

GUARDIAN WEEKEND
Turn out the lights for Cosmic Bowling, 3c

ALSO INSIDE
Dental team returns after 9 months, 3A

JBLM NORTHWEST NWGUARDIAN.COM

guardian

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JBLM MARTIN LUTHER KING JR. OBSERVANCE

MLK’s ‘dream’ speech continues to inspire

7th ID chaplain urges audience to live life with dignity, respect

BY RUTH KINGSLAND
Northwest Guardian

S lain civil rights leader and Baptist preacher, Martin Luther King Jr., is well-known for his “I have a dream” speech. That dream carried on at Joint Base Lewis-McChord’s Martin Luther King Jr. observance at the Carey Theater Jan. 11.

Martin Luther King Jr. Day, celebrated Jan. 15 as a federal holiday nationwide, came into being after President Ronald Reagan signed a bill creating a holiday to honor King in 1983. The MLK holiday was first observed Jan. 20, 1986; however, it took several more years before every state in the nation chose to honor the holiday.

The JBLM event was hosted by the 201st Expeditionary Military Intelligence Brigade and featured the music of Grace Community Gospel Choir and thoughts of inspiration and King-like dreams from Chaplain (Lt. Col.) Khallid Shabazz, division chaplain of the 7th Infantry Division. “Your leadership is a sermon; be careful how you preach it,” Shabazz said, after his series of one-liners that warmed up the



Members of the Grace Gospel Community Choir perform during the annual JBLM Martin Luther King Jr. Observance at Carey Theater Jan. 11.

SEE DREAM, 10A

SCOTT HANSEN Northwest Guardian

JBLM DIRECTORATE OF EMERGENCY SERVICES

A COMMUNITY MOURNS



SCOTT HANSEN Northwest Guardian

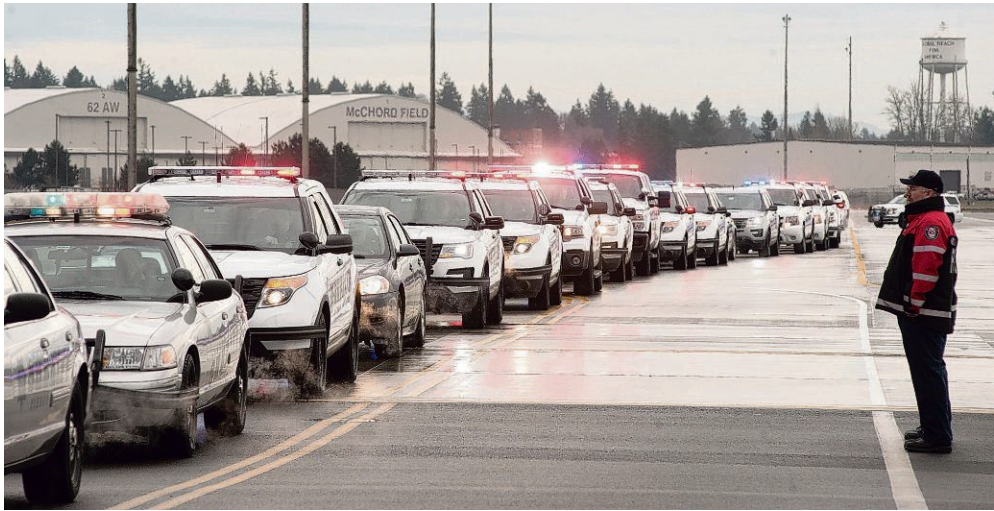
Airmen stand at attention as the memorial procession for slain Pierce County Sheriff’s Deputy Daniel McCartney passes Wednesday.

JBLM personnel help support slain officer’s memorial procession

BY RUTH KINGSLAND
Northwest Guardian

W hen a disaster strikes, it takes a community — and Joint Base Lewis-McChord is an active part of its community, helping in myriad ways. Wednesday’s gathering of more than 1,500 law enforcement, first responders and family members at Hangar 9 on McChord Field was an example of how the community — from across the western United States — comes together. JBLM’s

SEE MOURNS, 10A



Approximately 1,500 regional law enforcement officers, first responders and family members participate in the memorial procession on McChord Field Wednesday.

DEPARTMENT OF DEFENSE

Budget stability needed in 2018

Short-term fix runs out today

BY JIM GARAMONE
Department of Defense News Service

BRUSSELS — For the last nine years, the Department of Defense has been subject to continuing resolutions instead of having budgets, and the department needs stability and predictability to spend resources wisely and get service members the equipment and training they deserve, the chairman of the Joint Chiefs of Staff said in Brussels Monday. Dunford was participating in the NATO Military Committee meeting at the alliance headquarters Tuesday. Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff, said another continuing resolution will mean the department will go four months into fiscal 2018 and be at a lower spending level than last year. “A (continuing resolution) this year would be below the level of projected funding,” he said. “In other words, the ’18 budget would be a decrease in what the president’s projected budget would be.” A continuing resolution is designed to be a short-term bridge as lawmakers form a new budget, the chairman said. But

SEE BUDGET, 10A

16TH COMBAT AVIATION BRIGADE

Raptor Brigade Soldiers welcome new leader

BY SGT. ALMON BATE
16th Combat Aviation Brigade

With the new year just starting and people beginning their resolutions, the 16th Combat Aviation Brigade also turned a page by bidding farewell to Col. William Ryan III and welcoming Col. Matthew Braman to the brigade at Joint Base Lewis-McChord Jan. 10. “Serving with the great Soldiers and families of the 16th Combat Aviation Brigade has been a wonderful experience,”

Ryan said. “(It was) certainly the professional highlight of my career.” Ryan applauded the brigade’s Soldiers and leaders for providing what he considers the most reliable, professional and decisive rotary wing aviation support possible during the unit’s deployments to Afghanistan, Iraq and Syria. The brigade supported Operations Spartan Shield, Freedom’s Sentinel and

SEE LEADER, 10A



SGT. ALMON BATE U.S. Army photo

Col. Matthew Braman, 16th Combat Aviation Brigade’s new commander, greets Soldiers, family members and other guests on JBLM Jan. 10.



U.S. Army National Guard photo

2nd Lt. Julie Keppner tackles an obstacle course on JBLM.

AIMING FOR FIRST
Second Lieutenant Julie Keppner is set to be the Washington National Guard’s first female infantry officer and is aiming at being one of the first women to complete Ranger school — another first for the Washington National Guard. **See story, A2**

WASHINGTON NATIONAL GUARD

Officer targets female Infantry, Ranger status

BY RUTH KINGSLAND
Northwest Guardian

With a competitive and compassionate purpose-driven spirit, 2nd Lt. Julie Keppner, a motor transport officer with Washington National Guard, is currently concluding her Infantry Officer Basic Leader Course at Fort Benning, Ga., and hoping to next complete the Ranger Training Assessment Course, followed by Ranger Training at Fort Benning.

Keppner is on track to become the Washington National Guard’s first female Infantry officer as well as first female Ranger in the organization.

The Kent, Wash., single mother of two joined the Washington National Guard in December 2013 and has worked full time at its Camp Murray facility since 2015.

Keppner said joining the military was a longtime dream and one she waited a while to fulfill.

“I didn’t want to regret not joining before it was too late, as I was 32 when I joined,” she said. “Serving in the military is another avenue of impacting more people.”

Keppner’s choice to join the National Guard at an older-than-many age is an inspiration to those she serves with, according to Washington National Guard Staff Sgt. Virginia Adolfson, who recently became a recruiter with A Company Recruiting and Retention Battalion in Spokane.

“Julie joined the military at an age most men or women wouldn’t join,” Adolfson said. “She’s a single mom and is showing that not only can you join the military after 30 and be successful, but she’s also showing that women can serve in combat too. She’s about to be the first female Infantry officer for Washington (National Guard).”

Adolfson has known Keppner since Adolfson was Keppner’s squad leader at the 1041st Detachment in Montesano, Wash., in the summer of 2015 while Keppner was also at Camp Murray.

Adolfson sponsored Keppner for the Best Warrior state and regional competitions and Soldier of the Year, for which



SGT. 1ST CLASS JASON KRIESS U.S. Army National Guard photo

2nd Lt. Julie Keppner is set to become the Washington National Guard’s first female Infantry officer.

Keppner was the first female to compete and placed second for the state.

“I think Julie is an amazing inspiration to women everywhere. I’m so lucky to know her,” Adolfson said, adding she’s hoping to inspire recruits with Keppner’s accomplishments.

“I can’t wait till (Keppner) gets back from Infantry school and Ranger school, because I want to bring her over to Spokane to talk to high school females here and hopefully inspire them that they can do what she is doing,” Adolfson said. “No one can tell them they can’t, because Julie is living proof that you can.”

Keppner is from Portland, Ore., and grew up in Idaho Falls, Idaho. She was married for nine years before becoming a single mom seven years ago to daughter, Hannah, 14 and son, Isaac, 11.

Her children join her in a love-hate relationship with running races and have both recently completed a few with her. Keppner said she has completed 50 Spartan races and more than 100 races total.

Prior to entering the military, she was a stay-at-home mom during the day and worked as a server at a restaurant at night. The past seven years have been filled with accomplishments.

Keppner earned a Bachelor of Science in accounting from

Strayer University in 2010, a Master of Science in accounting in 2011 and a Master of Arts in executive leadership in 2017. Both masters were earned at Liberty University.

She is currently in a 19-week Infantry Basic Officer Leader Course at Fort Benning, where all second lieutenants who have branched Infantry go.

“It will help in preparing us for Ranger School,” Keppner said. “Needless to say, joining the (Washington National Guard) was the best decision I could have made to support and provide for me and my children.

“I have always wanted to be challenged greatly enough where I do not know if I will pass and I would have thoughts of quitting. In the end, my desire to finish outweighs everything else, and I do not quit and I do not fail.”

The idea that she can fail and have thoughts of quitting makes her want to test her limits, Keppner said.

“I do not know the outcome, and that is what draws me about Ranger School,” she said. “I want to see what I am made of. Ranger School is the ultimate obstacle that many of us face in the Infantry. We are measured by if we make it or not. I would like to complete Ranger School and return to Washington so I can help others to also attain their own aspirations of being a Ranger.”

NEWS IN BRIEF

Joint Base Lewis-McChord has late-night firing next two weeks

Four Infantry units and two Special Operations units on Joint Base Lewis-McChord will conduct day, evening and nighttime artillery and mortar training over the next three weeks.

● Mortar training will take place Tuesday at 6:40 a.m. to Jan. 26 at 9 p.m. Training will occur throughout daytime and nighttime hours.

Three different units will take part in 60 mm, 81 mm and 120 mm mortar training on JBLM.

● Mortar training will also take place Jan. 30 at 12:01 a.m. to Jan. 31 at 11:59 p.m. Training will occur throughout daytime and nighttime hours.

A unit will take part in 60 mm, 81 mm and 120 mm mortar training on JBLM.

Increased levels of activity will be noticed throughout the training.

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

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

Lewis Main Commissary aligns its hours with McChord Commissary

Effective Feb. 1, the Lewis Main Commissary on Joint Base Lewis-McChord will change its hours of operation to align itself with the hours of operation at the McChord Field Commissary.

The new hours of both commissaries on JBLM Feb. 1 will be:

- Sunday: 10 a.m. to 7 p.m.
- Monday: 9 a.m. to 8 p.m.
- Tuesday: 9 a.m. to 8 p.m.
- Wednesday: 9 a.m. to 8 p.m.
- Thursday: 9 a.m. to 8 p.m.
- Friday: 9 a.m. to 8 p.m.
- Saturday: 9 a.m. to 8 p.m.

Early bird hours, for shoppers needing 15 items or less, run for a half-hour before each day’s scheduled opening.

— LEWIS MAIN COMMISSARY

Clover Park School District hosts its 90th anniversary Tuesday

Clover Park School District will host a 90th anniversary celebration Tuesday at 6 p.m. Festivities will take place at Harrison Preparatory School, 9103 Lakewood Drive SW, in Lakewood.

The event will feature a program from the Lakewood Historical Society highlighting the beginnings of the school district, the district’s early leaders and the expansion and development of the district’s schools.

The free event will also feature a variety of historical displays, a photo booth and refreshments.

Clover Park School District serves Joint Base Lewis-McChord. All alumni, current and former employees and Lakewood and JBLM community members are invited to attend.

For more information or to RSVP, contact Ben Miller at 253-583-5040 or bmiller@cloverpark.k12.wa.us.

— CLOVER PARK SCHOOL DISTRICT

Clover Park School District starts a new electronic flier process

Clover Park School District will launch a new electronic flier communication system called Peachjar Jan. 26. This system modifies the district’s Request to Distribute Materials process.

After being approved by community relations staff, district-approved digital fliers will be emailed directly to families through this system beginning in February. These e-fliers can also be viewed by clicking on the Peachjar button located on each school’s website.

This change to an e-flier helps the district to better use technology, is environmentally friendly and removes a significant administrative burden from teachers, office staff and volunteers.

No action is required on the part of families. At the end of January, families will receive a welcome email from Peachjar that includes a username and password. Families can manage their account and flier delivery preferences. No login is required to receive or view e-fliers.

To ensure smooth delivery of this communication, families should add school@peachjar.com to their email contacts.

Peachjar is used exclusively for distribution of district and school-approved fliers. Email addresses will not be shared or used for any other purpose.

For more information, call the district’s community relations office at 253-583-5040.

