his wife, Macbeth murders King Duncan and takes the Scottish throne for himself. He is then wracked with guilt and paranoia. Ticket Info: \$24 (Adult) \$22 (SR/ST/MI) \$20 (Children 12 and under) Pay what you can June 4 at 7:30pm.

www.tacomalittletheatre.com 253-272-2281

MAY 28

JUNE 3

Tacoma Historical Society **MEMORIAL**

OBSERVANCE

MONDAY

253-565-6867

War Memorial Park,

Ticket Info: Ticket Donation Requested.

624 N Mevers St. Tacoma Join Tacoma Historical Society in remembering Tacoma citizens who have served and perished in conflicts around the world. The featured speaker will be Brigadier General James S. Moore, Commander 593rd Sustainment Command, JBLM. On-site transportation is available and VFW Post 10018 will provide a light lunch.

MAY 31, JUN 1 & 2 • 7:00 P.M. (6:30 P.M. PRE-SHOW)

Pierce College Fort Steilacoom Theatre

HOME

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