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**ARMY EMERGENCY RELIEF PROGRAM**

# AER support vital to those in need

BY DEAN SIEMON  
*Northwest Guardian*

Since 1942, the Army Emergency Relief program has raised money for service members who are in need of financial assistance due to unforeseen circumstances. Joint Base Lewis-McChord is set to kick off its annual campaign for fiscal 2016 with a special event Friday from 9 to 10 a.m. at Carey Theater on Lewis Main.

While the campaign officially

starts Tuesday and continues through May 15, the event at Carey Theater will allow JBLM service members and veterans to hear testimonials of people who have benefited from no-interest loans and grants offered to service members and their families.

“(Service members) know that nowhere else will they hear the words ‘no interest,’” said Stacey Gilbert, the current AER officer for JBLM’s Armed

Forces Community Service.

In 2015, the campaign raised approximately \$378,000. This was a jump from the 2014 total of \$272,000. Help is always needed from donations; the total value of loans and grants AER supported for 2015 at JBLM alone was \$2.8 million.

AER support has helped service members and families pay for a variety of needs that include food, rent, vehicle repair, funeral costs, medical/dental

**How to get involved**

AER donations can be made at aerhq.org. For more information, visit jblmmwr.com/acs/acs\_aer or call 253-967-9852.

expenses and personal needs in cases of financial hardship.

There is no set dollar mark for what the JBLM AER is hoping to raise this year, but the big focus

is word of mouth about the relief program, Gilbert said.

“What we do have is a goal for 100 percent contact with every service member and retiree to tell them about AER and what it does,” she said. “We have a lot of (service members) who come into our office and don’t know about AER.”

When the AER campaign begins Tuesday, service mem-

**SEE AER, 10A**

**OPERATION CARE FAIR**

# MOM’S MISSION: RELAX



SCOTT HANSEN Northwest Guardian

Kyoko Robertson, middle right, joins Zumba enthusiasts during Operation Care Fair at the American Lake Conference Center Saturday.

BY DEAN SIEMON  
*Northwest Guardian*

Being a military mom can be quite the challenge day in and day out. With all of the stress that comes with that, it’s important to get a nice day to relax, grab a mimosa, get a manicure and take a breather.

That’s what several women from the Joint Base Lewis-McChord community did Saturday during Operation Care Fair inside American Lake Conference Center on Lewis North. Many mothers took advantage of the opportunity to receive some pampering at no cost and to get out of the house.

“It means we get out with our girlfriends and be free of the kids,” said April Jones, who left her three kids in the hands of her husband, Dewayne. “The dads are volunteered.”

Jones was one of many who have attend-

**SEE RELAX, 10A**



Students from the Gene Juarez Academy in Federal Way offer visitors free manicures during the annual Operation Care Fair at the American Lake Conference Center Saturday.

**62ND APS**

# Deployed families treated to dinner

BY SENIOR AIRMAN  
 DIVINE COX  
*62nd Airlift Wing Public Affairs*

The McChord Field Chapel staff along with McChord leadership and members of the 62nd Aerial Port Squadron hosted a deployed family dinner for more than 70 family members Feb. 19 at Joint Base Lewis-McChord.

The quarterly dinner is a way to reach out to families of deployed service members and those service members who have just returned from a deployment.

“We know deployments are tough,” said Chaplain (Lt. Col.) Gerald Snyder, McChord Field chaplain. “Doing something as small as supplying a night of dinner and entertainment for the spouses and children of a deployed Airman, makes a difference during the tough time apart from their loved one.”

The event included a dinner for the families and service members and entertainment for the children. To keep everyone entertained, there was face painting and two magicians who walked around doing magic.

“I am glad that I came out to the dinner,” said the spouse of a deployed Airman. “The dinner is a free meal with no cooking or cleaning afterward, so that brings great relief to any parent who has kids, knowing you can just eat and relax after dinner.”

Snyder said an event like this could not have happened without the 62nd APS, whose Airmen truly embraced the opportunity to take on the dinner and set everything up.

“Teaming up with the chapel

**SEE DINNER, 10A**

**A ‘DOUBLE VICTORY’**

# Tuskegee Airmen share life lessons during Pentagon visit

Tuskegee Airmen (from left) William Fautroy Jr., Charles McGee and Walter Robinson.



BY TECH. SGT. BRYAN FRANKS  
*Secretary of the Air Force Public Affairs*

WASHINGTON, D.C. — Three members of the famed Tuskegee Airmen visited with Airmen at the Pentagon during a meet and greet hosted by Air Force Secretary Deborah Lee James Feb. 16.

Retired Col. Charles McGee and former Cadets William

Fautroy Jr. and Walter Robinson Sr. shared stories and insights about their lives as Tuskegee Airmen and as civilians after they left the military.

“I had a breadth of understanding of what could be, because I had accepted the training and the discipline,” Robinson said, who went on to be the first black postal manager in

**SEE AIRMEN, 10A**

**IN THE NEWS**



U.S. Army Photo

Eliminate breeding grounds for mosquitoes to battle Zika virus.

**ZIKA VIRUS**

On Monday, it was announced a man in Mason County had been diagnosed with the Zika virus. But what is the Zika virus, where is it and how is it spread? **See story, A5**

SCOTT M. ASH  
 U.S. Air Force

## NATIONAL PRAYER BREAKFAST



SGT. JASMINE HIGGINS 28th Public Affairs Detachment

Chaplain (Col.) William Green, I Corps command chaplain, serves as guest speaker for the 2016 JBLM National Prayer Breakfast held at the American Lake Conference Center Feb. 16.

## Annual breakfast targets troop readiness, resilience

BY SGT. JASMINE HIGGINS  
28th Public Affairs Detachment

Service members, their families and Department of Defense civilians all gathered for the Joint Base Lewis-McChord National Prayer Breakfast at the American Lake Conference Center Feb. 16.

The National Prayer Breakfast was created to enhance the readiness and resilience of the attendees regardless of their religion and background. This year's JBLM national Prayer Breakfast hit a bump in the road when the original guest speaker, Chaplain (Maj. Gen.) Paul K. Hurley, was forced to cancel due to transportation problems.

That gave Chaplain (Col.) William Green, I Corps command chaplain, the opportunity to step in at a moment's notice as an alternate speaker.

Green took to the stage jokingly referring to himself as "Plan B" and a "pitch hitter." But the chaplain hit a home run with his presentation.

"He lit a fire under my butt again," said Spc. Kelly Kennedy, a medical lab technician specialist, Bravo Company, Troop Command, Madigan Army Medical Center. "Honestly, I was skeptical to come here. Religious stuff makes me a little nervous, but he kind of struck a chord with me."



Service members, civilians and military family members gather for the National Prayer Breakfast at the American Lakes Conference Center.

Green's speech hit on a variety of difficult topics with the intention of giving the audience hope.

"That indeed is today's message," Green said. "There is hope on the other side of despair and hopelessness."

The message of "hope" that Green wanted to portray hit home and resonated with many of the men and women at the breakfast, even causing some to become emotional.

"I've been having a lot of medical issues, and it has been very scary because I have been losing hope that I'm going to get better and for things to get back to normal," Kennedy said. "This was a reminder that I'm not alone, so that in itself already

makes me feel better."

People from all backgrounds and religions were encouraged to come and support the JBLM National Prayer Breakfast.

"I absolutely would recommend my future Soldiers and my battle buddies to come in and at least be a part of this," Kennedy said. "Even if they are not religious, it's worth it because it's not just about the religious aspect. It's a reminder that you have family within your ranks, within your unit, your brigade, your battalion.

"Maybe your first line isn't the best person to talk to, but there is always someone there with open arms to help you. This is a family and we need to stick together."

## BASIC ALLOWANCE FOR HOUSING

## Housing allowance includes great perks, too

BY PAMELA KULOKAS  
Northwest Guardian

Most folks know that the basic allowance for housing covers the cost of rent and utilities on a military installation, but that's not all that is included for residents of Joint Base Lewis-McChord.

According to Donald Meyer, chief of the Residential Communities Division, service members and families might want to consider the perks of base housing when deciding where to live.

The added security that comes with living on a military installation is appealing to some, as are the schools and Child Development Centers in close proximity to housing, he said. Living on base also means a short commute to work for most, as well as buses that take children to and from school.

"It all depends on what you're looking for; every family is different — what they want is different," Meyer said. "For service members that have families and children that are going to school, it's more convenient for them to be on the installation than living off base."

Landscaping, capital improvements, fire and police services and annual events and publications are all taken care of when service members elect to live on the installation. Electricity, water, sewer, gas and garbage services are included, too. Amenities such as community centers and playgrounds were constructed and are maintained from BAH funds.