— CLOVER PARK SCHOOL DISTRICT

1ST SPECIAL FORCES GROUP

Troops attend screening of ‘12 Strong’

STAFF SGT. MARCUS BUTLER
1st Special Forces Group (Airborne) Public Affairs

Soldiers and families from Joint Base Lewis-McChord joined ROTC cadets, recruits and future Soldiers from around the state at Carey Theater Saturday to watch an exclusive viewing of “12 Strong: The Declassified True Story of the Horse Soldiers,” which tells the story of the first Special Forces team deployed to Afghanistan after 9/11.

The legacy of the Horse Soldiers comes from the fire, pain, and ash of the attacks on 9/11. Detached from the gray scenery and dead silence at that time, Special Operations Soldiers were fashioning their own immediate and deadly response. This response came in the form of a select group of operators composed of Army Special Forces and Air Force Special Operations to take the fight to the Taliban threat.

A joint effort of the Army and Air Force Exchange Service, Army Special Operations Recruiting Battalion and the 1st Special Forces Group (Airborne), the unique presentation of “12 Strong” was offered at no charge to promote the collaborative theme of the movie and to highlight what it means to be a part of Special Operations.

Inside the theater, Col. Guillaume Beaupere, the 1st SFG (A) commander, had an opportunity to explain to the audience the significance of the mission behind the movie and to pay homage to those it represented.

“What you will see here tonight is an accurate portrayal of the service and sacrifice of our teams and their families,” Beaupere said. “It gives a glimpse into what that experience truly was like as our operators are standing side-by-side



STAFF SGT. MARCUS BUTLER 1st Special Forces Group (Airborne) Public Affairs

with our partner forces and sister services to combat a genuine and dangerous threat.”

Outside of Cary Theater, Green Berets from 1st SFG (A) displayed for the more than 900 in attendance an array of specialized equipment to include weapons and tactical vehicles. They used this opportunity to engage the audience and answer questions about life in Special Forces.

“My grandfather served three tours in Vietnam, and I think it is great to be able to see Soldiers and their equipment first hand,” said Michael Strum, a 15-year-old grandson of an Army veteran. “It makes me proud to know that we have men like these out there fighting for us.”

In conjunction with the Green Berets, Special Operations Recruiting Battalion recruiters answered questions for those interested in pursuing a path in the Special Operations career fields.

“This event is significant to our mission at the SORB,” said Sgt.1st Class Shawn Kroeck, recruiter and assistant station commander. “It is going to help individuals better understand the actual duties of a Special Operations team and the integration of the 160th Special

Operations Aviation Regiment.

“Many people are under the impression that all Special Forces is capable of is blow down doors and kill people, when truthfully, that is only a small part of the SOF capabilities. This movie and event is a great testament to that and was a great platform to educate and inform people on what it means to be in Special Operations.”

Beaupere shed light on what it means to be a Special Forces Soldier.

“As Green Berets are often the first in, we fully understand that it is a team effort,” he said. “We create time and space for conventional forces to accomplish their mission, while simultaneously integrating their skill sets into our overall scheme of maneuver.”

“What makes Special Operation Forces so unique is because of the approach is taken to accomplish their given mission. Special Operations community takes the indigenous approach,” Beaupere said.

“We partner with our allies to help them accomplish their objectives with specialized training in language, weapons, medical, communication and engineering.”

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

QUOTE OF THE WEEK

“The effectiveness of the Afghan national defense and security forces is essential to the stability of Afghanistan and to the assurance of the Afghan society. And the positive message about their progress and confidence to fight and win needs to be more widely heard.”

Czech Gen. Petr Pavel,
Chairman of NATO’s Military Committee

ALSO INSIDE



SCOTT HANSEN Northwest Guardian

HEALTH & FITNESS: Fitness enthusiasts start the new year right during the Fitness Resolution Fair on Lewis North. **See story, 1B**

NWGUARDIAN.COM

● **SECDEF visits Canada:** North Korea, the campaign to defeat the Islamic State of Iraq and Syria, support to Ukraine and other security issues were among the topics Defense Secretary James Mattis discussed with Canadian Defense Minister Harjit Sajjan in Vancouver, British Columbia, Tuesday, said Dana White, the Pentagon’s chief spokesperson. Mattis and Sajjan met on the sidelines of the Foreign Ministers’ Meeting on Security and Stability of the Korean Peninsula.

● **Hurricane mission continues:** You might think when hurricane season ends, so does the mission of the Air Force Reserve “Hurricane Hunters.” But that’s not the case. For members of the 53rd Weather Reconnaissance Squadron, also known as the



Hurricane Hunters, the hurricane tasking is only one part of their data-gathering mission. Hurricane Hunters track winter storms off the East and West Coast of the United States and in the Gulf of Mexico. While the normal flying season for these missions runs Nov. 1 to March 31, some missions can take place either before or after these dates, depending on the weather that season.

JBLM SOLDIER-FIREFIGHTERS

Soldiers with 12M MOS fight fires

JBLM units home to several firefighters

BY SGT. BARRY BURT
63rd Ordnance Company

Sirens blare, red and blue lights flash, and a big, red truck pulls up. Out of the truck climb several firefighters, ready to respond to an emergency. Their uniforms may not quickly reveal it, but these firefighters may actually be Soldiers with the Military Occupational Specialty 12M.

JBLM is home to two units which have several firefighters, the 63rd Ordnance Company, 13th Combat Sustainment Support Battalion, 42nd Military Police Brigade; and the 537th Engineer Detachment, 555th Engineer Brigade — both at Lewis North. Currently, there are 13 Soldier-firefighters at JBLM, and they are integrated into the base’s fire department.

The firefighters work 48-hour shifts and are prepared to respond to structural and wildland fires, medical emergencies, airfield and hazardous emergencies as well as automobile, aircraft and train accidents.

Firefighters from the 63rd Ord. Co. were among the first responders to arrive on the scene of the DuPont Amtrak train derailment Dec. 18. Specialist Aaron Doherty and other firefighters responded and rendered emergency medical care to the passengers of the train as well as commuters on Interstate 5.

Doherty spent nearly four hours beyond the end of his shift on the scene providing medical aid and helping to rescue passengers from the rail cars. Later in the incident, Spc. Justin Mathieu, 63rd Ord. Co., also assisted with search and rescue of additional victims and provided safety supervision of the scene.



U.S. Army photo



“I was in ‘go’ mode,” Doherty said about his actions during the derailment response.

He said the incident, and other emergency responses he has been a part of, have changed

ABOVE: Soldier-firefighters Spc. Guy Boldin, left, and Sgt. Barry Burt of the 63rd Ordnance Company, 13th Combat Sustainment Support Battalion, 42nd Military Police Brigade, prepare to fight fires at Tooele Army Depot in Utah in 2016.

LEFT: Spc. Justin Mathieu, left, a firefighter in the 63rd Ordnance Company, 13th Combat Sustainment Support Battalion, receives instruction during a technical rescue course in proper rappelling techniques at the fire training grounds on McChord Field in June 2017.

his outlook on life and military service, particularly as a firefighter.

“It changes your perspective on this job and how important it is to know your stuff and that you do your training,” he said. “It really opens your eyes. You realize there is so much more to learn and so much more than putting out simple fires. These people are depending on you to know what you are doing and how to take care of them. You are helping those people in possibly the worst time of their lives.”

Soldier-firefighters respond to emergencies, receive training and certifications and fill non-traditional roles in the fire department such as medical supervisor officer’s assistant and fire department supply officer.

They also serve an important role as liaisons between the fire department management, the operational firefighters and the Army on mission planning.

“We have one of the best (jobs) in the Army,” Doherty said. “It is humbling. We appreciate the training we get and the relationships we develop with each other and the (Department of Emergency Services) civilians. What we do is pretty incredible. We are always thinking about how we can do our job better because of the seriousness of it.”

Doherty’s commanding officer agrees.

“Soldiers are those people who, when tragedy strikes, snap into action, throw themselves into the chaos, and take care of the people around them,” said Capt. Aaron Ullrich, commander of the 63rd Ord. Co.

“The difference with Soldier-firefighters is that their job entails doing it on an almost daily basis,” he said. “Taking the Army as a whole into account, they are one of the MOSs that is kind of behind the scenes. The irony is that these Soldiers are the ones who, when you need it most, will be literally on scene.”

673RD DENTAL COMPANY (AREA SUPPORT)

Dental team returns after nine months

Company helped more than 10,000

BY MAJ. JESSE VALDEZ
62nd Medical Brigade

Soldiers of the 673rd Dental Company (Area Support) returned home to Joint Base Lewis-McChord Jan. 12 after a nine-month deployment to Kuwait.

Families and friends greeted the 11 returning Soldiers. The 673rd Dental Co. Soldiers supported more than 10,000 service members in Kuwait with \$2.2 million-worth of dentistry services including oral surgeries, root canals, prosthodontics, operative, exams and cleanings.

The team continually conducted mass casualty exercises and provided support to the 86th Combat Support Hospital.

“The Soldiers that I deployed with here were of the highest caliber,” said Maj. Ari Cylus, the officer in charge of the mission.

During the deployment, two Soldiers were promoted, six obtained promotable status and



STAFF SGT. SAMUEL NORTHROP U.S. Army photo / 2016

six were awarded the Military Outstanding Volunteer Service Medal for volunteering at least 500 hours with the local Red Cross office.

“I really enjoyed the deployment,” said Cpl. Jocel Bucad, a dental specialist. This

was her first deployment.

“I loved the teamwork,” Bucad said about her fellow Soldiers from the 673rd Dental Co. “They really helped me out and they were always there for me and distracted me and helped me to not miss home so much.”

Soldiers are now reintegrating with their families and rejoining the rest of the unit, sharing their deployment experiences.

The 673rd Dental Co. contingent worked alongside four professional filler system dentists and one lab technician

from the Army Dental Laboratory at Camp Arifjan and Camp Buerhing. In total, the medical team consisted of one endodontist, two general dentists, two comprehensive dentists, one lab technician, three hygiene providers and eight assistants.

During the mass casualty exercises, officers focused on triage and enlisted personnel were active with the walk-in blood bank.

The Soldiers kept mentally and physically focused by taking online courses and participating in 5K runs and swimming events hosted by Camp Arifjan Moral Welfare and Recreation.

The mission of the 673rd Dental Co. is to provide operational dental care consisting of emergency and essential dental care designed to eliminate potential dental emergencies. The unit is attached to the 62nd Medical Brigade at JBLM and is deployable anywhere around the world.

The entire unit can support an assigned area with up to 18 forward treatment teams in addition to a headquarters, dental clinic and dental lab.



**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

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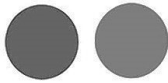
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STRAIGHT TALK

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



Imagine you just got leave and were told to decide right now; what vacation destination would you choose and why?

“Back home to South Africa, because I haven’t seen my family in three years.”

— CORALIE THOMAS SOLMS

“Off to Europe: beautiful countryside and good food.”

— ULRIKE BEARDSLEY

“Kyoto, Japan — amazing city.”

— JULIE TAVLARIDES

“Caribbean: salt water and sunshine.”

— VANESSA JOANN

“Texas! Because its the only state with its own toast.”

— RG ANGLIN

“We’ve always wanted to go to Fiji and stay in one of those huts on the water!”

— MEGAN BRAHOLLI

“Universal Studios, Hollywood. Wanted to take my boy when he was 7; he’s almost 9 now.”

— ELIZABETH HOLSCHER

“Grand Canyon, never been.”

— MIJIKAI MASON

Next week’s question

What’s the silliest thing your child has ever said and why was it memorable?

VIEW FROM THE TOP



Courtesy photo

Lt. Gen. Nadja West, commanding general, U.S. Army Medical Command and U.S. Army Surgeon General, administers the oath of office to Brig. Gen. George Appenzeller, deputy commanding general, Regional Health Command-Pacific, and market manager, Puget Sound Military Health System, during his promotion ceremony Nov. 22 at Fort Stewart, Ga.

RHC-P is in good hands with new regional deputy

BY BRIG. GEN. BERTRAM PROVIDENCE
Regional Health Command-Pacific
Since 2016, as result of a reorganization of the U.S. Army Medical Department, Regional Health Command-Pacific has been operating as one command in two locations.



Providence

The region’s main headquarters is located in Honolulu, Hawaii, where I reside. Our second location is at Joint Base Lewis-McChord, Wash., and is led by a one-star general officer — our newest member of the team.

Brigadier General George Appenzeller is RHC-P’s deputy commanding general. As the DCG, Appenzeller, and a staff of about 120 military and civilian personnel are responsible for ensuring our regional military treatment facilities are equipped to successfully execute their health care mission.

As one command united across the Pacific Ocean, Appenzeller plays a strategic role in maintaining fiscal management and oversight of the

region’s facilities, primarily Madigan Army Medical Center in Washington state, California Medical Detachment and Bassett Army Community Hospital in Alaska, and ensuring those facilities have what they need to deliver safe, quality and timely care.

By doing so, Appenzeller and the staff he oversees ensure our region’s mission of providing combatant commanders with medically-ready forces and ready medical forces throughout the Indo-Asia-Pacific.

Also, unique to our region is we oversee two joint-service military health systems of the Defense Health Agency — the Hawaii Military Health System and the Puget Sound MHS, with me and Appenzeller leading each respectively. We are able to share knowledge and best practices as we collaborate with each other and key partners to provide care to Army, Navy and Air Force beneficiaries.

We are very fortunate to have a capable military leader and skilled physician like Appenzeller at the region and at JBLM. He was recently promoted to the rank of brigadier general in November at a ceremony

at Fort Stewart, Ga., presided by the Army Surgeon General, Lt. Gen. Nadja West.

Appenzeller is a board-certified emergency medicine physician who has held a variety of military medical positions to include chief of Emergency Medicine at Winn, division surgeon at 3rd Infantry Division, deputy commander for clinical services at Winn, commander at Medical Department Activity-Alaska and at Medical Department Activity-Fort Campbell and Blanchfield Army Community Hospital, and most recently, command surgeon, U.S. Army Africa Command.

He is also a combat veteran, having deployed to Iraq and Kosovo and participated in humanitarian missions in Cuba and Haiti.

His vast experience, coupled with his professional demeanor, make me confident as a commander in his ability to serve as the region’s deputy and to be my second in command when I am not available due to other mission requirements. Above all, Appenzeller is a genuine man with a true passion for the mission at hand, the readiness of our forces and the the care of our beneficiaries.

CHAPEL SERVICES

CATHOLIC MASSES

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

PROTESTANT SUNDAY

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

DIVERSE WORSHIP

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

JBLM SNAPSHOT



AIRMAN 1ST CLASS ELORA MARTINEZ 319th Air Base Wing Public Affairs

Service members with the Indian Air Force complete routine maintenance on a C-130 Hercules after landing at Grand Forks Air Force Base, N.D., Sunday. The Indian Air Force is heading to Joint Base Lewis-McChord to take part in the Special Forces exercise Vajra Prahar.

THIS WEEK IN HISTORY

Jan. 19, 2007: First McDonald’s drive-through opens in Beijing.

Jan. 20, 1945: FDR inaugurated to fourth term.

Jan. 21, 1977: Carter pardons draft dodgers.

Jan. 22, 1840: British colonists reach New Zealand.

Jan. 23, 1957: Toy company Wham-O produces first Frisbees.

Jan. 24, 1935: First canned beer goes on sale.

Jan. 25, 1905: World’s largest diamond found: 3,106 carats.



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—Washington Monthly, Aug. 2017



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NORTHWEST GUARDIAN



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ONE-YEAR ANNIVERSARY CELEBRATION!

Please join us for our one-year anniversary event! Enjoy brunch. Plus, we'll have activities for kids—including a reading from local children's author Wendy Wahman. You will also have a chance to meet our providers and our south-end US Family Health Plan representative.




SATURDAY, FEBRUARY 3 10:00AM-12:00PM

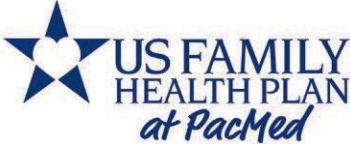
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CPAC receives applications and résumés

9:45 a.m.–3 p.m.

CYS facility managers conduct initial interviews

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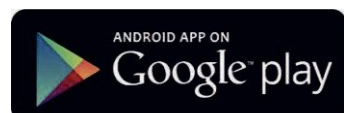
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CAREER INTERMISSION PROGRAM

Airman’s idea improves retention

BY AIRMAN 1ST CLASS ALAN RICKER
22nd Air Refueling Wing Public Affairs
MCCONNELL AIR FORCE BASE, Kan. — The day comes when that final project is due for class. The project is ready and prepped for presentation or thrown together within twenty-four hours. Either way, it has to be ready without delay. Despite being an academic project, sometimes there are cases where it could be implemented in real life.

Such is the case for Capt. Millie Hale, 22nd Air Refueling Wing executive officer, when an idea of hers that began as an academic project proved to have a great effect in her own life and for many dual-military spouses serving in the Air Force.

Hale, a student in Squadron Officer School, explained that her final research project involved a change that she would like to make in the Air Force. Her capstone presentation was on dual-military spouse retention, and her simple idea made its way to Air Force headquarters.

“They read my proposal and they called me asking if I could do a teleconference,” Hale said. “I ended up doing two teleconferences on it to explain my idea.”

In the National Defense Authorization Act in 2009, the Career Intermission Program was passed, allowing the military to grant up to three years



Courtesy photo

to members who desire to take a pause from the military and attend to personal or professional needs outside of the service such as going to school, raising a child, writing a book or whatever that individual’s dreams might be.

It also allows the military member to take a leave of absence and return with the same rank as when they left. The Navy implemented the idea in 2009, and the Air Force adopted it in 2015.

At Squadron Officer School in

2016, Hale explained how the Air Force can allow dual-military spouses to stay together by letting them take on the CIP, which would not force couples to worry about being separated during their time of service.

“One of the biggest challenges we have faced as a dual-military couple is being stationed apart,” said Ralph Hale, 22nd Operations Group executive officer and Millie’s husband. “Knowing that the Air Force Personnel Center is taking steps to help alleviate that

challenge makes it easier for us to focus on our duties at McConnell because we don’t have to worry as much about where we will move next.”

Millie said it was a culmination of brainstorming over her years in service. She shared a story about Lt. Jens Meinke, a German Air Force instructor pilot from Euro-NATO Joint Jet Pilot Training in 2012, who provided the inspiration to form an idea for her dual-military spouse retention project.

The instructor was assigned

from the German Air Force to come to America and teach international and American pilots how to fly. His wife was also in the German Air Force, so when he moved to America she followed him to the U.S.

Even though she didn’t have a job in the U.S., she was able to receive a full salary from the German Air Force.

“The German Air Force considered it was its fault that she was there without a job,” Hale said. “There was no intent to punish the couple for her not having a job in the United States at the same time he did.”

Millie said she thought it was a very unique approach to see the German Air Force so dedicated to keeping dual-military spouses together at all costs.

“That really stuck with me,” Millie said. “So when I was offered the opportunity to look into the joint spouse issue, it seemed like an easy solution. Luckily, a lot of people above me thought it was a great idea as well.”

The Air Force has now implemented Hale’s idea into the Career Intermission Program and are currently working on keeping spouses together during their time of service.

“It’s incredible to me that she was able to take an Air Force-wide concern and work hard enough on her idea to be able to have an Air Force-wide influence,” Ralph said. “I love that she was able to make a positive difference.”

AIR MOBILITY COMMAND

AMC leaders journey through the cloud

BY CANDY KNIGHT
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. — Air Mobility Command senior leaders gathered at the Scott Event Center at Scott Air Force Base, Ill., Jan. 8 for an experiential activity simulating key events of an organization’s cloud migration.

As AMC’s transition to cloud-based services advances toward completion this spring, an Amazon Web Services team facilitated the event, which was designed to help leaders prepare by focusing on different non-technical issues and key decision points likely develop during the first year of a cloud migration and how their decisions may affect the overall success of the project.

“The purpose of this event was to bring together Airmen and leaders from across the AMC staff and take them through key decision points organizations will experience during the first two years of a cloud migration,” said Lt. Col. Ivan Herwick, AMC’s representative to U.S. Transportation

Command’s Cloud Center of Excellence. “Using a case study as a baseline, participants discussed issues and milestones an organization would face and how best to manage the enterprise migration.”

Herwick added there are many potential benefits with transition to a cloud-based service and events such as these help leaders realize them as the migration continues.

“It is beneficial to ensure the executive tier of the organization has an understanding that cloud migration is not just a technical exercise,” he said. “There are many organizational dynamics, budgets and how you process requirements. (Cloud migration) touches every part of the AMC enterprise.”

The event was also a chance for senior leaders to work together with an industry partner in learning different companies’ best practices and lessons learned during completed migrations. This event was geared toward aiding AMC leaders in building the best strategies for their organization, according to Elizabeth Boudreau, Amazon



SENIOR AIRMAN JOSHUA EIKREN U.S. Air Force photo

Staff Sgt. Jason Greca creates a hand receipt for computer equipment being dropped off for repair.

Web Service’s cloud executive adviser.

“The reason why we use an industry case study when we come for these events is so that we are making people think beyond their day-to-day to what other organizations are doing for their best practices,” she said.

Although the event didn’t

focus on the technological aspects of the cloud, it did open up a dialogue between different functional areas — offering the opportunity for leaders to gain more diverse perspectives on the impact cloud migration may have on mission success.

“After attending this event, I now have a better understanding of how the change will be

implemented and what are some of the issues that may crop up along the way,” said Ellery Wallwork, AMC historian. “Often we see such a change as the responsibility of a specific functional expert, but while that functional expert may be the lead for the physical change, each functional area will have to facilitate the cultural and functional change as it relates to the new environment.”

Wallwork added he feels that everyone who participated in the event, regardless of their functional area, is better prepared to implement the changes needed to ensure successful cloud migration.

“It’s easy to put blinders on and just see our own small piece of the mission,” he said.

“AMC’s success depends on all of us, including industry partners, completing our parts. In addition to our industry partners being in a good position to assist our current mission success, they are also involved in many innovations, such as cloud technology, which can improve our efficiency and effectiveness.”

NEW YORK NATIONAL GUARD

Soldier dies while rescuing 4 people in burning building

BY TERRANCE BELL
U.S. Army Garrison Fort Lee

Army Pfc. Emmanuel Mensah sacrificed his life to save others in a burning building in New York City.

The 27-year-old New York National Guardsman, a wheeled vehicle mechanic who graduated Dec. 14 from the Ordnance School at the Sustainment Center of Excellence here, caught the attention of senior officials as well as the national media after entering a burning apartment building in the Bronx at least three times on the night of Dec. 28, saving four people.

Mensah’s remains were found in a location that indicated his intention to rescue more people if he could.

A resident of the building himself, Mensah, who hailed from Ghana, is one of 12 people who died in the blaze described as the most destructive residential fire in decades, according to media reports. It was started by a youngster playing with a gas stove, authorities reported.

COMMANDER’S PRAISE

At Fort Lee, people who’d trained Mensah expressed shock at his demise but pride in how



Mensah

he conducted himself in the face of danger. Army Lt. Col. Eric Booker, commander, 16th Ordnance Battalion, was one of them.

“The values, morals and honor he displayed — I am really proud knowing he came from our organization,” Booker said of Mensah, who’d been assigned to Delta Company.

More than 40,000 advanced individual training students graduate from Fort Lee schools each year and are subsequently assigned to active duty and reserve component units. The trainers here are not afforded the time to ponder what becomes of the troops once they graduate.

“You do sometimes wonder after they depart what type of experiences they’re going to have as they go into the operational Army,” said Command Sgt. Maj. Patricio Cardona Vega, command sergeant major of the 16th Ordnance Battalion. “For me, it is important, at least in this circumstance, the paradigm we hope every Soldier gathers from being a part of our

organization — that of being prideful — is one this Soldier obviously lived up to, based on the actions he took in this tragic event that led to the loss of his life.”

PROPHETIC ESSAY

Mensah, two weeks removed from his military school graduation here, was not fully indoctrinated into the Army by most measures. However, Army values such as duty, selfless service, honor and personal courage — taught to him during basic combat training and reinforced in AIT — arguably became more than concepts.

This was evidenced in a required essay Mensah wrote upon being assigned to the 16th. In it, he talked extensively about “protecting citizens and saving lives,” offering a framework for the actions he took Dec. 28, Cardona Vega said.

“He verbalized in that essay what his emotions were and his reasons for serving,” he said. “As Soldiers, we take a sacred oath and most don’t take it lightly. That oath is our commitment, our commitment to the American people, our commitment to those who can’t do for or defend themselves. It is a commitment

of selfless service and sacrifice. As he engaged in the acts leading to his tragic loss of life — in the back of his mind — I’m sure the oath we all take and the sense of responsibility we all have weighed on him heavily.”

SENIOR OFFICIALS SALUTE

Senior Army leaders, New York City Mayor William DeBlasio, New York Gov. Andrew Cuomo and U.S. Sen. Charles Schumer are among those acknowledging Mensah’s daring feats.

Schumer commended Mensah for his conduct in a Jan. 9 Facebook post.

“On behalf of all New Yorkers, and all Americans, I want to express my sincerest gratitude to Pfc. Mensah and his family for the heroic actions he displayed on that fateful day; it will not be forgotten,” Schumer wrote.

DeBlasio said in a Dec. 30 Twitter post that Mensah is the embodiment of people from other countries who have embraced America.

‘BEST OF OUR CITY’

DeBlasio wrote: “Private Emmanuel Mensah was a first-generation immigrant, a Soldier and a New Yorker. He gave his

life rescuing his neighbors in the Bronx fire. His heroism exemplifies the best of our city. Rest in peace.”

Cuomo awarded Mensah the state’s highest military award — the New York State Medal for Valor — Jan. 2.

The award citation says Mensah’s “courageous and selfless act in the face of unimaginable conditions are consistent with the highest traditions of uniformed service and deserving of the highest possible recognition.”

A posthumous award of the Soldier’s Medal was approved by Army Secretary Mark Esper Jan. 1.

Of all the recognition Mensah received, perhaps the comments provided by his recruiter, Army Staff Sgt. Ruben Martinez-Ortiz of the New York National Guard, ring the loudest.

“I knew from the moment we met his heart was as big as our National Guard family,” Martinez-Ortiz said. “He was ready to serve our nation and community. Pfc. Mensah was the embodiment of what our Army values stand for.”

And a heartening inspiration to train troops to the highest standard.

Transitions

2ND BATTALION, 75TH RANGER REGIMENT

Veteran becomes weapons maker

BY RUTH KINGSLAND
Northwest Guardian

RAINIER — Despite living off the grid on five acres outside Rainier, Wash., veteran Ranger Chris Rowley and his wife, Frances, aren’t exactly living the recluse life.

The 43-year-old former farrier transitioned from Joint Base Lewis-McChord’s 2nd Battalion, 75th Ranger Regiment in July. His seven-year military career included six tours in Afghanistan and ended with a medical retirement due to injuries such as placement of a metal plate in his neck and various knee and back surgeries.