The government partners with Lewis-McChord Communities under the Residential Commu-



INGRID BARRENTINE Northwest Guardian / 2011

The McChord Field Cascade Village housing complex is pictured as it was in 2011. Renters should consider that several amenities and services are included on base that might cost more in town.

nities Initiative to manage housing on base. Nearly \$30 million a year is spent on amenities and improvements to existing JBLM housing, Meyer said.

"People normally don't see behind the scenes of what BAH pays for," he said. "The money from Lewis-McChord Communities goes right back into the (JBLM) community."

Those considering renting off base should bear in mind the security and pet deposits, background checks, utility start up fees, parking and other expenses typically associated with a rental property in town. Some companies even ask for the first and last month's rent when the lease is signed.

JBLM is continually improving upon housing infrastructure, Meyer said, with new construction, renovations and repair/replacement projects ongoing across the installation.

In April, the last 30 of the 156 units will be finished for the new Stony Oak neighborhood — completing the project on McChord Field. Carter Lake, Heartwood and Evergreen housing areas are currently under renovation.

The upcoming replacement of carpet with luxury vinyl tile in dining and living areas will enhance living spaces throughout JBLM, Meyer said. The luxury vinyl tile will be installed base-wide during occupancy turn over the next few years.

A recent audit by the Department of Defense showed Lewis-McChord Communities has a customer satisfaction range of 97 to 99 percent on all the work it does for base residents, Meyer said. To learn more about living on base, visit [jblmc.com/home.aspx](http://jblmc.com/home.aspx) or call 253-912-2112.

**Editor's Note:** David Teller contributed to this article.

## NEWS IN BRIEF

## 22nd Military Police Battalion (CID) recognized as best in Army

The U.S. Army's Provost Marshal General recognized Joint Base Lewis-McChord's 22nd Military Police Battalion (Criminal Investigation Division) as the best in the Army for 2015, during the last day of a three-day tour to assess the training of military police personnel assigned to the installation Feb. 18.

"You probably think I have some big speech planned, but I don't; today we're here to recognize Soldiers," said Maj. Gen. Mark S. Inch, during his opening remarks to a crowded warehouse of CID and military police personnel from across the base.

The Feher-Deavers, named in honor of two CID agents who made significant contributions to the U.S. Army CID command, was established in 2012 to promote esprit-de-corps and professionalism in CID detachments across the Army.

The CID detachments help special agents focus on their investigations by managing the training requirements and personnel records.

"We support the agents so they can focus their investigative duties," said Lt. Col. Christine Whimer, commander of the 22nd MP Battalion. "This is our second time (receiving) the award. It represents commitment to our mission and all that we do, and I'm extremely proud."

The unit was also runner up for the Brigadier General Jeremiah P. Holland award, which recognizes the best company, or smaller element within the Military Police Corps.

Instead of a speech, Inch used his opening remarks as a way to address the detachment directly, saying to be recognized as a professional is a great feeling and they should all be proud of their collective accomplishments. Afterward, he awarded every member of the detachment with individual medals.

"I feel very privileged to be a part of this," said Sgt. Jon Roheer, an intelligence analyst with the 22nd MP Battalion who hails from Wilmington, Delaware. "We've taken a lot on ourselves to support the detachment, and that allows the agents to go out and support the Soldiers and families."

— I CORPS PUBLIC AFFAIRS

## Transportation Open House to improve getting around JBLM

There will be a Joint Base Lewis-McChord Transportation Open House at the Family Resource Center, on 9th Division and Idaho Avenue on Lewis Main, Tuesday from 2 to 7 p.m.

A contractor who is conducting the transportation study, will take input from anyone who drives and/or walks on JBLM. If someone can't make it, there is a survey. The survey is available at, [surveymonkey.com/r/JBLM\\_transportation](http://surveymonkey.com/r/JBLM_transportation).

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

## C-124 Globemaster II Operation Colony Glacier casualty recovery

WASHINGTON, D.C. — The Air Force announced Feb. 19 the names of two Airmen who have been recovered from a C-124 Globemaster II aircraft, that originated from McChord Field, that was lost in 1952.

Captain Kenneth Duvall and 2nd Lt. Robert Moon have been recovered and will be returned to their families for burial with full military honors.

On Nov. 22, 1952, the Globemaster crashed while en route to Elmendorf Air Force Base, Alaska, from McChord Field. There were 11 crewmen and 41 passengers on board. Adverse weather conditions precluded immediate recovery attempts.

In late November and early December 1952, search parties were unable to locate and recover any of the service members.

On June 9, 2012, an Alaska National Guard UH-60 Black Hawk helicopter crew spotted aircraft wreckage and debris while conducting a training mission over the Colony Glacier, immediately west of Mount Gannett. Three days later, another Alaska National Guard team landed at the site to photograph the area and they found artifacts at the site that related to the wreckage of the C-124.

Later that month, the Joint POW/MIA Accounting Command and Joint Task Force team conducted a recovery operation at the site and recommended it continue to be monitored for possible future recovery operations.

In 2013, additional artifacts were visible and every summer since then, during a small window of opportunity, Alaskan Command and Alaska National Guard service members have been supporting the joint effort of Operation Colony Glacier.

Medical examiners from the Armed Forces Medical Examiner System used testing done by the Armed Forces DNA Identification Laboratory, along with other forensic evidence, in the identification of the service members. DNA testing continues to identify the remaining personnel. The crash site continues to be monitored for future possible recovery.

— SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

## Chief Master Sergeant Academy awaits first class in Alabama

The Chief Master Sergeant Academy faculty at Maxwell Air Force Base, Ala., is preparing for their first class of students in April. The academy's activation reestablishes the fourth level of enlisted professional military education and marks the first time the Air Force has had a stand-alone faculty and facility dedicated to the development of its top enlisted grade.

The academy replaces the eight-day legacy in-resident Chief Leadership Course that was closed in 2011 after seven years due to budget cuts and the subsequent facilitated distance learning course that was discontinued after a one-year test.

The academy fills the education void for enlisted members between the Air Force Senior Noncommissioned Officer Academy and those assuming the rank of chief master sergeant, he said.

Though the AFSNCOA fulfills the necessity for its graduates to meet appropriate Air Force and Joint institutional competency requirements, a similar course was needed for chief master sergeants to meet their rank-appropriate requirements.

The first of three beta classes is scheduled to begin in early April, spanning 20 academic days with a mix of 48 total force chief master sergeant-selects and current chief master sergeants. The Air Force Personnel Center, along with its Air Reserve component counterparts, has begun scheduling students for this class based on promotion sequence number.

The Air Force Chiefs' Group will select and schedule current chief master sergeants.

The two other beta classes are scheduled for June and August, each with 72 total force students, before the academy begins full production in November, concurrent with the 16E9 promotion release.

Starting with the November class, the academy will conduct seven classes annually, educating 750 total force students per year (500 active-duty and 250 Air Reserve component members). Each class will be broken into nine seminars, each with 12 students.

— AIR FORCE NEWS SERVICE

# Page Three

## QUOTE OF THE WEEK

"We can all be better as leaders. I would suggest that none of us are born to leadership; we're taught how to be leaders, and that's a skill we can continue to hone through our entire military career."

**Air Force Gen. Paul J. Selva**  
Vice chair, Joint Chiefs of Staff

## ALSO INSIDE



SCOTT HANSEN Northwest Guardian

**RIVALRY:** U.S. goalie Ty Henrichsmeyer, right, makes a save during the annual U.S. vs. Canada Hockey Challenge. **SEE SPORTS, B1**

## NWGUARDIAN.COM

● **Black History:** Winter is the busiest time of year at a black history museum in Thomsasville, Ga., named after its founder — a city native and retired Airman, who remains the driving force behind the collection of more than 5,000 items, most of them acquired locally. Retired Chief Master Sgt. James Roosevelt "Jack" Hadley's personal touch is all over the Jack Hadley Black History Museum, which is housed in a former elementary school.

● **Saving a life:** While helping to hand out water to residents in Flint, Mich., a Michigan National Guardsman is credited with helping to save a life. Army Spc. Charles Colwell, a medic, was one of 65 Soldiers helping distribute water after Michigan Gov. Rick Snyder activated the National



Guard to help with the Flint water emergency. While on duty in Flint, Soldiers noticed a woman who was short of breath. Colwell assessed the woman's condition and found out she had bronchitis and her inhaler was nearly empty. Colwell called 911 by the time the paramedics arrived he already had an assessment to hand over to them so they were a few steps ahead.

## 1ST BATTALION, 37TH FIELD ARTILLERY REGIMENT

# Battalion readies, aims, fires

BY SGT. DEJA BORDEN  
20th Public Affairs Detachment

The thunderous roar of 155 mm rounds fired from M777 Howitzers could be heard echoing through the woodlines near Joint Base Lewis-McChord Feb. 17-18.

More than 160 Soldiers from the 1st Battalion, 37th Field Artillery Regiment, 2nd Infantry Division Artillery, participated in the Battalion Artillery Readiness Test.