Rowley joined the military from his hometown of Angels Camp, Calif., when he was 34 years old.

Going from a man who shoes high-end race, show and dressage horses to being a Special Operations Soldier and now, to his current knife making trade, Nomad Custom Knives and Tools, was a natural progression, according to Rowley.

“I’ve always liked making things with my hands ... I use a lot of the skills I learned in making custom horse shoes to forge (weapons) — for example, making shoes for a specific horse and weighting the sides to improve their (gait),” he said.

While Rowley was in the military, he was asked by several fellow Soldiers to create knives for use on deployments.

“Probably half of the battalion had one of my knives,” he said, as he held one of his custom mosaic Damascus knives.

Those knives are about five inches long and have burl-wood and resin handles and intricate



Ranger veteran Chris Rowley shows a few of his recent Damascus knife creations in his shop in Rainier Monday. Rowley transitioned out of the military from JBLM in July.



Chris Rowley holds a few of the mosaic Damascus knives he’s forged in his Rainier shop Monday.

teamwork expected of a Ranger. Although Rowley said he loved his time as a Special Operations Soldier, he’s also enjoying being his own boss and setting his own hours and work expectations.

Currently, he’s got a long list of clients and a wait list of about eight months, he said.

That list expands each time a specific episode re-airs of the History Channel’s “Forged in Fire,” on which Rowley advanced to the final two blade-smiths.

Rowley was contacted by the show through social media and appeared on episodes last October, which were filmed at a studio in New York during

Rowley’s terminal leave.

On the show, Rowley and the other competitors forged Viking war axes. The competition went from four to two competitors before Rowley was sliced from the competition.

Rowley said that although he made it to the final round, it wasn’t necessarily the best blade-smiths who advanced.

In the competition, time management was a major component, and his prior ability to shoe horses quickly played into his ability to shape his ax quickly. It also helped that the forge used in the competition was a coal forge, which is a style he worked with throughout his blacksmith days.

Also, many competitors are used to power tools. When that’s taken away, they aren’t able to produce as well, Rowley said.

“My understanding of how to move metal and how to heat it gave me a head start,” he said.

Rowley grew up the oldest of two brothers born to Brian and Donna Rowley, of Angel Camp, Calif. Rowley’s grandfather also shoed horses, and his dad is a mechanic.

Rowley said his family’s ability to work in blue collar trades is part of why he has become successful in his current craft.

“I always knew I’d never go to college, and I think that’s pushed too much in high school and in the military. Counselors are always telling you that you have to get a higher education, but there’s a ton of jobs in this country that don’t need academia,” he said. “This country is begging for electricians and welders, and you don’t have to go the college route for that.”

DEPARTMENT OF DEFENSE

Trump signs order to improve mental health resources

BY TERRI MOON CRONK
DOD News, Defense Media Activity

WASHINGTON — Transitioning service members and veterans can now receive up to a year of mental health care from the Veterans Affairs Department after discharge from the service, according to an executive order President Donald Trump signed Jan. 9.

The order, “Supporting Our Veterans During Their Transition From Uniformed Service to Civilian Life,” directs the Defense, Veterans Affairs and Homeland Security departments to develop a joint action plan to ensure the 60 percent of new veterans who now do not qualify for enrollment in health care — primarily because of a lack of verified service connection related to the medical issue at hand — will receive

treatment and access to services for mental health care for one year following their separation from service.

“We look forward to continuing our partnership with the VA to ensure veterans who have served our country continue to receive the important mental health care and services they need and deserve,” said Defense Secretary James Mattis.

“We want them to get the highest care and the care that they so richly deserve, and I’ve been working very hard on that with (VA Secretary David Shulkin) and with everybody,” Trump said. “It’s something that is a top priority. We will not rest until all of America’s great veterans receive the care they’ve earned through their incredible service and sacrifice to our country.”

Shulkin noted that as service

members transition to veteran status, they face higher risk of suicide and mental health difficulties.

“During this critical phase, many transitioning service members may not qualify for enrollment in health care,” he said. “The focus of this executive order is to coordinate federal assets to close that gap.”

THREE DEPARTMENTS

The three departments will work to expand mental health programs and other resources to new veterans in the year following departure from uniformed service, including eliminating prior time limits and to:

- Expand peer community outreach and group sessions in the VA Whole Health initiative from 18 Whole Health flagship facilities to all facilities. Whole

Health includes wellness and establishing individual health goals.

- Extend DOD’s “Be There Peer Support Call and Outreach Center” services to provide peer support for veterans in the year following separation from uniformed service.
- Expand the DOD’s Military OneSource, which offers resources to active duty members, to include services to separating service members to one year beyond service separation.

SERVING THEIR COUNTRY

“The Department of Homeland Security is where many veterans find a second opportunity to serve their country — nearly 28 percent of our workforce has served in the armed forces, in addition to the 49,000 active-duty members

of the United States Coast Guard,” said Homeland Security Secretary Kirstjen Nielsen.

“This critically important executive order will provide our service members with the support they need as they transition to civilian life,” she said.

“These dedicated men and women have put their lives on the line to protect our nation and our American way of life, and we owe them a debt we can never repay. We look forward to working with the VA and DOD to implement the president’s (executive order).”

In signing this executive order, Shulkin said, the president has provided “clear guidance to further ensure our veterans and their families know that we are focusing on ways to improve their ability to move forward and achieve their goals in life after service.”

POST - 9/11 GI BILL

A NEW BILL FOR A NEW CENTURY





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

Soaring Soldiers

Army paratroopers jump from an Air Force C-17 Globemaster III aircraft during airborne training over Malemute drop zone at Joint Base Elmendorf-Richardson, Alaska, Jan. 9.

ALEJANDRO PENA Air Force photo

LET'S HEAR IT

What do you want to know in 2018? The Northwest Guardian, Joint Base Lewis-McChord's command authorized source for installation news and information, wants to hear from you. Go to the JBLM Facebook page to answer the Straight Talk question of the week on Page A4, or submit a 1MB JPEG of your favorite photo of life on JBLM. Got a news tip or know a story you'd like to see in the Guardian? Coordinate with your unit public affairs section, then call 253-477- 0182.

SCHEDULED HOLIDAYS AND FAMILY DAYS

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

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

NAC SKI SHOP NOW OPEN FOR BUSINESS

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

FREE OPERATION BABY SHOWER

New or expecting moms and dads are invited to JBLM's Operation Baby Shower at American Lake Conference Center Saturday from 11 a.m. to 4 p.m. The free event includes door prizes, baby shower games, refreshments, educational and pampering products, presentations and more. For more information, call 253-982-6726/967-6772.

ARMY, AIR FORCE PCS MOVE WORKSHOPS

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

JBLM NEWCOMERS' ORIENTATION BRIEF

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

JBLM FAMILY HOUSING FIRE SAFETY CLASS

Base housing residents are required to take a Family Housing Fire Safety class within 30 days of moving in to Lewis-McChord Communities. Service member must attend; spouse is welcome and encouraged. Classes take place Tuesdays and

Thursdays at 1 p.m. at Bldg. 2014, Fire Station 107 Pendleton on Lewis Main. Doors open at 12:30 p.m.; class starts at 1 p.m. Parking is limited, so arrive early.

HARRISON PREP TO HOST INFO BRIEFING

Military families with youth going into sixth through 10th grades in the fall 2018 school year are invited to attend a parent information briefing with the principal from Harrison Prep Academy Wednesday from 6 to 8 p.m. at Parent Central Services' gymnasium at 2295 S. 12th St. at Lewis Main. For more information, call 253-967-7195. The event is hosted by JBLM School Support.

ARMY DIGITAL PHOTO CONTEST

Enter your best photos now-Jan. 31 into the Army's annual Digital Photography Contest. You could see your photo online in the contest's gallery as a winner. Enter as an active-duty military member, family member, retiree or Department of Defense civilian. Seven categories are available: animals, design elements, digital darkroom, military life, nature and landscape, people and still life. Categories include both color and monochrome photos. Enter up to three photos per category. Cash prizes will be awarded for each division and category. First place is \$300, second place is \$200 and third place is \$100. To enter and for rules, visit armymwr.com/digital-photo.aspx.

ATTEND GROUNDHOG DAY PARTY FEB. 2

Early spring? More winter? Only Punxsutawney Phil knows for sure. Either way, celebrate at the

McChord Pub's inaugural Groundhog Day party Feb. 2 from 4 to 8:30 p.m. Play trivia and other games with food and drink specials. You don't need to be a Club member to attend the party, so invite your coworkers and friends. The pub is located inside the McChord Club at 700 Barnes Blvd.

SPIRITUAL TALK AT GRANDSTAFF

Award-winning author and internationally recognized spiritual medium Jeffrey Marks, joined by Washington State Ghost Society president Dave King, reveal what Modern Spirit research has uncovered about those who have surpassed the confines of the physical body and our three-dimensional reality Feb. 3 at 1 p.m. The talk is for ages 18 and older; no registration is needed. Call Grandstaff Library at 253-967-5889 for more information.

DISNEY MILITARY SALUTE KICKOFF

Are you a military family planning a Disney vacation? Buy special 2018 Disney Military Salutes tickets starting now at Leisure Travel Services on Lewis Main inside Bowl Arena Lanes at 2272 Liggett Ave. Also plan on attending the kick-off event Feb. 3 from noon to 4 p.m. at LTS with two free games of bowling, refreshments and door prizes. Purchase your Disney vacation tickets while at the event. For more information, call 253-967-3085.

BUILDING MANAGERS FIRE SAFETY CLASS

All building managers on Joint Base Lewis-McChord are required to take a Building Managers Fire Safety Class. Classes take

place on the first and third Wednesday of the month at 9 a.m. in Bldg. 2014 at Fire Station 107 Pendleton on Lewis Main. Next class is scheduled for Feb. 7. 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.

JOIN MCCHORD FIELD LIBRARY BOOK CLUB

Enjoy discussing books? Join the McChord Library's Novel Navigators. This adult discussion group meets the second Wednesday of each month at the McChord Library at 4:30 p.m. The next meeting is Feb. 14 to discuss "A Reliable Wife" by Robert Goolrick. 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 third Thursday of every month. Social time begins at 4:30 p.m. and official business at 5 p.m. Next meeting is Feb. 15.

ATTEND MONTHLY KIDS' BOOK CLUB

Kids in grades three to five are invited to join McChord 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 Library now to register and get a copy of this month's book. Check out "The

Watson's Go to Birmingham - 1963" by Christopher Paul Curtis for the Feb. 21 book club meeting. McChord Library is located at 851 Lincoln Blvd. at McChord Field. For more information, call 253-982-3454.

24/7 DAD CLASS FOR FATHERS

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

FREE BIKE RENTALS NOW AVAILABLE

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

FIRE EXTINGUISHER ANNUAL SERVICING

All facility fire extinguishers on base must be recertified and retagged annually. Accomplish this either by contractor via GPC card or hand-carry

facility extinguishers to the fire extinguisher shop located at the rear of Bldg. 2014 on Lewis Main. The maximum number of extinguishers one facility manager may rotate a day is 10. For more information, call the fire extinguisher shop at 253-966-2600.

FREE RIDE TO DUPONT WITH GO TRANSIT

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

MOVING RESOURCES AVAILABLE ONLINE

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

GET CREATIVE AT ARTS AND CRAFTS CENTER

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

SIGN UP FOR JBLM ALERT NOTIFICATIONS

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

CALL THE ENERGY WASTE HOTLINE

To stop energy waste and save valuable resources, the Joint Base Lewis-McChord base Energy Program has launched the Energy Waste Hotline. The primary objective of this hotline is to collect information about day-burners, incandescent bulbs, damaged fixtures, steam leaks and nonfunctional thermostats, etc. If you notice any opportunity to reduce , call 253-219-2394. The goal is to improve efficiency, eliminate waste and save money.

TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

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

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

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

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

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

Apply to work for CYS at JBLM NAF Human Resources Office is hosting Child and Youth Services Recruitment Fairs Tuesday at Eagles Pride Golf Course to recruit for the position of Child and Youth program assistant for child development centers, school-age care and before-and-after-school care and camps. Full-time, part-time and flex positions are available. From 8 to 10 a.m., CPAC receives applications and resumes. From 9:45 a.m. to 3 p.m., CYS facility managers conduct initial interviews. NAF HR may extend tentative job offers. Interested applicants should bring their Social Security card, birth certificate and/or passport and phone numbers for four references and submit two copies of paper applications at the event. Download DA Form 3433 from

JBLMmwr.com on the community update page. Additional fairs are scheduled for Jan. 30.

Entrepreneurs Source Workshop Tuesday from 9 a.m. to noon at the Hawk Transition Center, 11577 41st Division Drive. Have you ever thought about starting your own business? You'll want to attend this interactive and informative workshop as we explore business ownership, no matter where home is. For more information, call Jason Mathe-ney at 253-477-4751.

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

USO Employment Readiness Workshop Thursday from 9 a.m. to noon at the Hawk Transition Center, 11577 41st Division Drive.

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

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

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

What's My Next Move? Second Monday of the month from 1:45 to 3:15 p.m. at Work Source Pierce. Next meeting is set for Feb. 12. Email kmayers@esd.wa.gov, or call 253-552-2547.

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

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

PATROL OFFICER IN DALLES, ORE.

City of The Dalles — Salary: \$4,506.27 to \$5,380.72 per month. In addition, a benefit package including medical, dental, vision coverage and a retirement program is provided. The City of The Dalles is recruiting for two vacant police officer positions. This

recruitment is open to entry and lateral applicants. This is a full-time, sworn officer, union position. Entry-level applicants will need to provide successful test scores for ORPAT and written tests from the previous year, or go through the National Testing Network. Lateral Officers must have a DPSST graduation, or current DPSST Certification. One or more final candidates may be selected and required to complete a psychological exam as well as a comprehensive background check before a final offer of employment is made. For more information, visit thedalles.org.