For two days, Alpha and Bravo batteries 1-37 FA, conducted the live-fire exercises to perfect their accuracy and loading skills.

"It's a way to certify the battery, as well as battalion, at all of their (mission essential task list) and ensure that they can deliver fires for the brigades we support," said 1st Lt. Ty Gambill, Alpha Battery, 1-37 FA platoon leader.

The readiness test is an important way to verify the unit meets the standards set by the



SGT. DEJA BORDEN 20th Public Affairs Detachment

Army's artillery community, Gambill said. It also helped the Soldiers and leaders determine

what improvements the unit needed to make and how well the unit did as a whole.

The Battalion Artillery Readiness Test was the last major training event 1-37 FA will par-

ticipate in before heading to the National Training Center in Fort Irwin, Calif., this summer.

"This is kind of our last look before we go," Gambill said.

First Lt. Matthew Travieso, Delta Battery, 1-37 FA platoon leader, assisted in facilitating the certification of Alpha and Bravo batteries.

Travieso and his Soldiers checked for target accuracy and safety during the live-fire exercises.

The observers ensured the rounds landed safely to be certain there was no issue of fratricide or endangering the surrounding animal population, Travieso said.

Travieso said Alpha and Bravo batteries performed well during their two days of live-fire and successfully completed the readiness test.

"We just did a battalion time on target and 75 percent of the rounds were in 75 meters of the target area," Travieso said.

## MAINTENANCE RECOVERY TEAM

# Team ready on moment's notice

BY TECH. SGT. TIMOTHY CHACON  
62nd Airlift Wing Public Affairs

An inevitable part of flying any aircraft is that it will need emergency maintenance at some point or another. One particular C-17 Globemaster III assigned to the 62nd Airlift Wing needed that emergency maintenance when it broke down at North Island Naval Station, Calif., Feb. 16.

A four person Maintenance Recovery Team from McChord Field, consisting of two crew chiefs and two hydraulic systems specialists, left Feb. 18, with little notice and had one objective — get the aircraft back on its mission.

"The only thing we had on our mind was getting the aircraft fixed as quickly as possible, by the book and on time," said Staff Sgt. Nathan Kuhn, 62nd Maintenance Squadron hydraulic systems craftsman and MRT

lead. "We knew it was a problem with the hydraulic reservoir, so we did everything we could to prepare before we landed, so we could get to work as fast as possible."

This particular issue is not a common one. On top of that, it would be the first time for either of the hydraulic specialists to replace this part.

"This is something that doesn't go bad often, but our best guess at this time was an over pressurization issue," said Senior Airman Jacob Renstrom, 62nd Maintenance Squadron hydraulic systems specialists.

There was no questioning the four Airmen's resolve to getting the tasks accomplished. They all went to work as soon as their plane landed at North Island, which was at 8 p.m. and worked until the aircraft was fixed.

"This is my third MRT and it's always a team effort," Renstrom said. "We wouldn't have been



TECH SGT. TIM CHACON 62nd Airlift Wing Public Affairs

able to get it done without the help from the (62nd Aircraft Maintenance Squadron) guys."

The 62nd AMXS Airmen were Staff Sgt. Jeremy Aiumu and Staff Sgt. Tanner Evjene, both are McChord C-17 crew chiefs and were assigned to this MRT to help unload the flare system off the C-17 so the jet could safely be worked on.

"This is when we get to see the real purpose of our mission,"

Staff Sgt. Nathan Kuhn installs a hydraulic reservoir on a C-17 Feb. 18 at North Island Naval Station, Calif.

only the tools and parts they carried with them to fix any problems they would face.

"When you are at a remote location, parts and equipment are not readily available," Kuhn said. "When something doesn't go right, you have to adapt and figure it out while still keeping it in the regulations for safety."

For Renstrom, he said fixing it quickly is the goal; fixing it right is the necessity.

"It's about getting the job done quickly, but it's also about getting it done correctly," Renstrom said. "People are going to be on flying on this aircraft, it has to be safe. One day I could be on it or my family could be on it, I have to do everything the best I can."

The C-17 was ready to take off in the early morning hours Feb. 19, back on its mission with few people even knowing the Maintenance Response Team had been there.

## WESTERN REGION RESERVE OFFICERS' TRAINING CORPS

# Soldiers school future Army leaders at UW-Seattle

BY CAPT. TANIA DONOVAN  
17th Field Artillery Brigade

Thirteen Soldiers from the 308th Brigade Support Battalion, 17th Field Artillery Brigade, shared their military experiences with about 75 cadets from five universities across Washington and Alaska. The panel took place at the Western Region Reserve Officers' Training Corps Leader Conference held at the University of Washington in Seattle during a community outreach event held Saturday.

During the event, the 13 Soldiers separated into five panel categories: life of a platoon leader, officer/noncommissioned officer relationships, ethical decisions and leadership challenges, winning in a complex world, and the battalion commander panel. The overall mission of the Soldiers was to provide the cadets an opportunity to develop the

critical thinking necessary to solve the real-world challenges they will encounter as Army officers.

"Today was a great opportunity for the cadets to ask insightful questions of our junior officers, specifically related to branch and scenario-based circumstances that they will face as platoon leaders as they enter the force," said Lt. Col. Michael LaBrecque, 308th Brigade Support Battalion commander. "It was also an excellent opportunity for the junior leaders and company commanders to mentor these cadets. Leader development remains a priority within the United States Army and our brigade."

The cadets in attendance were from five participating universities:

- University of Alaska-Fairbanks,
- University of Washington,
- Pacific Lutheran University,

- Central Washington University,
- Seattle University.

The Army ROTC prepares young men and women through classes and field training to become leaders and conduct missions as officers in the Army. However, being in a school environment, it is often hard to get first-hand perspective of the everyday challenges Soldiers face.

"The experience with the panel will help me better myself as a Soldier and leader," said Cadet Sarah Barnes. "This will make me a better officer when I have to react to platoon issues. Getting the perspective of NCOs and officers really helps because they have wonderful experiences and great advice to offer. I want the opportunity to serve Soldiers — I want to be a leader."

During their visit, Soldiers

presented the cadets with a number of real-world situations in which their skills have also been challenged. The Soldiers shared their experiences with handling difficult scenarios and offered the cadets a perspective of leadership that most had not had before.

Having the 308th BSB Soldiers speak to the students brought the cadets to the reality that the lessons they receive in school are often applied to military life. The importance of the education they are currently receiving cannot be ignored and the experiences they will encounter as commissioned officers will put those classroom lessons to the test.

"I think the panels help cadets get an idea of how to be leaders from currently serving NCOs and officers," said Maj. Troy Beattie, professor of military science. "It's giving the cadets new information to think about and reinforce

what they have already learned. If there was one piece of advice I could give these cadets, I would tell them to find out their unit's standards, to understand what is expected of them and exceed such standards."

Cadets were able to ask very specific questions about what is happening on the ground, according to Capt. Nikki Rizzi, 256th Signal Company commander.

"Anything you can do to prepare your future leaders, is right there and then, shaping the future of our Army," Rizzi said.

This community outreach event was the second of its kind for Soldiers of the 308th Brigade Support Battalion.

Captain John Halbert, former 256th Signal Company, 308th Brigade Support Battalion, was guest speaker as part of another panel for cadets at Pacific Lutheran University in October.



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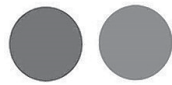
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## STRAIGHT TALK

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## What is your favorite way to exercise?

"Walking with my babies in the stroller — family time and exercise all in one."

— KAYLA TYSON

"Whatever exercise I'm doing with my men is my favorite — making the men better to accomplish the mission."

— ADAM MESTON

"Dancing to '80s and '90s music like a fool in the privacy of my own home."

— OLIVIA AUSTIN

"Walking and yoga as it makes me slow down and enjoy everything around us."

— EMILY MAE CRIBB

"Walking the dog."

— STEPHEN KOLF

"I love my Wii Fit!"

— STACY RIDENOUR LA FOREST

"Outside in 50 to 70 degree weather or in a really clean gym with circulating air. Fun is an optimum as well. Tuff Mudders are also a great way to go."

— MIJIKAI MASON

"Ballet. It works the whole body."

— SARAH RUTH

## Next week's question

What is your home state famous for?

## VIEW FROM THE TOP

# 7th ID service members fully engaged worldwide

BY MAJ. GEN. THOMAS JAMES  
*7th Infantry Division Commander*

**T**ask Force Bayonet continues to build a team of Army professionals that are combat ready to fight and win in a complex world. Our Soldiers are fully engaged across the globe supporting regional engagements and remaining globally responsive.



James

Building and sustaining readiness remains our first priority. In building readiness, our Soldiers and families continue to amaze me with their service and sacrifice.