REGIONAL SMOKE MANAGEMENT EXPERT

Washington State Department of Ecology — Salary: \$49,020 to \$64,296 annually. The Air Quality Program is looking to fill an eastern regional smoke management expert position at the Eastern Regional Office in Spokane. Employee serves as the regional smoke management expert in technical and data analysis for the use of weather forecasting models. Mentors staff on the use of weather forecasting models, and the ability to use science, modeling, and the interaction with geography to make smoke-management decisions. Serves as the regional expert in agricultural and outdoor burn permitting and is key to implementing the critical outdoor burn permitting and smoke management program in 12 counties in eastern Washington. For more information, visit careers@ecy.wa.gov.

FROM PAGE 1A

DREAM

packed auditorium.

Shabazz spoke of King’s leadership and dream, as well as his own life and mission.

“Doctor King was and is one of our most courageous leaders and influential leaders,” he said. “So, the operative question for today is what was Dr. King’s dream?”

“He was a man of faith, so his philosophy was intertwined in the scripture,” Shabazz said, adding that one of King’s popular quotes was: “Injustice anywhere is an injustice everywhere.”

King’s dream was: “Freedom, justice and equality for us all,” Shabazz said. “Where men and women would be judged not by the color of their skin, but by the content of their character.”

Shabazz said that King appeared to be fighting against color, “but my question for you today is, was he?”

King was seeking to get man-



Chaplain (Lt. Col.) Khallid Shabazz delivers the keynote address at the JBLM Martin Luther King Jr. Observance at Carey Theater Jan. 11.

kind beyond the confines of race, ethnicity and color, to enhance the human condition and create a people of shared values, principles and integrity, according to Shabazz.

“When I think about Martin Luther King’s dream, I think about you and (me), about our rank, our position, our influence over other people’s lives — the ability to give a simple pat on

the back, with a kind word, to stand in the gap for a Soldier who nobody believes in,” Shabazz said.

Shabazz shared his own personal stories, from being molested by a family friend to failing the eighth-grade and later being beaten and left for dead in a Texas street.

Shabazz’ life changed when, at the age of 24, he was doing extra duty in the military. He was on his way out of the Army, having received his second Article 15, a mechanism of punishment for, in his case belligerence and bad behavior.

Shabazz spoke of a sergeant major who pulled him aside and said words he’d never heard before, “You are more than your mistakes — I believe in you.”

“That courageous leader — he saw a need, he saw a Soldier that needed help, and he gave me his time,” Shabazz said.

Shabazz concluded his speech with his own dreams.

“I have a dream today that our internal readiness will become congruent outside readiness,” he said. “I have a dream

today that we will defend our Soldiers in their times of trouble like we defend our nation in her times of distress ... I have a dream today that we will honor the least among us and that your leadership will become your sermon, as your sermon is preached with dignity and respect.”

Many in the auditorium lined up to speak with Shabazz after the event, telling him how his message positively affected them.

Major Richard Farnell, 1st Battalion, 94th Field Artillery Regiment, 17th Field Artillery Brigade, said he felt empowered and inspired as he left the auditorium.

“Chaplain Shabazz was very inspiring, and I appreciated his transparency,” Farnell said, who claims King as one of his many heroes and life motivators.

“The chaplain told his own story and how someone inspired him to be great,” Farnell said. “That’s what Martin Luther King Jr. was all about — bringing our races together and building trust.”

FROM PAGE 1A

MOURNS

Directorate of Emergency Services and other military personnel took the lead in that response to honor fallen Pierce County Sheriff’s Deputy Daniel McCartney.

McCartney died Jan. 8 after he was shot while responding to a home invasion call in Frederickson, Wash.

Officers and others gathered early Wednesday morning at the McChord Field location. After several hours of fellowship and food, they held a short briefing and then, with lights flashing, 500 police and other responder vehicles filed slowly out the North Gate in a procession to Pacific Lutheran University for McCartney’s memorial service.

This isn’t the first time JBLM has played a part in the staging of a law enforcement gathering and funeral procession. JBLM hosted a similar observance after the Nov. 30, 2016, shooting death of Tacoma Police Officer Reginald “Jake” Gutierrez and after the Nov. 29, 2009, tragedy when four Lakewood Police Officers were gunned down in a Lakewood coffee shop.

“It’s sad we have to gather like this, but it is our honor to support the community and local law enforcement,” said Col. William Percival, commander of the 627th Air Base Group and deputy joint base garrison commander.

Percival spoke about the strong relationship JBLM has with its surrounding cities.

“It’s the best community relationship I’ve seen in my more than 20 years of military serv-



Randall Takehara, left, JBLM Fire Battalion chief, and firefighters Chris Coleman, middle left, and Cedric Canton, middle right, and Spc. Aaron Doherty, 13th Combat Sustainment Support Battalion, 42nd Military Police Brigade, stand at attention as the memorial procession for slain Pierce County Sheriff’s Deputy Daniel McCartney passes on McChord Field Wednesday.



Col. William Percival welcomes memorial participants.

ice,” Percival said at the service.

Percival went on to say it’s important to support local law enforcement in the community.

“This is the group that protects not only us when we go off base, but our families and friends,” he said.

His respect comes from the knowledge that officers put their lives on the line every day, Percival said.

“Most of us go to work and have a reasonable expectation we’ll come home to our family that night,” he said. “These guys don’t have that assurance.”

Being part of the community event is a help to not only those involved but also to people across the region, said Charles Thornton, joint operations officer for JBLM’s DES.

“If we weren’t able to do this we would gridlock the city with traffic,” Thornton said.

JBLM’s hangar facility is the only place large enough to house such a gathering, with the exception of the Tacoma Dome. Hosting the event at the Tacoma Dome would have a huge negative impact on interstate and city traffic, he said.

Thornton also pointed to “being part of the community” for why JBLM gets involved.

“Our military live in the community, and we are part of the community,” he said, adding

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“Our military live in the community, and we are part of the community,” he said, adding

that local law enforcement returns the favor by helping with JBLM events, including air shows and Mobility Guardian exercises.

In addition to providing a facility and staging area for the vehicles and a mass assembly of people, food and drinks were provided by the USO Northwest Shali Center and Harborstone Credit Union volunteers.

Carlene Joseph, vice president of military relations at Harborstone, coordinated volunteers from local businesses to provide food for the event.

“We supply food because we have a good relationship with JBLM and the community,” Joseph said. “It’s wonderful how the community comes together at times like this.”

USO volunteer Cindy Weidenheimer handed out food items and thanked officers as she served them.

“The USO will always step up when needed, whether its for the military or others in the community,” she said. “We’re not just military; we back the blue.”

JBLM’s role in the event didn’t go unnoticed.

Lakewood Police Lt. Chris Westby served as host for the briefing, prior to the procession to PLU.

“I would like to thank JBLM for their assistance; without them this wouldn’t be possible,” he said.

Westby has been with the Lakewood Police Department since 2004 and prior to that, he served with the Pierce County Sheriff’s Department.

“We have a great relationship with JBLM,” Westby said. “The interaction between JBLM and the community is phenomenal.”

FROM PAGE 1A

BUDGET

this year, the department will be under a continuing resolution for four months. The current continuing resolution runs out Friday.

LACK OF STABILITY

“This is the ninth straight year with a continuing resolution,” Dunford said. “That lack of predictability and that lack of stability in the budget has not allowed us to most efficiently plan and use the resources available to us.”

This is because whether in a household budget or funding the military, predictability is key, Dunford said. Knowing when the paycheck comes in and how

much will be in it week-to-week or month-to-month allows a family to plan expenditures and purchases.

“We want to be good stewards of the taxpayers’ dollars and in order to do that you have to lay out a plan,” Dunford said. “And sometimes, when you are forced to spend all of the money in a compressed period of time at the end of the fiscal year, it isn’t as efficient a use of the resources as you would want it to be.”

Then, there is the uncertainty these constant continuing resolutions cause in the force.

“The force ... is very much aware of the budget debates, and it would be a very powerful signal for our elected leaders to pass a budget,” the general said. “On a day-to-day basis they are focused on the mission, but the

budget is very much on their minds.”

MAJOR IMPACTS

Dunford stressed that readiness and modernization are linked.

“They are all about delivering effective combat capability in terms of our units,” he said.

Modernization has effectively been delayed over the past decade and this will mean modernization accounts must be pumped back up, new technology must be exploited and new ways of using old technologies must be explored. This cannot happen under continuing resolutions, the chairman said.

Lawmakers on the committees overseeing defense understand the problem and want to pass a defense budget.

“Defense Secretary (James)

Mattis met last week with both Democrat and Republican members of (Congress) to outline for them the implications of a continuing resolution and the budget uncertainty that we’ve been dealing with,” Dunford said.

Mattis spelled out the real-world implications of not getting stable, predictable funding, the chairman said.

The members of the House and Senate Armed Services Committees and Defense Appropriators understand this, Dunford said, and he and other senior DOD leaders have reached out to other representatives to explain the dangers facing the department.

“All I can do is continue to do what we do, which is educate the members on what we need in terms of levels of resourcing,

and what are the impacts of a continuing resolution, let alone a government shutdown,” Dunford said.

Service members are concerned about the budget impasse. In his travels, troops ask the chairman about the budget but their “singular focus every day is doing their job,” he said.

“I think when people like us come to visit ... they’ll ask questions about it, because it’s in the media, Dunford said. “I think they are assuming ... that the leadership back in Washington, D.C., — and I include myself in that category with the secretary of defense and the members of Congress and the president — they’re assuming we’re going to do our job and deliver from them the resources they need to do their job.”

FROM PAGE 1A

LEADER

Resolute Support.

To prepare for deployment, the brigade engaged in monthlong, 24-hour training operations at the Orchard Combat Training Center in Boise, Idaho.

The brigade also conducted training at the National Training Center at Fort Irwin, Calif., and engaged in the Warfighter Exercise 17-02 at Fort Leavenworth, Kan.

“I would like to thank all of our Soldiers and families for what they do on a daily basis for our Army and our nation,” Ryan said. “They are an incredibly special group of people (who)

stand ready to do whatever is asked of them. It’s been my great privilege to serve with them and be a member of their team over the last two-and-a-half years.”

Before the ceremony, Maj. Gen. Willard Burleson III, 7th Infantry Division commanding general, inducted Ryan as the 142nd member of the prestigious Order of the Bayonet for his outstanding service in the division. Ryan also received The Honorable Order of St. Michael (Silver Award), presented by Brig. Gen. Walter Rugen, 7th Inf. Div..

Burleson also inducted Ryan’s wife, Lorry, as the 91st member of the division’s Keeper of the Hourglass and presented her with the Superior Citizen Service Award for her exceptional

volunteer service as a mentor and community leader.

Ryan said the opportunity to serve with Soldiers, and their families, is what makes an assignment special. He also said the unit’s success is owed to the Soldiers, leaders and families in the brigade.

As the brigade begins this new chapter, Braman looks forward to serving Soldiers and their families.

“I am truly excited to join the 16th CAB team and honored to serve in 7th Infantry Division and America’s First Corps,” Braman said. “I look forward to leading this combat-proven organization and to building a strong bond with its Soldiers, families and the local community, as we prepare for our next mission.”



Col. William Ryan III, 16th Combat Aviation Brigade’s outgoing commander, passes the guidon to Maj. Gen. Willard Burleson III, 7th Infantry Division’s commanding general, on JBLM Jan. 10.

Sports

JBLM CHILD AND YOUTH SERVICES

Passion for sports still strong for CYS coach

Former Soldier began new career as a volunteer youth soccer coach

BY DEAN SIEMON
Northwest Guardian

Three years ago, Michael Washington, a former Army private first class, entered into the world of coaching youth sports. He and his wife, Britni, now an Army sergeant with 56th Multifunctional Medical Battalion, 62nd Medical Brigade, were station at Fort Hood, Texas, where there was a shortage of soccer coaches.

His oldest daughter, Vivian, was on the Child and Youth

Services team that needed a volunteer coach. The coordinators asked the parents. While Washington was thinking no, his daughter didn't have to twist his arm too much outside of a "Dad, please?"

"I YouTube'd a lot of soccer drills, but I loved it," Washington said. "YouTube has everything. I can find it on YouTube."

He continued to be a volunteer coach for both soccer and basketball when his wife was transferred to Joint Base Lewis-

McChord in December 2016. Sports have remained a big part of Washington's life, especially when his three oldest children — Vivian, 12, Vanessa, 9, and Victoria, 6 — are involved with youth athletics.

Washington left the Army through a Medical Evaluation Board in 2009 due to a blown knee. But he's just as busy as the stay-at-home father with five children — including Kennedy, 1, and Christian, 9 months. He's also been coaching teams of 5- and 6-year-olds, and 9- to 11-year-olds in both basketball and soccer.



DEAN SIEMON Northwest Guardian

Michael Washington helps his daughter, Victoria, 6, during a JBLM CYS youth basketball practice at Hillside Elementary School Jan. 11.

SEE COACH, 2B

JBLM FITNESS RESOLUTION FAIR



SCOTT HANSEN Northwest Guardian

Ines Tapia-Bermudez, left, and Aubrey Baskerville workout during the Fitness Resolution Fair at Wilson Sports and Fitness Center Saturday.

FITNESS RESOLUTIONS BEGIN WITH NEW YEAR

Participants put their new goals to the test

BY DEAN SIEMON
Northwest Guardian

Sergeant First Class Candice Coleman, of 46th Aviation Support Battalion, 16th Combat Aviation Brigade, came up with the idea for her and her husband, Courtney, to attend the Fitness Resolution Fair at Wilson Sports and Fitness Center on Joint Base Lewis-McChord Saturday.

Courtney's arm didn't need to be twisted too much. In his mind, he feels he needed as many events as possible to meet his fitness goals for 2018.

"My goal for this year is when I get on the scale, I want it to go down — not up," Courtney said.

The fair gave members of the JBLM community a chance to try different fitness



Command Sgt. Maj. Walter Tagalicud participates in a functional fitness class at the annual JBLM Fitness Resolution Fair at Wilson Sports and Fitness Center Saturday.

SEE FITNESS, 2B

ON THE SCHEDULE

SOUNDERS LAKES HOSTS BLACKLIGHT BOWLING

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

NEW SPORTING CLAYS SCHEDULE SET TO BEGIN

Recreation: The Joint Base Lewis-McChord's Skeet and Trap Range just outside Scouts Out Gate on Lewis Main will begin the Sporting Clays' 2018 schedule Saturday. The 100-target event will open registration at 9 a.m., with shooting scheduled to begin at 10 a.m. Participants have until 12:15 p.m. to sign up. Entry fee is \$35 for nonregistered shooters and \$42 for registered shooters. For more information, call 253-967-7056.

FAMILY SPECIALS AVAILABLE AT ALL JBLM GOLF COURSES

Golf: On Saturdays and Sundays after 2 p.m., a family of four can play nine holes for \$30 at Eagles Pride and Whispering Firs Golf Courses. The deal, that runs through Jan. 31, includes carts, rental clubs, range balls and a hot dog and soda. Offer valid for families with children ages 15 and younger. For more information, call 253-967-6522 or 253-982-2124.

TEXAS HOLD 'EM 10-WEEK TOURNAMENT STARTS JAN. 24

Recreation: The Warrior Zone is hosting a special 10-week long Texas Hold 'em tournament starting Wednesday. Registration opens at 6 p.m. with the tournament beginning at 6:30 p.m. Each tournament's entry fee is \$7. Weekly winners get a \$50 Visa gift card. First place winners from each week, along with top 30 ranking players, compete in the finals April 4. Ages 18 and older only. For more information, call 253-477-5756.

INTRAMURAL SOCCER SEASON BEGINS MARCH 12

Intramurals: The Joint Base Lewis-McChord Commander's Cup soccer season kicks off March 12. Two informational meetings are set for unit representatives — Feb. 21 at noon at Nelson Recreation Center, on Lewis Main, and Feb. 22 at noon at the McChord Fitness Center. Active-duty service members at JBLM can apply; unit entry deadline is March 7. For more information, call 253-967-9210 or email sports@jblmmwr.com.

JBLM SPECIAL OLYMPICS

Tigers swimmers bound for Special Olympics 2018 USA Games

BY DEAN SIEMON
Northwest Guardian

With Special Olympics' 2018 USA Games being held in Seattle July 1 to 6, there was a lot of excitement when Special Olympics Washington announced the members of Team Washington during a special event at Seattle's Westlake Center Jan. 11.

Three of the names announced are from Joint Base Lewis-McChord's Tigers swimming team — Andrue Lambes, 16, Darren Allen, 16, and Alexis

Kinnan, 23. They will join about 4,000 athletes who will compete at the national event that happens once every four years.

"The fact that we have three players on our team that were drawn, it's a great accomplishment for them and it's great that they can represent their state and have fun out there," said Genia Stewart, Tigers' coordinator and head coach. "It's something that they've been working on for several years."

The JBLM swimmers were

selected among a pool of other athletes who won gold at Special Olympics Washington's Summer Games. Stewart said the three will compete in the same events they won in 2017.

Allen is scheduled to compete in the boys' 25-meter backstroke, boys' 50-meter freestyle and the all-athlete 4x25-meter relay. Kinnan will compete in the girls' 25-meter backstroke, girls' 50-meter freestyle and the



Courtesy photo

Genia Stewart, left, and Stacie Pogonocheff, right, are pictured with athlete Andrue Lambes, 16, and his poster welcoming him to Team Washington.

SEE TIGERS, 2B



Michael Washington demonstrates a dribble drill for children in his 5- and 6-year-old basketball team at Hillside Elementary School Jan. 11.

FROM PAGE 1B
COACH

“It’s something that I enjoy — I love it,” Washington said about coaching. “I have five (children), so it’s not like I’m not patient. I’m very patient, so that’s a good thing.”

Another good thing is Washington has experience playing sports before he joined the Army in 2006. He grew up playing football and basketball all through high school in San Antonio.

Washington played one season of junior college basketball at Odessa Junior College before playing NCAA Division I basketball for Florida Gulf Coast University for the 2005-06 season. Despite limitations due to his knee, he enjoys teaching the

basketball fundamentals to the younger children.

The older children, on the other hand, tend to challenge him a little more often.

“When you get to the 9- to 11-year-olds, they want to test you and play,” Washington said. “As far as mobility is concerned, I’m not there. But I can still shoot. It’s just like riding a bike.”

Coaching youth at JBLM CYS has developed a passion to coach sports as a career. At the moment, Washington said he is focused on being a dedicated husband and father of five. He plans to eventually go back to school to finish the last two years needed to earn a bachelor’s degree.

Washington’s hopes is to be able to start working his way up as a freshman-level high school basketball coach and later be-

come a varsity head coach. But he wants to wait until his wife is finished serving in the military and the family decides to go back to Texas.

“I know I’m not getting any younger, but I also don’t want to start the high school season and all of a sudden, my wife says we’re going to Hawaii,” Washington said.

SIGN UP TO COACH

JBLM’s Child and Youth Services is always looking for volunteer coaches for the various youth sports programs it offers. There is currently a need for soccer coaches for the season that begins Feb. 12.

For more information on becoming a youth coach for JBLM CYS, call 253-967-2405.

Dean Siemon: 253-477-0235, @deansiemon



SCOTT HANSEN Northwest Guardian

Participants complete a Zumba workout with instructor Wendy Skul during the annual JBLM Fitness Resolution Fair at Wilson Sports and Fitness Center on Lewis North Saturday.

FROM PAGE 1B
FITNESS

classes offered throughout JBLM’s multiple fitness centers.

For the Colemans, they began trying the functional fitness interactive demonstration — which focused on using free weights to turn movements done normally into challenging exercises.

With a strip of synthetic field turf beneath and utilizing sleds and weighted bags, Courtney said it reminded him of the workouts athletes do on television.

“Now I’m doing it, and I’m seeing it’s what I needed,” he said.

The functional fitness instruction was the newest addition to the annual Fitness Resolution Fair. That’s because three fitness centers on JBLM — Jensen Family Health and Fitness Center, McVeigh Sports and Fitness Center and Wilson — all



Instructor Ann Gwaltney leads a spin cycling class during the annual Fitness Resolution Fair at Wilson Sports and Fitness Center Saturday.

had remodeling done to provide the space in 2017.

Joshua Adams, a tactical strength and conditioning coach who is also the facility manager for Jensen, said the program can be very beneficial for service members to train for move-

ments that could become common in the field.

“You practice hard so that the game is easy,” Adams said.

The fitness fair also saw the normal classes that regulars are used to seeing from past fairs. The basketball gymnasium host-



Instructor Wendy Skul leads a Zumba workout Saturday.

ed cardiovascular-based fitness classes, like Zumba and Mixed-Fit, as well as a new Strong by Zumba class. Those classes attracted the most participants at a time, forming several rows of people in each class.

Wendy Skul, an Army spouse

who has been teaching Zumba for 10 years, is no stranger to large crowds. She’s led classes for unit physical training with more than 200 service members at a time. But it’s special to see people of various fitness levels who come out to try something like Zumba at the Fitness Resolution Fair.

“It’s knowing that people are willing to change their lives for a healthier lifestyle,” Skul said.

The event brought in more than 150 participants and not all of them were people who were new to a JBLM fitness center. Phillip Kelley, a retired Army master sergeant from Spanaway, is often seen at JBLM races and themed fun runs.

People notice Kelley is fit at age 55, but he still made a New Year’s resolution to do more and to lose a few pounds to get to his target weight of 150 pounds.

“You’ve got to keep pushing, right?” Kelley said.

Dean Siemon: 253-477-0235, @deansiemon

FROM PAGE 1B
TIGERS

all-athlete 4x25-meter relay. Lambes will be in the 100-meter freestyle, the 50-meter backstroke and the 4x100-meter unified medley relay.

A select number of gold medalists were drawn randomly for all 14 sports. While the announcement was officially made Jan. 11, coaches for athletes were informed just before the holidays in December.

Stewart received an email about Allen, Lambes and Kinnan being drawn for the USA Games just before Christmas; with requests that all athletes were informed so families could arrange for them to be at the announcement event.

So the day after Christmas, Stewart and Stacie Pogonocheff,

the Tigers’ swimming coach, decided to play a role similar to Santa Claus.

They made posters for each athlete with the message “Welcome to Team Washington,” along with their respective names.

Stewart and Pogonocheff made the deliveries to each of the three athletes’ homes.

“I felt like I was the Publishers’ Clearing House guy knocking on the door announcing they had won,” Stewart said. “The reactions on their faces were priceless.”

The three athletes are not scheduled for any formal practices until March. Stewart mentioned that their parents are likely taking them to do some swimming practice on their own.

The swimmers will also begin practice with Team Washington’s swimming coaches for a

three- or four-day session in May before the USA Games in July. While Stewart hopes they will do well, possibly earning national gold, she said the most important thing for them to do is have fun.

“Competition is great; it makes us better,” Stewart said. “Win, lose or draw, you’re still going to go out and do your best.”

Though not selected to be a coach for Team Washington, Stewart said she will be cheering the three athletes from the stands alongside the parents as well as observing the coaching staff.

“Just to see kind of how things run, the organization and the things I need to do in four years when I can apply when it happens again,” she said.

Dean Siemon: 253-477-0235, @deansiemon



Courtesy photo

Stacie Pogonocheff, right, JBLM Tigers' swimming coach, poses with Alexis Kinnan and her Team Washington poster Dec. 26.



FREE

OPERATION

Baby Shower

Saturday, Jan. 20, 11 am – 4 pm, American Lake Conference Center

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

9:45 a.m.-3 p.m.
CYS facility managers conduct initial interviews
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The Novel Navigators

Adult Book Discussion Group

Feb. 14 • 4:30 p.m.

McChord Library

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

This month we'll be discussing "A Reliable Wife" by Robert Goolrick.

Registration is required.

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







McCHORD LIBRARY

TEEN BOOK CLUB

Wednesday, Feb. 7

4:30-5:30 p.m.

JBLMmwr.com/libraries

851 Lincoln Blvd.
McChord Field
253-982-3454



This month we will be discussing "The Giver" by Lois Lowry.



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

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

BOOK PATCH LIBRARY

Teeny-Weeny Read-Along Book Club



2109 N. 10 & Pendleton
JBLM-Lewis Main



6 p.m. Jan. 25

Feb. 22 Mar. 22

Apr. 26 May 24

Kindergarten-2nd grade

Listen and read along with our awesome books! Then, enjoy some activities, crafts and snacks and teeny-weeny prizes!
No registration required.
For more info, call 253-967-5533.

JBLMmwr.com/libraries

EXTREME NIGHT OUT

Saturday, Feb. 10

4-6:30 p.m. | 6:30-9 p.m.

Ages 6-18 | \$15/person

Parents celebrate an early Valentine's Day out on the town while your child participates in extreme ninja courses, timed challenges, mat mazes, pizza party, prizes and more!

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6398 Garcia Blvd. | Lewis Main | 253-966-3539

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For more details, call 253-967-5533.

 /JBLMlibrary

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JBLMmwr.com/libraries

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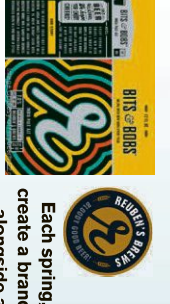
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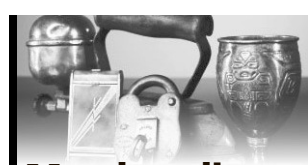


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SECTION C

ALSO INSIDE:

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



COVER STORY

TURN OUT THE LIGHTS, THE PARTY'S BOWLING

A night of Cosmic Blacklight Bowling at Sounders Lanes on McChord Field provides all-age fun for everyone, 3C

FOR THE WEEK OF JAN. 19-25

19

STRIKE ZONE AT SOUNDERS LANES
11 a.m. to 10 p.m. Chicken-fried steak for \$8.25.

McCHORD GRILL
11 a.m. to 1 p.m. Fish and chips special includes a drink for \$8. Add a cup of house-made chowder for \$1.50.

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.

20

SAMUEL ADAMS BREWHOUSE JBLM
4 to 11 p.m. Watch UFC 220, Miocic vs. Ngannou. \$5 cover.

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

21

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

WHISPERING FIRS AND EAGLES PRIDE
Enjoy family golf after 2 p.m. \$30 includes nine holes, cart, rental clubs, range balls and hot dog with soda.

22

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

WARRIOR ZONE
Margarita specials. Open to all ID cardholders ages 18 and older; 21 and older for alcohol sales.

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

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

23

McCHORD GRILL
11 a.m. to 1 p.m. Taco specials include a drink for \$8.