Recently I had the opportunity to take part in a recognition ceremony for volunteers across the 7th Infantry Division, and thank our Soldiers, civilians and family members who dedicate time and effort to serve the community and our Army families.

This quarterly event is our way of expressing gratitude to those who provide selfless support above and beyond; everything from preparing barracks rooms for redeploying Soldiers, volunteering in shelters and child development centers, taking time to chaperone school events, community project assistance and even comforting families who have lost Soldiers.

We have learned about the power of volunteerism since 9-11, and the value in having a community that embraces Soldiers and families. In times of force size and resource reductions, it is our volunteers who step in every day to support our military community. Their efforts are invaluable to our success.

Now I would like to highlight some of the great things the 14,000 Bayonet Soldiers, who volunteered to serve this great nation, have done.

Task Force Bayonet (Forward), the division headquarters element in Afghanistan, continues to do great things to support Afghanistan Security Forces in Kandahar and Helmand provinces. The Lancer Brigade — 2nd Brigade, 2nd Infantry Division — just finished its rotation at the National Training Center in Fort Irwin, Calif., and prepares for a Pacific Pathway deployment in June.

The Ghost Brigade — 1st Brigade, 2nd Infantry Division — will be the next to train at the NTC in May, after completing home station training and conducting Pacific Pathways missions in Thailand, Korea and the Philippines.

The Ghost Brigade recently com-



STAFF SGT. MARK MIRANDA 7th Infantry Division

pleted exercise Cobra Gold, in Thailand, and is currently consolidating in Korea for Exercise Foal Eagle. After Korea, the brigade will deploy to the Philippines for the Balikatan Exercise. With our Soldiers' executing these regional engagements, we are postured to support U.S. Pacific Command's strategic priorities for

**We are all committed to service, sacrifice and something greater than ourselves. With the expertise we have throughout our formations and the support we have at home and abroad, I am confident that we will win if called to fight in a complex world.**

the Pacific rebalance.

The Thunderbolt Brigade — the 17th Field Artillery Brigade — recently deployed batteries from the 1st Battalion, 94th Field Artillery Regiment and the 5th Battalion, 5th Air Defense Artillery Regiment to support missions in Kuwait and Iraq.

The 16th Combat Aviation Brigade is supporting NTC missions, recently finished Exercise Lightning Strike in Hawaii and are preparing for a mission in the CENTCOM area of responsibility in 2017.

Additionally, we still have Soldiers rotating into Afghanistan to support the Train, Advise and Assist Command-South mission. It speaks volumes to the adaptability of our forces, and I could not be more proud of those Bayonet Soldiers who conduct these complex and demanding missions.

We truly are a team of teams in every aspect.

We are all committed to service, sacrifice and something greater than ourselves. With the expertise we have throughout our formations and the support we have at home and abroad, I am confident that we will win if called to fight in a complex world.

## 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. — Main Post Chapel

Sunday, 9 a.m. — Madigan Chapel

Sunday, 10 a.m. — McChord Chapel No. 2

Sunday, noon — Evergreen Chapel

Sunday, 5 p.m. — Main Post Chapel

Daily (Mon-Fri), noon — Lewis North Chapel

Daily (Mon-Fri), 11:45 a.m. — Madigan Chapel; call 253-968-1125

1st Fridays, noon — McChord Chapel No. 2

**PROTESTANT SUNDAY**

9 a.m. — Liturgical — Soliders Chapel

8:30 a.m. — Traditional — McChord Chapel No. 1

10 a.m. — Contemporary — Four Chaplains Memorial Chapel (chapel Next)

10:30 a.m. — Collective — Main Post 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**

1st, 3rd & 5th Fridays at 6 p.m. — BLDG T-2002, 968-2310

**Islamic**

Fridays, 12:30 p.m. — Four Chaplains Memorial Chapel, 968-1125

**Buddhist** Thursdays, 6 p.m. — Lewis North Chapel, 966-5959

**Pagan/Wiccan**

Wednesday, 7 p.m. — Building 6230, Lewis Main, 907-952-4156

## AWAITING THE SIGNAL



STAFF SGT. MARK MIRANDA 7th Infantry Division

Joint Base Lewis-McChord hosted the third Stryker Leaders Summit Feb. 17-18. This conference gathered the leadership from Stryker units across the Army to discuss topics ranging from maintenance, training, leader development and emerging capabilities.

## THIS WEEK IN HISTORY

**Feb. 26, 1815:** Napoleon escapes from Elba.

**Feb. 27, 1991:** Operation Desert Storm: ground operations end, Iraqis ousted.

**Feb. 28, 1945:** Philippines: U.S. forces land on Palawan.

**Feb. 29, 1936:** FDR signs the Second Neutrality Act.

**March 1, 1913:** Federal income tax takes effect, as per 16th Amendment.

**March 2, 1867:** Jesse James' gang robs bank in Savannah, Mo., one dead.

**March 3, 1931:** "Star Spangled Banner" adopted as the national anthem.

ARMY MEDICINE

# Going to war against Zika

BY KIRK FRADY  
*Army Medicine*

On Monday, it was announced a man in Mason County, in Washington state, had been diagnosed with the Zika virus. But what is the Zika virus, where is it and how is it spread?

Zika is a mosquito-borne virus closely related to yellow fever, dengue and West Nile viruses.

A Zika virus outbreak was identified in Brazil in early 2015; since then, it has spread to more than 25 other countries in Central and South America and the Caribbean.

The Centers for Disease Control and Prevention issued a Level 2 Travel Alert — Practice Enhanced Precautions — for areas where Zika virus transmission is ongoing.

This includes the recommendation that women, who are pregnant, or trying to become pregnant, consider postponing travel to any area where Zika virus transmission is ongoing.

About one in five people infected with Zika virus become ill. If you think you may be infected, see your primary care provider immediately.

If you have recently traveled abroad, tell your health care provider when and where you traveled.

Your health care provider may order blood tests to look for Zika or other similar viruses like dengue or chikungunya



Zika is a mosquito-borne virus closely related to yellow fever, dengue, and West Nile viruses. Eliminating breeding grounds for mosquitoes helps in the battle with the Zika virus.

U.S. Army Photo

**TREATMENT**

There is no current vaccine available to prevent Zika infections.

There is no specific treatment for Zika infections; instead, treat the symptoms.

Your health care provider will recommend supportive treatment such as rest and rehydration.

If you have Zika, prevent mosquito bites for the first week of your illness.

During the first week of infection, Zika virus can be found in the blood and passed from an infected person to another mosquito through mosquito bites.

An infected mosquito can then spread the virus to other people.

Department of Defense labs are enhancing techniques to test mosquitoes for Zika.

Southern Command is offering voluntary relocation out of affected areas to all pregnant DOD employees and beneficiaries, and all Army medical facilities have been notified of the concerns surrounding Zika infections and are prepared to assist patients who may have been infected.

The Armed Forces Pest Management Board recommends wear of permethrin-treated uniforms/clothing, use of approved insect repellent, and removal of standing water that may serve as mosquito breeding sites to prevent bites.

**PREVENTION**

The best way to prevent diseases spread by mosquitoes is to avoid being bitten. Minimize standing water in items like buckets, bowls, animal dishes, flower pots and vases.

There is currently no vaccine for Zika. Mosquitoes that spread Zika virus bite mostly during the daytime and prefer to bite people and live indoors and outdoors near humans.

**PREGNANCY**

Women who are pregnant and plan to travel to an area with ongoing Zika virus trans-

mission should consider postponing travel until after delivery. If you are pregnant and traveled to an area with ongoing Zika virus transmission, your provider can arrange for testing to see if you were infected, even if you never experienced symptoms.

If you are not yet pregnant, there is no evidence that Zika infection prior to conception poses a risk for any future pregnancies.

**SYMPTOMS**

The most common symptoms of Zika are fever, rash, joint

pain, or conjunctivitis (red eyes). Other common symptoms include muscle pain and headache. The incubation period (the time from exposure to symptoms) for Zika virus disease is not known, but is likely to be a few days to a week.

The illness is usually mild with symptoms lasting for several days to a week.

Zika virus usually remains in the blood of an infected person for a few days but it can be found longer in some people.

Severe disease requiring hospitalization is uncommon. Deaths are rare.

ARMY MATERIAL COMMAND

# Commander praises 'one of a kind' base

BY MEGAN COTTON  
*Army Materiel Command*

Army Materiel Command's Commander Gen. Dennis L. Via praised the work being done by Soldiers and civilians to maintain readiness in the Pacific theater during a visit to Joint Base Lewis-McChord Feb. 8.

While touring the Regional Logistics Readiness Center, Via complimented the new facility as a single production point, colocating logistical hubs for the Communications-Electronics Command and the Tank-automotive and Armaments Command. He called the facility the premier LRC in the Army.

"This facility is done right and should be the model for what we do at all our major logistics hubs," he said. "When

you talk about readiness and what we need to support our Soldiers, this fits the bill and addresses those needs. When Soldiers see the AMC patch, it means trust; they know you will resolve their issue and take care of them."

During the visit, Via had lunch with senior logisticians and signal leaders from around JBLM's commands.

The group discussed the Army's transition to sustainment to Soldier-based maintenance and reducing the Army's reliance on contractors.

"In the near future we need to maintain readiness at all times because we don't know what the Army's next mission will be," Via said. "It requires processes and procedures within the units to ensure that you are diagnosing issues, ordering



MEGAN COTTON Army Materiel Command

Gen. Dennis L. Via, middle, and Brig. Gen. Jack Haley, third from left, discuss the Army's transition to sustainment with leaders from JBLM.

the right parts and understanding the processes of maintaining equipment yourself, so your

unit is ready no matter when or where you deploy." Army Chief of Staff Gen.

Mark Milley's number one priority is readiness, and readiness is why AMC exists, Via said.

"We are getting back to basics of sustaining and maintaining equipment, but I have no doubt you can do it," he said. "You are the experts, and I know we are heading down the right path."

Around JBLM, Via recognized employees for their hard work and years of service to the government.

"We travel a long way just to say thank you, but you deserve it for everything you've done," he said.

The visit to JBLM was the final leg of a Pacific Command tour for Via. He also visited South Korea and Hawaii to discuss AMC's support to the Pacific.

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\*As reported by Military Times, July/August 2015



## Scotch Tasting

FRIDAY, MARCH 18

6:00 PM – 8:30 PM

THE CLUB AT McCHORD FIELD, HERITAGE ROOM

Come learn about the early origins of Scotch, the production process and enjoy a 5-course food pairing to provide both appreciation and context. The single malt Scotches will include a delicate Speyside, a Glenkinchie Lowland, the Island Scotch Whiskey Jura, the complex and rare Highland Glen Albyn and the unique Islay of Ardbeg's Corryvreckan. Each will be carefully paired with the small plate menu to both compliment or contrast flavors in an understanding of flavor and its origin in the Scotch whiskeys.

\$65 Per Person, \$2 Discount for Club Members.  
Limited seating, pre-payment is required. Ages 21+  
For details and reservations please call (253)982-5581.

Please drink responsibly.

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



Registration issues? Need more info? Call 253-967-2604.

62ND AIRLIFT WING

# New honorary commanders sworn in

BY STAFF SGT. NAOMI SHIPLEY  
 62nd Airlift Wing Public Affairs  
 More than 15 civic leaders and community partners from around the Puget Sound area took an oath to support the men and women of the 62nd Airlift Wing and the Air Force during an honorary commander change of command ceremony at the McChord Field Chapel Support Center at Joint Base Lewis-McChord Monday.

The honorary commander program is an Air Force public affairs initiative to educate community partners with limited knowledge about the Air Force by teaming them up with commanders at Air Force bases.

This program enables an inside view to life in the Air Force with key leaders, an opportunity which otherwise would not occur.

"It's a very special day and a very meaningful ceremony," said Col. Leonard Kosinski, 62nd Airlift Wing commander.

"It's an honor to have you here today. We are full of appreciation for our community partners who have served and bettered the lives of our Airmen and their families."

Kosinski emphasized the significance of the program and the vitality of it.

"You (honorary commanders) have enabled worldwide mobility airlift and made our military stronger through your efforts," Kosinski said. "It's crucial to have an open and cooperative relationship with our community, which is why Team McChord's Honorary Commanders Program is very important to us."

Anne Sprute, who is a retired Army aviator and founder of Rally Point 6, was paired up with Kosinski as his new honorary commander.

"It's extremely humbling," Sprute said. "Anytime we (community members) have the opportunity to learn about organizations doing amazing things that are impacting our



STAFF SGT. NAOMI SHIPLEY 62nd Airlift Wing Public Affairs

Col. Leonard Kosinski, left, stands next to his new honorary commander Anne Sprute at the Chapel Support Center Monday.

society as a whole including maintain our freedoms, it's extremely valuable. I (now) have the opportunity to take that information and share it with people in the private sector. It's an opportunity to edu-

cate the community at large."

There are several goals for the program according to Kosinski.

"The first is to give you insight into Team McChord and the Air Force as a whole

through direct personal involvement with our Airmen," Kosinski said. "For those who have not met the Airmen who make the Air Force so great, you will be amazed. Secondly, our Airmen will benefit through increased association with you, our key community leaders."

From the tangible donations to the behind the scenes interaction and support of Airmen, the community plays a huge role in the success of military installations worldwide.

"It goes without saying; we could not do our mission without your support," Kosinski said.

The last time an honorary commander's change of command ceremony took place on McChord was in 2013 when eight new commanders were welcomed.

For more information about the honorary commander program, call the 62nd Airlift Wing Public Affairs office at 253-982-5637.

## JBLM Brewfest 2016

Friday, February 26,  
4:30-8 p.m. at the Club at McChord Field

- \* Homebrew & local commercial/Microbrew tasting
- \* Hors d'oeuvres (while they last)
- \* Bluegrass music entertainment  
"The Oly Mountain Boys" 5-8 p.m.
- \* Door prizes
- \* Announcement of sanctioned homebrew competition winners at 6 p.m.



\$15/person includes a glass & 6 samples, \$5 for 5 additional samples.

Hosted by JBLM MWR & Homebrewers of Puget Sound.

BOSS will have the Designated Driver van to give rides to Active Duty Service Members.


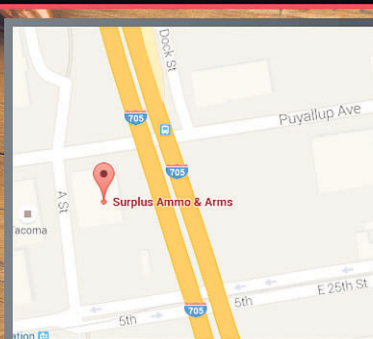
Event is for 21 yrs & over.

Call 253-967-5776 for additional information.  
<http://jblmmwr.com/brewfest/>



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# Transitions

## OPERATION NEXT STEP

# The next step after serving

BY TECH. SGT.

TIMOTHY CHACON

62nd Airlift Wing Public Affairs

The 627th Force Support Squadron Military Personnel Section of Joint Base Lewis-McChord conducted its inaugural transition assistance event, Operation Next Step, Feb. 17. The event in "The Castle" on McChord Field brought together more than 70 transitioning service members, transition specialists and more than 13 potential employers and service providers.

The event was organized by members of the 627th Force Support Squadron and the JBLM Service Member for Life-Transition Assistance Program. The event was one part job fair, with employers from the local area looking to hire and answer questions for service members, and one part military personnel flight informational session.

"We want (service members) to get the proper information about the transition process and let them see what the future holds," said Tech. Sgt. Kenya Greene-Gadsden, 627th Force Support Squadron noncommissioned officer in charge career development office and event coordinator.

Representatives from the separations, retirement and retention sections from the 627th FSS, as well as the Survivor Benefit Plan section, gave short briefs about the processes for each.

"When you decide what you are doing, we want to be able to help cut the confusion out of the virtual (processing)," said



Airmen and Soldiers from Joint Base Lewis-McChord attend "Operation Next Step" at McChord Field Feb. 17.

TECH. SGT. TIMOTHY CHACON  
62nd Airlift Wing  
Public Affairs

Greene-Gadsden. "Our aim is to give our members the warm fuzzy they are used to getting from the MPS."

If a transitioning member would need a final medical physical, then the obvious place to start is the clinic. But how does one ensure a retiring service member's spouse continues to receive retirement pay in the event the service member dies after retirement?

"A DD Form 2656, Data for Payment of Retired Personnel, is provided by (our office)," said Staff Sgt. Suzanne Butler, 627th

FSS SBP counselor. "This form properly establishes your retired pay account and reflects your SBP election. The SBP ensures widows/widowers (are) not left destitute. SBP is the only way a survivor may continue to receive a portion of retirement pay."

Joint Base Lewis-McChord has a large and active transition assistance program and Operation Next Step was another piece of that.

"This minicareer fair was to let everyone know on base that SMFL-TAP is up and running again," said Jay Asuncion, Directorate of Human Resources tran-

sition program specialist. "The office has been shut down since September 2015 due to relocation and construction. This is a first of many events to come in the future."

The employers at the event were naturally focused on hiring people, but for some of them it was more than filling a position.

"We are a veteran owned business and we don't want to see veterans in a hard spot," said Ashley Layton, Commercial Driver School campus director. "We do job placement assistance and try to get in front of as many

service members as possible."

"This is just the pilot program and I think that it went really well," Greene-Gadsden said. "The biggest take away for the members (should be) that their local McChord MPS is here to serve them. We are willing to go above and beyond to make their transition into civilian life as smooth as possible."