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

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

24

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

STRIKE ZONE AT SOUNDERS LANES
11 a.m. to 8 p.m. Spaghetti and meatballs for \$8.25.

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

25

SAMUEL ADAMS BREWHOUSE JBLM
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STRIKE ZONE AT SOUNDERS LANES
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To see menus, visit JBLMmwr.com.

AT THE MOVIES

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The Greatest Showman (PG)
Saturday at 1 p.m.

Jumanji: Welcome to the Jungle (PG-13)
Saturday at 7 p.m.

Jumanji: Welcome to the Jungle (PG-13)
Sunday at 1 p.m.

Father Figures (R)
Sunday at 7 p.m.

MOVIE TIMES

For movie times, contact your local theater.

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LAKEWOOD TOWNE CENTER CINEMAS: Not available by phone, online fandango.com
REGAL LAKEWOOD STADIUM 15: 844-462-7342 411#
CENTURY POINT RUSTON AND XD: Not available by phone, online cinemark.com

PUYALLUP
LONGSTON PLACE: 253-770-9901
SOUTH HILL MALL SIX: 253-445-8801

BONNEY LAKE
REGAL TALL FIRS 10: 253-891-5445

GIG HARBOR
GALAXY UPTOWN THEATRE: 253-857-7469

PORT ORCHARD
REGAL SOUTH SOUND 10: 360-871-2294

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

YELM
YELM CINEMAS: 360-400-3456

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



DANIEL MCFADDEN Alcon Entertainment

Owen Wilson, left, Ed Helms, right, and Glenn Close star in the new Warner Bros. Pictures release, "Father Figures."



DEAN SIEMON Northwest Guardian

Serenity Wright, 7, goes down one of the slides of the indoor play area inside Sounders Lanes Family Fun Center on Joint Base Lewis-McChord Saturday.

SOUNDERS LANES' COSMIC BLACKLIGHT BOWLING

A night of family fun

BY DEAN SIEMON
Northwest Guardian

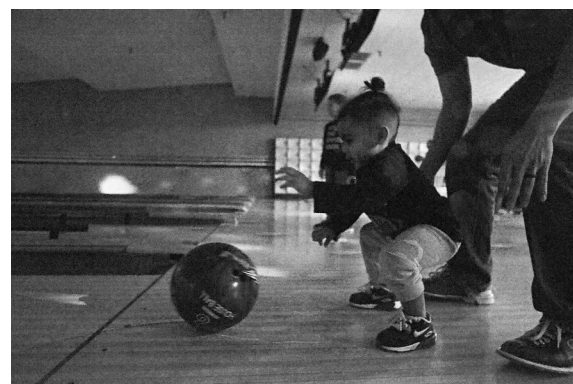
When the lights go out, there's still a chance to enjoy a few games of bowling on Joint Base Lewis-

McChord. Just add some disco balls, bright neon-colored lights and a blacklight that helps illuminate the lanes.

Sounders Lanes Family Fun Center on McChord Field offers Cosmic blacklight Bowling every

Saturday night from 7 to 11 p.m. With the cost being \$12 per person — including the shoe rental — for two hours of bowling, it's a good deal that has

SEE COSMIC, 7C



Demetrius Smith, 2, gets some help rolling the ball during Cosmic Blacklight Bowling at Sounders Lanes Family Fun Center Saturday.

ON SALE THIS WEEK

ZAC BROWN BAND: DOWN THE RABBIT HOLE LIVE Aug. 31. Safeco Field, Seattle. Tickets go on sale Friday.

JAY PHAROAH March 8. Neptune Theatre, Seattle. Tickets go on sale Friday.

CHIPPENDALES March 17. Tulalip Resort Casino, Tulalip. Tickets go on sale Friday.

ALREADY ON SALE

THE COMEDY GET DOWN 7 p.m. Saturday. KeyArena, Seattle.

SMOKEY ROBINSON 8 p.m. Saturday. Emerald Queen Casino, Tacoma.

LEWIS BLACK: THE JOKE'S ON US TOUR 8 p.m. Saturday and Sunday. Moore Theater, Seattle.

QUEENS OF THE STONE

AGE: VILLIANS TOUR 2018 7

p.m. Thursday. KeyArena, Seattle.

RICKY GERVAIS: HUMANITY 7:30 p.m. Jan. 27. Moore Theater, Seattle.

MIRANDA LAMBERT 7 p.m. Feb. 1. Tacoma Dome, Tacoma.

KATY PERRY 7:30 p.m. Feb. 3. Tacoma Dome, Tacoma.

ANN WILSON 8:30 p.m. Feb. 9. Emerald Queen Casino, Tacoma.

AIR SUPPLY 8 p.m. Feb. 14. Emerald Queen Casino, Tacoma.

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

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

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

GOGOL BORDELLO 8 p.m.

Feb. 20. Neptune Theatre, Seattle.

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

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

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

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

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

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

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

TIME MACHINE/MASHINA VREMENI 8 p.m. March 28.

Moore Theatre, Seattle.

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

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

MONSTER ENERGY AMA SUPERCROSS April 7. Century-Link Field, Seattle.

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

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

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

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

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

LITTLE BIG SHOW NO. 21:

NADA SURF, CELEBRATING THE 15TH ANNIVERSARY OF LET GO 8 p.m. May 9. Neptune Theatre, Seattle.

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

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

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

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

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

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

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

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

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

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

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

NIALL HORAN: FLICKER WORLD TOUR 7 p.m. Aug. 2. White River Amphitheatre, Auburn.

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

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CHILDREN OF A
LESSER GOD

JAN. 19 - FEB. 4, 2018
Fridays & Saturdays | 7:30 pm
Sundays | 2:00 pm

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JANUARY 5 - 28 • FRI & SAT 8PM • SUN 2PM

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AMERICAN
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5729 Lakewood Towne Center Blvd SW,
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Johnny, Tunny and Will struggle to find meaning in
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Ticket Info: Full Price \$30; Seniors/Military \$28;
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(253) 588-0042 or online www.lakewoodplayhouse.org

JANUARY 23

Immanuel Presbyterian
Church

LONG
LIVE THE
KINGS
(SALMON)

TUESDAY

901 North J Street Tacoma WA

Body Copy Executive Director Jacques
White will be at IPC to talk about Long
Live the Kings-what they are doing,
why and how you can help. LLTK
are rebuilding salmon and steelhead
populations in Hood Canal and Puget
Sound, unraveling the mystery of
low salmon survival in the Salish
Sea, advancing science and retooling
management throughout the Pacific
Northwest. Join in the conversation.

Ticket Info: free 253.627.8371,
ipctacoma.org

7 P.M.

JAN 19 - FEB 4 • FRI/SAT 7:30PM • SUN 2:00PM

Tacoma Little Theatre

CHILDREN OF
A LESSER GOD

Tacoma Little Theatre

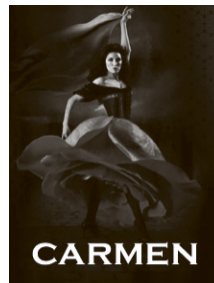
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A love story about a speech teacher who falls
for a beautiful yet distant deaf girl in a school
for the deaf, and the obstacles that they face
due to their differences. Pay What You Can
February 1 at 7:30pm

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GEORGES
BIZET

CARMEN

Pantages Theater

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gave her love, but could not be possessed,
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THE NEWS
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JANUARY 20

BACKCOUNTRY SKI THE CASCADE MOUNTAINS

Ski all over the Cascade Mountains this winter. Backcountry skiing is growing in popularity and backcountry access is increasing. Don't miss the opportunity to see amazing alpine wilderness and truly unforgettable skiing.

The Northwest Adventure Center's trip provides all the gear you need to go safely into the backcountry. Trip includes transportation, skis or split board, boots, float pack, avalanche safety kit and guide.

Minimum age: 16 years; children younger than 18 must be accompanied by an adult. All participants must be intermediate skiers. Due to weather, location is subject to change for safety.

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

LEARN THE BASICS IN PHOTOSHOP 101

It's often difficult for beginners to know where to start, but this Photoshop 101 seminar covers nearly every tool and menu available in detail. This is the starting point for getting introduced to the editing possibilities in Photoshop.

Learn how to edit quickly, build confidence in skills and ensure images come out looking great.

Topics include layers, masking, groups, typography, quick masks, introduction to filters and more.

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

Register at JBLMmwrRegistration.com. **\$45.**

JANUARY 21

CROSS-COUNTRY SKI TRIP TO LAKE EASTON

Combine short trails, rolling hills, groomed trails and beautiful views and you have a great day of cross-country skiing at Lake Easton. Gear, transportation and instruction are provided. Participants must go to the Northwest Adventure Center to be fitted for gear no later than the day before trip. Meet at McChord Field's Adventures Unlimited at 8 a.m. Difficulty: moderate; distance: 5 miles; elevation gain: 50 feet; time: three hours. Minimum age: 12; children younger than 18 must be accompanied by an adult. Register at JBLMmwrRegistration.com. **\$65.**

SIGN UP FOR ADVANCED PHOTOSHOP CLASS

Build onto basic experience working with Photoshop and learn some of the program's most powerful tools. Learn Adobe Camera RAW, learn actions, adjustment layers, create custom brushes, advanced brush options, dodge and burn, blending modes and more. Meet at the Northwest Adventure Center at Lewis North at 9 a.m. Register at JBLMmwrRegistration.com. **\$45.**

SNOWMOBILING, BACKCOUNTRY SKI

Take a snowmobile tour around Sasse Mountain in Cle Elum for fun, action, beauty and excitement. People who are looking for a fun-filled winter experience should heck out this snowmobiling trip through the Cascade Mountains. Transportation, snowmobile, helmet, boots, gloves and snowsuit are provided. Dress in layers. Minimum age to drive: 16. Back-

country skiing/snowboarding refers to areas not covered by a resort or lifts including terrain reached by hiking, split-boarding, touring or sledding (snowmobile). The backcountry usually has the best snow because it's not easily accessible to others. Many of the best snowboard videos are filmed in the backcountry. Join the Northwest Adventure Center for a mega-fueled snowmobiling adventure where you can get dropped off at the top of a hill, shred it on skis or snowboard, then hop back on and do it all over again. Ground transportation, snowmobile, backcountry ski or split snowboard, avalanche beacon, shovel, probe and airbag included. Depart from the Northwest Adventure Center at Lewis North at 7 a.m. Register at JBLMmwrRegistration.com. Snowmobiling: **\$185; \$75** for ages 14 and younger. Skiing: **\$165.**

JANUARY 26

YOGA CLASS DESIGNED FOR SNOWSHOERS

The class is designed for those who spent the day exploring a winter wonderland, trudging up, down, across and zigzagging through waist-deep snow, inevitably leading to tight calves, hamstrings, hip flexors and quads. Join other outdoor recreators in a 60-minute class away from the studio designed specifically for preparing the muscles to endure the snow-filled adventures ahead of you this winter. Class is held at 6 p.m. at McChord Field's Adventures Unlimited, surrounded by inspiring outdoor gear. Minimum age: 12; children younger than 18 must be accompanied by an adult.



JBLM Outdoor Recreation

The JBLM Northwest Adventure Center expert guides took a group out to Lake Easton for a ski trip Saturday.

Register at JBLMmwrRegistration.com. **\$17.**

JANUARY 27
BACKCOUNTRY SKI THE CASCADE MOUNTAINS

Ski all over the Cascade Mountains this winter. Backcountry skiing is growing in popularity and backcountry access is increasing. Don't miss the opportunity to see amazing alpine wilderness and truly unforgettable skiing. The

Northwest Adventure Center's trip provides all the gear one needs to go safely into the backcountry. Trip includes transportation, skis or split board, boots, float pack, avalanche safety kit and guide. Minimum age: 16 years; children those younger than 18 must be accompanied by an adult. All participants must be intermediate skiers. Due to weather, location is subject to change for safety. Depart from McChord Field's Adventures Unlimited at

8 a.m. Register at JBLMmwrRegistration.com. **\$110.**

JANUARY 27-28
BE PREPARED WITH WILDERNESS FIRST AID

The Wilderness First Aid course helps prepare outdoor enthusiasts for the unexpected. This fast-paced, hands-on training is designed to meet the needs of trip leaders, camp staff, outdoor enthusiasts and individuals working in remote locations.

It will introduce students to caring for people who become ill or injured far from definitive medical care. Classroom lectures and demonstrations are combined with realistic scenarios where mock patients will challenge to integrate your learning.

At the end of the course, students will have the knowledge, skills and ability to make sound decisions in emergency situations. All students are required to have current First Aid, CPR and AED training before WFA course date. This is available to every student the Friday night from 6 to 8 p.m. before your course for an extra \$25.

Students should provide a bag or backpack packed with everything one would bring on a normal hiking trip for one, grungy clothing that will likely get ruined (stained, cut or torn) and appropriate food for the day. The Northwest Adventure Center will provide learning materials, instruction and certification card in the mail.

Depart from the Northwest Adventure Center at Lewis North at 8 a.m. Minimum age: 16; children younger than 18 must be accompanied by an adult. Register at JBLMmwrRegistration.com. **\$225.**

JAN. 25 - 28

Discount Coupons at
TacomaHomeAndGardenShow.com

TACOMA DOME

HOURS
Thurs - Sat 11a - 7p
Sunday 11a - 5p

EVENTS

Tacoma RV Show 11 a.m. to 8 p.m. Friday and Saturday and 11 a.m. to 5 p.m. Sunday. Tacoma Dome, 2727 E. D St., Tacoma. \$12 otshows.com/trv.

Great Train Expo 10 a.m. to 4 p.m. Saturday and Sunday. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. \$9. trainshow.com/puyallup.