The McChord Service Member for Life-Transition Assistance Program office is located in Building 100, Room 3015.

For more information, call 253-982-1157.

## SESAME WORKSHOP

# Kids' show supports families in transition

Department of Defense  
News Service

WASHINGTON, D.C. — Elmo, Big Bird, and Abby Cadabby are teaming up with the Defense Department to support thousands of military families as they transition to civilian life, according to Transition to Veterans Program Office officials.

Earlier this year, the Sesame Workshop, the nonprofit organization behind Sesame Street, launched a website devoted to helping families cope with the changes associated with transitioning into civilian life, the officials said. The site, located at [sesamestreet.org/veterans](http://sesamestreet.org/veterans), includes several videos for children and adults, an activity book called "My Story, My Big Adventure Activity Book," and other resources that military parents can use to help their families communicate through the transition process, the officials said.

The products are intended to increase the ability of parents to communicate with young children in age-appropriate ways and



LANCE CPL. DANIEL JEAN-PAUL III Marine Expeditionary Force

Characters from Sesame Street dance during a recent live show for service members and their children at Camp Foster in Japan.

create awareness among transition service providers of the importance of including the whole family, particularly children, when addressing transitions for active-duty service members, the officials said.

The products are available online and will be distributed through a variety of networks where military families and children are

present, both on and off military installations, the officials said.

"We are grateful to Sesame Workshop for their efforts to assist our transitioning military families," said Susan Kelly, director of the Department of Defense's Transition to Veterans Program Office. "Transitioning out of the military can be challenging for families, and we hope these prod-

ucts will help ease that transition."

The Defense Department has worked with the Sesame Workshop in the past to use Sesame Street's familiar characters to help preschool-aged military children understand aspects of military life, such as the deployment of a parent, moving to a new home, and the injury or even death of a parent, the officials said. Previous examples of resources that have been developed through this collaboration between the Sesame Workshop and the Department of Defense can be found through Military OneSource: [militaryonesource.mil/sesame](http://militaryonesource.mil/sesame).

The latest collection of resources about the transition of military families comes through collaboration with the National Center for Telehealth and Technology, along with personnel from DOD's Transition to Veterans Program Office and the Military Community and Family Policy office, the officials said.

According to the Sesame Workshop, focus group responses

indicated that transition-related challenges, such as finding employment and adjusting to a change in family roles, could increase anxiety in military children, possibly resulting in academic or behavioral challenges, the officials said. The Workshop's materials emphasize communication throughout the transition process and underscore the benefits of making new friends and maintaining a positive attitude through change, the officials said.

Rosemary Williams, the deputy assistant defense secretary for military community and family policy, said the long-standing working relationship with Sesame Workshop has great benefits for military families.

"Their unique ability to translate difficult topics into language easily understood by children and trusted by their parents is most unique," Williams said. "These fun and engaging products will only help military families as they adjust to new changes with the same resilience that marked their service to our nation."

# 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@nwgardian.com](mailto:nwgeditor@nwgardian.com). Announcements can be viewed online at [nwgardian.com](http://nwgardian.com). The Northwest Guardian office is in the basement of 1010 Liggett Ave. on Lewis Main. For more information, call 253-477-0182.



## SNAPSHOT

### Awaiting signal

An Army paratrooper, assigned to 173rd Airborne Brigade, awaits the jumpmaster's signal to exit 12th Combat Aviation Brigade Black Hawk helicopter above the Grafenwoehr Training Area, Germany, Feb. 18.

CAPT. JAYMON BELL, 12th CAB

## LET'S HEAR IT

What do you want to know in 2016? 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 FAMILY DAYS FOR 2016

The following are the scheduled dates for Army's Day of No Scheduled Activity, Air Force's Family Days and federal holidays on Joint Base Lewis-McChord.  
 March 25 — Good Friday  
 May 27 — Army DONSA and Air Force Family Day  
 May 30 — Memorial Day  
 June 10 — Army DONSA and Air Force Family Day

## TASTE THE BEST AT THE JBLM BREWFEST

Do you like microbrews and homebrews? You can sample the best at the annual Joint Base Lewis-McChord Brewfest Friday at the Club at McChord Field. Party starts at 4:30 p.m. and ends at 8 p.m. For \$15 per guest, you'll get your own sampling mug, six samples, appetizers, live bluegrass band and door prizes. Brewfest Homebrew Competition winners will be announced during the event. The Brewfest is hosted by JBLM and the Homebrewers of Puget Sound and is an AHA/BJCP-sanctioned competition. For more information, call 253-967-5776 or visit [jblmmwr.com/brewfest/](http://jblmmwr.com/brewfest/).

## YOUTH CENTER EVENT FOR NEW TEENS

Teens new to Joint Base Lewis-McChord are welcome to check out the Middle School/Teen programs at Hillside Youth Center Friday from 4 to 7 p.m. Meet other JBLM teens, check out a video, get a tour and feel the pulse of the youth center's afternoon activities. The youth center provides transportation from the base hotels (with parental permission slip, available at the hotels). The Hillside Teen Zone is at 6397 Garcia Blvd. at Lewis Main.

## THE IMPORTANCE OF BEING EARNEST

The Standing Room Only Theater Company invites you to attend the supremely witty, classic play, "The Importance of Being Earnest," written by Oscar Wilde and directed by Nancy Tribush Hillman. This playfully romantic, yet biting funny commentary on Victorian manners and upper class mannerisms is replete with a sterling silvercast, featuring entertaining characters such as bon vivant Algernon, love-lorn Jack, sweet and smart Cecily, a Maggie Smith-style Lady Bracknell, her haughty daughter Gwendolen and, in a surprise appearance for the first time on the modern stage, Mr. Wilde himself. Show opens at the Triad Theater, 102 E. Yelm Ave. in Yelm and runs Friday to Sunday, March 4 to 6 and 11 to 13. Friday and Saturday evening shows begin at 7:30 p.m. and Sunday matinees begin at 2 p.m. Military discount is available. Purchase tickets online at [srotheater.org](http://srotheater.org) or call 360-458-3140.

## SATURDAY BOWLING SPECIAL FOR YOUTH

Every Saturday, youth can bowl at Sounders Lanés Family Fun Center for only \$5 from 10 a.m. to noon. For more information, visit [jblmmwr.com/bowling](http://jblmmwr.com/bowling). Sounders Lanés is located at McChord Field at 737 Jackson Blvd. For more information, call 253-982-5954.

## ARMY, AIR FORCE PCS MOVE WORKSHOPS

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

## TUESDAY POOL TOURNAYS AT WZ

Rack 'em up and call your shot at the free, weekly eight-ball pool tournament Tuesdays at the Warrior Zone on Lewis North. Sign up at 6 p.m.; weekly tournaments start at 6:30 p.m. Players of all levels are welcome to compete on eight, champion-sized pool tables. Bring your own cue or use a house cue. For more information, call 253-477-5756.

## JBLM HOME FIRE SAFETY CLASS

Base housing residents are required to take a Family Housing Fire Safety class within 30 days of moving in. Service member must attend; spouse is welcome and encouraged. Classes take place Tuesdays and Thursdays at 1 p.m. at Bldg. 2014, Fire Station 7, 107 Pendleton on Lewis Main.

## FIRE EXTINGUISHER CLASS, SERVICING

All facility fire extinguishers on Joint Base Lewis-McChord must be recertified and retagged annually. You can accomplish this one of two ways; 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. Classes are conducted on the first and third Wednesday of each month in Bldg. 2014 on Lewis Main. The next class is Wednesday. For more information, call 253-966-7164.

## BUILDING MANAGERS 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. Bldg. 2014, Fire Station 7, 107 Pendleton, on Lewis Main. The next class is Wednesday.

## MILITARY CAREGIVER PEER FORUM SET

The Military Caregiver Personalized Experiences, Engagement and Resources Forum meets the first Wednesday of the month from 9 to 11 a.m. at Joint Base Lewis-McChord's Fisher House, 9999 Wilson Ave., on Lewis Main. JBLM's military family life counselors will listen to issues impacting your day-to-day quality of living, hear your needs and connect you with other military caregivers for practical and social support. Next forum is Wednesday. For more information, call 253-329-6546.

## ASVAB AND COLLEGE TUTORING TALKS

Interested in tutoring or seeking tutoring in college coursework or ASVAB preparation? The Joint Base Lewis-McChord Tutoring

Collaboration meets Wednesdays from 3 to 5 p.m. at the McChord Field Education and Training Center, Room 306. This program is sponsored by the Education Center and Company Grade Officers' Council. For more information, call 253-982-5763 or 253-982-2293.

## 'HOT WORKS' FIRE SAFETY CLASS

Hot Works Fire Safety Classes, for base and contract welders, cutters, brazers and solders, take place on the first and third Thursday of the month at 9 a.m. at Bldg. 2014, Fire Station 7, 107 Pendleton, on Lewis Main. The next class will take place Thursday.

## SIGN UP FOR JBLM ALERT NOTIFICATIONS

Joint Base Lewis-McChord Alert Notifications is a free service that allows you to sign up and receive emergency notifications about road closures, severe weather, utility service interruptions and public safety messages from Pierce County and JBLM. Call 253-966-7526 to sign up or for more information.

## JOIN MCCHORD FIELD LIBRARY BOOK CLUB

Do you like to read books? Join the McChord Field Library's Novel Navigators for an adult discussion group on the second Wednesday of each month at the McChord Library at 4:30 p.m. On March 9, we will discuss "Life After Life" by Kate Atkinson. Register in person for the group. Copies of the book will be available at the circulation desk. Library is located at 851 Lincoln Blvd., ground floor, on McChord Field. For more information, call 253-982-3454.

## TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

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

### A LIST OF UPCOMING EMPLOYMENT FAIRS

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

**Goodwill Operation Good-Jobs!** Fridays 9 a.m. at Goodwill of the Olympics and Rainier region, 714 S. 27th St., Tacoma; Fridays 2 p.m. Starbucks, 10314 S. Tacoma Way, Lakewood. For more information, email [bulans@goodwillwa.org](mailto:bulans@goodwillwa.org) or call Bulan Scheel at 253-573-6789.

**Career Skills Program Briefings** take place Mondays at Hawk Transition Center Auditorium. Walk-ins are welcome. Noon: trades/skills brief; 2 p.m.: technology/business brief.

**Earn money at home as a Family Child Care provider** and make a difference in the lives of military children and their families. FCC providers earn up to \$2,000 a month, may qualify for subsidies, and receive free child care while in training and free resources for your business. Learn about FCC at the orientation Tuesday from 6 to 8 p.m. at the FCC office at 2013B 3rd and Pendleton on Lewis Main (no childcare at the orientation). Full-day training classes meet weekdays from 8 a.m. to 4 p.m. following the orientation. FCC will provide free child care during the training classes. For more information, call the FCC office at 253-967-3039.

**WorkSource Veterans Service Orientation** briefings take place the first and third Wednesdays of the month from 9 to 11 a.m. at 500 SW 7th St.,

Renton. Next meeting is Wednesday. For more information, call 206-205-3500.

**Worksource Pierce Weekly Meetings** Every Thursday from 1 to 4 p.m., the WorkSource Pierce Career Center will host a weekly meeting for job seekers unemployed for 27 weeks or longer, seeking assistance to re-enter the workforce. Location is 1305 Tacoma Ave. South, Tacoma. For more information, call 253-593-7300 or email [backtowork@workforce-central.org](mailto:backtowork@workforce-central.org).

**Comcast Hiring Event** will take place March 2 at noon at Goodwill's Milgard Work Opportunity Center, 714 S. 27th Street, Tacoma. Visit [comcastmarch2.eventbrite.com](http://comcastmarch2.eventbrite.com) for more information.

**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 March 14. For more information, email [kmyers@esd.wa.gov](mailto:kmyers@esd.wa.gov) or call 253-552-2547.

**Sleep Train Interviewing Event** will take place March 23 at Goodwill's Milgard Work Opportunity Center, 714 S. 27th Street, Tacoma. Call or email for interview time: Anita Singletary, 253-573-6814, [anitas@goodwillwa.org](mailto:anitas@goodwillwa.org).

**SFL-TAP Spring Transition Fair** will take place May 24 to 25 at the American Lake Conference Center and Safeco Field, Seattle.

**SFL-TAP WA State Transition Summit** will take place Oct. 4 to 6 at Joint Base Lewis-McChord. To be notified when registration opens, visit [uschamberfoundation.org/event/joint-base-lewis-mcchord](http://uschamberfoundation.org/event/joint-base-lewis-mcchord)

transition-summit.

**Camo2Commerce** Attention 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 to help you land a job in a position commensurate with your knowledge, skills, abilities and experience. This goes above and beyond the traditional job-seeking efforts and puts you in the driver's seat of a corporate management level role in companies like Amazon, Starbucks, UPS, and TrueBlue. For more information, visit: [camo2commerce.com/heroes/](http://camo2commerce.com/heroes/). Attend orientation on Thursdays at 3:30 p.m. at the Stone Education Center, on Lewis Main. Email [rob@pacmtn.org](mailto:rob@pacmtn.org).

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

**AUDIT SPECIALIST IN OLYMPIA**

WSECU — Salary: DOQ plus an excellent benefits package. Do you have great communication, an eye for detail and strong financial operations experience? Are you versed in internal controls, fraud indicators, regulatory compliance and data gathering? We are seeking an Audit Specialist to perform branch audits, prepare reports and provide compliance expertise for our

member-owned financial cooperative. Interested applicants should apply at [jobs.wseco.org](http://jobs.wseco.org). Call 360-943-7911 for more information.

### HEALTHCARE FACILITIES INVESTIGATION MANAGER

Washington State Department of Health — Salary: \$68,412 to \$95,000 annually. The Washington State Department of Health, Division of Health Systems Quality Assurance — Investigation and Inspection Office, is searching for an innovative and collaborative health professional with leadership competencies to fill the position of Facilities Investigation Manager. This position is located in Tumwater, Wash. To apply, visit [tinyurl.com/doh3063](http://tinyurl.com/doh3063) or email [cher.williams@doh.wa.gov](mailto:cher.williams@doh.wa.gov), 360-236-4545.

### OFFICE DIRECTOR, NEWBORN SCREENING

Washington State Department of Health — Salary: \$71,844 to \$96,636 annually. The Washington State Department of Health — Division of Disease Control and Health Statistics, Office of Newborn Screening is searching for an innovative and collaborative leader to fill the position of office director, Newborn Screening. Located in Public Health Laboratories, located in Shoreline, Wash. To obtain a copy of the position announcement that includes the application process, visit [tinyurl.com/doh3101](http://tinyurl.com/doh3101), or email [cher.williams@doh.wa.gov](mailto:cher.williams@doh.wa.gov), 360-236-4545. Open until filled; review begins March 7.

"Best Leprechaun," "Most Traditional" and "Tricked-out Stroller." After the run, enjoy Guinness (for purchase for ages 21 and older), selfie booths, interactive games and more. Find complete details and register online at [jblmmwr.com/races](http://jblmmwr.com/races). Early registration is available. If you need a base access pass, you must sign up by March 2. Call 253-967-4768 for more details or registration issues.

## VOLUNTEER OF THE YEAR NOMINATION

The JBLM Installation Volunteer Office is accepting nominations for the Volunteer of the Year award now through March 14. To nominate an individual or a family, describe in no more than 750 words the accomplishments, the impact of their accomplishments to the organization/community and why the nominee should be recognized. Selections will be announced at the annual Volunteer Recognition Luncheon and Awards Ceremony. Nominations must be accompanied with a completed nomination form and hand-carried to the Family Resource Center 4274 Idaho Ave. (at 9th Division Drive), Lewis Main March 14 by 4:30 p.m. The nomination form and category information flyer is available at the Family Resource Center, online at [www.jblmafcs.com](http://www.jblmafcs.com) or by emailing [lori.j.parker2.civ@mail.mil](mailto:lori.j.parker2.civ@mail.mil). For more information, call 253-967-2324.

## FAMILY MEMBER SCHOLARSHIP FUND

The Fort Lewis Family Member Scholarship Fund is accepting 2016 scholarship applications now through March 25. Applications are available in a fill-in-format or can be downloaded at [fortlewis-scholarship.com](http://fortlewis-scholarship.com). Family members of active duty service members, retirees and surviving family members are eligible to receive scholarships without regard to the income level or rank. Applicant remains anonymous until the process is complete. Typically, the Fort Lewis Family Member Scholarship Fund awards more than \$25,000 per year, which comes from charitable donations. Applications are judged on a variety of criteria, including but not limited to, essay response, grades, community involvement and leadership. Visit [fortlewis-scholarship.com](http://fortlewis-scholarship.com) or send an email to [ftlewisfamily-scholarship@hotmail.com](mailto:ftlewisfamily-scholarship@hotmail.com).

## CALL FOR JBLM GRAD CEREMONY IN MAY

If you recently completed a degree or will finish no later than Aug. 30 and would like to participate in Joint Base Lewis-McChord's 29th Annual Education Services College Graduation Ceremony, call 253-967-7291 or email [lin-dy.l.guinnotte.ctr@mail.mil](mailto:lin-dy.l.guinnotte.ctr@mail.mil) by April 13. Include full name, last four of SSN, school name, degree earned, date of graduation, email and phone number with the subject: graduation. Ceremony is scheduled for May 13 at 1 p.m. at Sharon McGavick Student Center and Conference Facility at Clover Park Technical College in Lakewood.