Bass Pro Shops' Guide and Outfitter Day Noon to 5 p.m. Saturday. Bass Pro Shops, 7905 S. Hosmer St., Tacoma. Hunting guides and fishing experts help plan your next adventure. Free. 253-671-5700, basspro.com/Tacoma.

Washington Sportsmen's Show Noon to 8 p.m. Wednesday through Jan. 26, 10 a.m. to 8 p.m. Jan. 27, 10 a.m. to 4 p.m. Jan. 28. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. thesportshow.com.

Tacoma Home and Garden Show 11 a.m. to 7 p.m. Thursday through Jan. 27, 11 a.m. to 5 p.m. Jan. 28. Tacoma Dome, 2727 E. D St., Tacoma. \$12.

America's Largest Antique and Collectible Show 9 a.m. to 6 p.m. Feb. 3 and 10 a.m. to 3 p.m. Feb. 4. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. \$7. christinepalmer.net.

Pinology Market 10 a.m. to 4 p.m. Feb. 10. Featuring vendors on top of all current trends on Pinterest. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. \$7. pinology-market.com.

NIGHTLIFE

FRIDAY

Bert Kreischer 7:30 and 10:30 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. \$15-\$20. 253-282-7203, tacomacomedyclub.com.

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

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

Limberlost with Dedset and See By Sound 8 p.m. Jazzbones, 2803 Sixth Ave., Tacoma. \$6-\$11. 253-396-9169.

Vicious Rumors and Guests 8 p.m. Louie G's, 5219 Pacific Highway E., Fife. \$10. 253-926-9700.

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

Open Mic Night 6 to 10 p.m. Urban Timber Coffee, 6621 166th Ave. E., Sumner. All ages, family friendly. 253-826-3936.

SATURDAY

Radfest 2018 2 p.m. Louie G's, 5219 Pacific Highway E., Fife. \$15. 253-926-9700.

Tallest of Mountains, Dead lakes, Lo There, Divide Paths, Marrowstone and Strangers 6 p.m. Real Art Tacoma, 5412 South Tacoma Way, Tacoma. \$7-\$10. realarttacoma.com.

Bert Kreischer 7:30 and 10:30 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. \$15-\$20. 253-282-7203, tacomacomedyclub.com.

Twang Junkies 8 p.m. The Spar, 2121 N. 30th St., Tacoma. 253-627-8215.

Saucy Saturdays with Juliet Tango, Lust for Glory and Inside Defiance 8 p.m. The Tippy Tomato Bar and Kitchen, 3878 Center St., Tacoma. Free 253-380-0012, facebook.com/events/302947510203211.

Saturday Night Dance with Barb and Frank Duo 8 to 11 p.m. AmVets Post No. 1, 5717 South Tyler St., Tacoma. \$7 for members, \$10 for guests. 253-591-9273, srsoftacoma.com.

Kömmmand and Ghostblood 8 p.m. The Valley Pub, 1206 Puyallup Ave., Tacoma. \$5. 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.

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

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

Prom Date Mixtape 9 p.m. The Swiss, 1904 S. Jefferson, Tacoma. 253-572-2821.

The Approach: Mighty High and Bes 9 p.m. Jazzbones, 2803 Sixth Ave., Tacoma. \$10-\$15. 253-396-9169.

SUNDAY

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

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

Country Roadhouse Jam with Dave Nichols 8:30 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way, Tacoma. 253-473-2255.

Jesse James and the Mob 7 p.m. The Spar, 2121 N. 30th St., Tacoma. 253-627-8215.

MONDAY

Rockaroake with a Live Band 10 p.m. Jazzbones, 2803 Sixth

Ave., Tacoma. 253-396-9169.

TUESDAY

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

The Dodges 8 p.m. The Valley Pub, 1206 Puyallup Ave., Tacoma. \$5. 253-248-4265.

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

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

WEDNESDAY

Caliente Salsa Dancing 7 p.m. La Fondita Mexican Restaurant, 2620 N. Proctor St., Tacoma. With DJ Arturo Rodriguez. Salsa dance lessons from 7 to 8 p.m. Music and dancing from 8 p.m. to close. \$15 for salsa lessons and cover, \$10 for cover only. 253-752-2878, facebook.com/pg/LaFonditaProctor-District/events.

Mike's Movie Riff Off 8 p.m. Acme Tavern, 1310 Tacoma Ave. S., Tacoma. No cover. 253-503-6712, facebook.com/events/193507334492121.

The Blue Tonz 8 p.m.

Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way, Tacoma. 253-473-2255.

Tall and Small 8 to 10 p.m. VFW, 3150 McKinley Ave., Tacoma. An 11-piece band co-led by Pete Christlieb and Linda Small. From the 1970s through the 1990s. \$10 in advance, \$12 at the door. 253-272-1405. brownpapertickets.com/event/3211483.

Open Mic Night 8 p.m. Rock The Dock, 535 Dock St., Tacoma. 253-272-5004.

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

THURSDAY

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

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

Comedy Super Team 8 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. \$5. 253-282-7203, tacomacomedyclub.com.

Open Mic Night 8 p.m. Rock The Dock, 535 Dock St., Tacoma. 253-272-5004.



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DEAN SIEMON Northwest Guardian

Zion Hunt, 10, does a little dance during Cosmic Blacklight Bowling at Sounders Lanes Family Fun Center on McChord Field Saturday.

FROM PAGE 3C

COSMIC

attracted JBLM service members and their families.

"We have had quite a few good turnouts," said Sounders Lanes manager Jake Sandall. "The most people we've had was 55 to 60 people all at once."

The bowling center went through several changes during its renovation from November 2013 to January 2015. Aside from the removal of

eight bowling lanes, the installation of the lights for Cosmic Blacklight Bowling was big change for Sounders Lanes.

With the lights off, a blacklight and a series of bright neon lights and disco balls are turned on — creating effects on the center's everyday bowling balls and pins. Sandall said Sounders Lanes closely resembles a disco party.

"(It's) not so much the 1970s style, but the lights show up," Sandall said.

The musical choice is also a little different from the 1970s disco venues.

Depending on the patrons' choice, the top hit songs from the 1980s, 1990s, 2000s and the current decade can play.

Cosmic Blacklight Bowling wasn't the only addition from Sounders Lanes' nearly two-year renovation. In place of the eight lanes that were removed, a family fun area was established with plenty of activities for both parents and adults, including an indoor playground.

"If (parents) want to just chill out and have their kids run around like crazy,

If you go

What: Cosmic blacklight Bowling

When: Saturdays from 7 to 11 p.m.

Where: Sounders Lanes Family Fun Center, 737 Jackson Blvd., McChord Field

they can let them go on the playground set," Sandall said.

There is also a laser

maze game that comes with three difficulty modes: easy, medium and hard. The game can be one or two player with the goal of getting past the laser grid as quickly as possible.

Sandall has given the laser maze a try; although, he said he struggles with the laser grids.

"It always reminds me of the movie 'Entrapment' with Catherine Zeta-Jones going through the lasers," Sandall said. "You have to bend down, get down on your stomach and do an Army crawl."

Couples and families can enjoy the retro fun of a photo booth, which usually holds up to two adults. Small children can still sit on a parent's lap.

There's also a standup arcade machine that includes retro classics such as PAC-Man, Galaga and Dig Dug. At only 25 cents to play, it's certainly a popular attraction among adults — including the manager.

"I want to say (I play) more often than I should — about three to four times a week," Sandall said.

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253-593-4474

The Post (PG-13)

Fri-Thu: 11:15 AM, 1:45, 4:15, 6:45, 9:15

Darkest Hour (PG-13)

Fri: 11:15 AM, 2:00, 3:45, 6:30, 9:15
Sat: 2:00, 3:45, 6:30, 9:15
Sun-Thu: 11:15 AM, 2:00, 3:45, 6:30, 9:15

The Shape of Water (R)

Fri-Thu: 8:45

Three Billboards

Outside Ebbing

Missouri (R)

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

Lady Bird (R)

Fri-Mon: 11:20 AM, 1:30, 4:45, 7:00, 9:10; Tue: 4:45, 9:10
Wed-Thu: 11:20 AM, 1:30, 4:45, 7:00, 9:10

My Neighbor Totoro (G)

FREE FAMILY FLICK:

Sat: 10:00 AM, 12:00

The Road Movie (NR)

WEIRD ELEPHANT SERIES:

Sat: 11:00

The Final Year (NR)

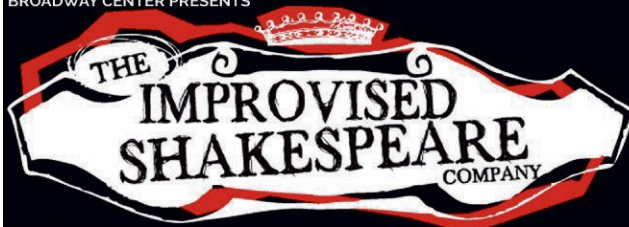
TUESDAY FILM SERIES

Tue: 11:20 AM, 1:30, 7:00

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

TACOMA'S HISTORIC THEATER DISTRICT
PANTAGES THEATER • RIALTO THEATER • THEATER ON THE SQUARE • TACOMA ARMORY

BROADWAY CENTER PRESENTS



Jan. 20 • 3:00 & 7:30 p.m. • Theater on the Square
Tickets start at \$19

A laugh-out-loud literary classic where a full Shakespearean masterpiece is improvised (from the audience suggestions) right before your eyes!

SPONSORS CHI Franciscan Health Davita

HURRY!
LIMITED
AVAILABILITY.

BROADWAY CENTER PRESENTS

Lyle Lovett & Robert Earl Keen

Jan. 26
7:30 p.m.
Pantages Theater

Tickets start at \$39
Two Texas music legends take the stage for an acoustic concert!

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gray lumber company
A Century of Performance • Integrity



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LIMITED
AVAILABILITY.

BROADWAY CENTER PRESENTS
LIVE IN CONCERT

MARC COHN

FEATURING THE BLIND BOYS OF ALABAMA

Jan. 27 • 7:30 p.m.
Pantages Theater

Tickets start at \$19
See Grammy Award winner and legendary gospel group!

SPONSORS

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Federal Credit Union
Davita

CHI Franciscan Health
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LIMITED
AVAILABILITY.



PARTNER

Immanuel
Blues Vespers



BROADWAY CENTER PRESENTS

The Velveteen Rabbit, Reborn

Jan. 27 • 1 & 3 p.m.
Theater on the Square

Tickets start at \$12

A musical reimagining of one of America's favorite storybooks.



BROADWAY CENTER PRESENTS

Michael Feinstein
Celebrating the Crooners

Feb. 23 • 7:30 p.m.
Pantages Theater

Tickets start at \$39

The music of Frank Sinatra, Sammy Davis, Bing Crosby, Dean Martin and others!

SPONSORS AlaskaUSA Federal Credit Union Columbia Bank LeRoy Davita UNIQUELY YOU. CHI Franciscan Health Tacoma Philharmonic Endowment MEDIA knkx

BROADWAY CENTER PRESENTS



8 Shows! Feb. 23 - Mar. 3

Times vary • Theater on the Square

Tickets start at \$14

The one-man play about former Supreme Court Justice and his role in the civil rights movement.

SPONSORS

AlaskaUSA Federal Credit Union The Sheri and Les BILLER FAMILY FOUNDATION ARTS WA arts.wa.gov MEDIA KUOW 94.9

BROADWAY CENTER PRESENTS

Paula Poundstone

Mar. 9 • 7:30 p.m. • Pantages Theater

Tickets start at \$19

Heard regularly on NPR's Wait, Wait...Don't Tell Me!, enjoy an evening of spontaneous wit and tons of laughter.



HURRY!
LIMITED
AVAILABILITY.

MEDIA

knkx KUOW



BROADWAY CENTER PRESENTS

Twilight Zone UnScripted

Mar. 24 • 7:30 p.m.
Pantages Theater

Tickets start at \$19

Enter a dimension of improvisation in the style of classic sci-fi tv series.

BROADWAY CENTER PRESENTS



Apr. 7

5:00 p.m.
Tacoma Armory

Tickets start at \$30

Spend an evening tasting 20+ Northwest wines, spirits, and ciders. Plus, there will be food and artisan vendors, plus a silent auction to benefit Arts Education programs.

SPONSOR LEXUS Lexus of Tacoma

MUST BE 21+ FOR ENTRY

BROADWAY CENTER PRESENTS

Dennis Miller

Apr. 8 • 7:30 p.m.
Pantages Theater

Tickets start at \$39

Experience sharp, edgy wit and outspoken takes on today's hottest topics with raucous political discourse in an evening of comedy.

Mature themes and language, adults only.



BROADWAY CENTER PRESENTS

CABARET

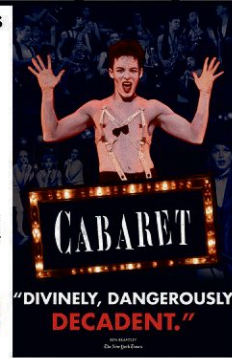
Apr. 10 • 7:30 p.m.
Pantages Theater

Tickets start at \$55

Broadway's definitive Tony-winning musical masterpiece!

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"DIVINELY, DANGEROUSLY DECADENT."

Davita Sound Glass

BROADWAY CENTER PRESENTS

Deepak Chopra
The Future of Wellbeing

Apr. 12 • 7:30 p.m.
Pantages Theater

Tickets start at \$39

Join New York Times bestselling author as he shares new insights and explores our place in the world.

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BROADWAYCENTER.ORG

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