FROM PAGE 1A

## DINNER

and hosting the deployed family dinner allowed us an opportunity to express our gratitude for the many sacrifices that deployed families make on a daily basis," said 2nd Lt. Frank Mar-

quette, 62nd APS air terminal operation center assistant flight commander. "We don't want the sacrifices these family members face every day to be overlooked."

To participate, the families did not have to do anything. As long as the family's member spouse was deployed or the service member had recently returned from a deployment, all

were welcome to come.

"My kids and I really had a good time," said the spouse of a deployed Airman. "I recommend any spouse of a deployed member to attend one of these dinners because the base really acknowledges the struggles families go through, and this event really relieves some of that stress us spouses have."



Maj. Faith Posey, left, serves food to the families attending the McChord Field Deployed Family Dinner Feb. 19.

SENIOR AIRMAN  
DIVINE COX  
62nd Airlift Wing  
Public Affairs



SCOTT HANSEN Northwest Guardian

Janine Mayfield, left, serves Swedish meatballs to Carol Santos, middle, and Isabel Gourdine during Operation Care Fair at the American Lake Conference Center Saturday.

FROM PAGE 1A

## RELAX

ed the annual Operation Care Fair before who knows the benefits of being able to take a break and enjoy some things that can be either costly or tough to schedule during the week. In addition to manicures, there were also makeup artists and hair stylists who provided high-lights.

One of the more popular items were the free massages. Those who have been to Operation Care Fair before wanted to be among the first to arrive when the event started at 10 a.m. so they could get in line for a massage.

It was the third year that Kerstin Kuck came with her friend Laura Beisley and that third time was the charm; both were among the first to receive massages.

"When you come later in the day, it's impossible to get in because it's so popular," Kuck said.

JBLM groups and local businesses had booths available for military family members to learn more about the different programs available to families at JBLM, as well as products and offerings.

There was also a main stage



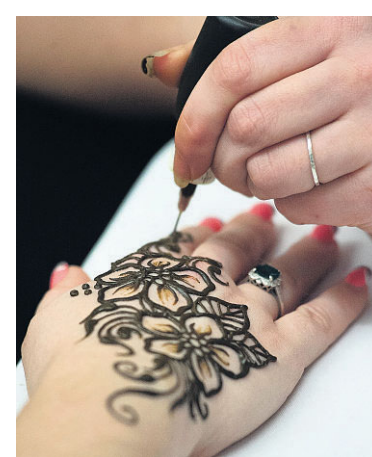
Erika Scott, left, and lipsologist Jilly Eddy hold a card showing the results of Scott's lip-reading during the annual Operation Care Fair at the American Lake Conference Center Saturday.

with performances by Freedom Dance Center (hip hop), Arthur Murray (Latin dance) and the 56th Army Band's jazz combo to

provide entertainment. Additionally, instructors from JBLM Zumba classes, from each of the fitness centers on base, led a

couple of workouts to raise awareness about their classes.

Overall, it was an outlet for military spouses and family



Visitors were treated to free Henna body art sessions.

members to enjoy a day for themselves — especially those who have spouses currently deployed overseas. Many who have attended before brought new friends who have recently moved to JBLM.

Operation Care Fair has continued to meet a need to provide a nice break for members of the base community.

"I think that with people wanting to come back, it means we're doing something right," said event coordinator Gloria Tomczewski with JBLM's Family and Morale, Welfare and Recreation.

Dean Siemon: 253-477-0235, @deansiemon

FROM PAGE 1A

## AIRMEN

Washington, D.C.

The Tuskegee Airmen were named after the Tuskegee Army Airfield near Tuskegee, Ala., where they received their pilot and aircraft maintenance training during World War II. The Tuskegee Airmen were not just fliers but also radio operators, navigators, bombardiers, aircraft maintainers, support staff, instructors and all the personnel who kept the planes in the air.

"It was an interesting concept because the policy was we (blacks) weren't capable of doing anything technical, to include maintaining and flying airplanes," McGee said.

However, Congress passed a law allowing the Army to contract the primary phase of military pilot training to civilian

schools; the Tuskegee Institute applied and received the contract.

"We couldn't fly yet, but our instructors were black pilots," McGee said.

While the Tuskegee Airmen were still learning how to fly, they were also dealing with segregation.

"I hate(d) segregation, yet on the other hand it brought us together from 1941 to 1949, when the Air Force closed the segregated bases," McGee said, now 96 years old. "We became lifelong friends and we still get together annually; of course, some of us come in wheelchairs now, but that's life."

Fauntroy, who grew up in the district, remembered the cadet corps at his high school and was surprised by the synergy he witnessed.

"The thing that impressed me at Tuskegee was how the pilots and mechanics worked so closely together," Fauntroy contin-

**"Have you heard of 'Double Victory?' We were fighting a war against Hitler in Europe and we were fighting a war against racism at home."**

**Retired Col. Charles McGee** on the Tuskegee Airmen

ued. "That's the one thing I liked about the Army Air Corps was that we were working together, and when I started to fly, I understood if it wasn't for that guy taking care of this airplane, I wouldn't be up here flying — it was a team concept."

While the red jackets the Tuskegee Airmen wear symbolize their "Red Tails" name and the achievements in the sky above Germany during World War II, they also represent other victories as well. The 996 pilots and more than 15,000 ground personnel who served with these

units flew more than 15,500 combat sorties and earned more than 150 Distinguished Flying Crosses.

"Have you heard of 'Double Victory?' We were fighting a war against Hitler in Europe and we were fighting a war against racism at home," McGee said, who has more than 6,000 flying hours.

The Tuskegee Airmen's successes encouraged former President Harry Truman to integrate the armed forces in 1948.

"We honor the service and sacrifice of all our Airmen year-round, but I'd like to take a moment to highlight the Tuskegee Airmen," James said. "Their legacy is so important, not just to our Air Force, but to our nation. Their skill and bravery in the skies over Europe helped us win the war against fascism and their perseverance at home helped us down the path of diversity in our military and our nation."

FROM PAGE 1A

## AER

bers throughout JBLM will go out with fliers and attempt to raise money to help their fellow service members. Similar efforts are made annually at every Army installation across the United States.

The kickoff event is open to the entire JBLM community. No one is turned away to apply, regardless of military branch affiliation. In fact, members of the Air Force at JBLM are also eligible for AER assistance.

"We don't turn down any branch of service," Gilbert said. "We just have to get a hold of their branch to get authorization to write the check."

Dean Siemon: 253-477-0235, @deansiemon

# Sports

## JBLM BENCH PRESS COMPETITION

# Service members show their strength at competition

BY DEAN SIEMON  
Northwest Guardian

Jamal Peterson was slightly upset with himself after his third lift of the day during the Joint Base Lewis-McChord Bench Press Competition Saturday at Soldiers Field House on Lewis Main, despite winning in the 120 kilogram weight class.

After lifting 390 and 415 pounds respectively in his first two reps, he tried but couldn't lift 435 pounds in his final attempt. It was enough to earn a gold medal in his division, but he wasn't 100 percent happy with the competition.

"I really wanted to try that 435 again," Peterson said. "I did 445 in Afghanistan (in 2014)."

### Bench Press Competition final results

**66 kg** – 1) Jasmine Johnson-Purnell; 2) Phally Kananin

**74 kg** – 1) Zachary Sagel; 2) Eddy Oliver

**83 kg** – 1) Gene Marin; 2) John Sande; 3) Austin Drake

**93 kg** – 1) Shadrick Moody; 2) John Trane Smith; 3) Laine Jean-Yves

**105 kg** – 1) Ryan McArthur; 2) Brandon Hutson; 3) Austin Coombs

**120 kg** – 1) Jamal Peterson; 2) Jeffrey Pavcel

**Above 120 kg** – 1) Tim Burnell

Although the competition featured 16 participants hoping to leave with a medal, most powerlifting competitions are about trying to show how one

has improved over the time they've trained. Continuing to reach benchmarks in their max

SEE BENCH, 2B



SCOTT HANSEN Northwest Guardian

Jamal Peterson, right, receives a gold medal for his first-place finish in the 120-kilogram bench press division.

## 22ND ANNUAL U.S. VS. CANADA HOCKEY CHALLENGE



SCOTT HANSEN Northwest Guardian

U.S. Western Air Defense Sector goaltender Ty Henrichsmeyer, right, makes a save Feb. 19 during the annual U.S. vs. Canada Hockey Challenge at Sprinker Recreation Center in Spanaway. Canada defeated the U.S. team 4-3 after overcoming an early 2-0 deficit.

# CANADIANS FIND WAY IN 4-3 CHALLENGE WIN

BY DEAN SIEMON  
Northwest Guardian

If a team shoots the puck enough times at a goalie, it is bound to get in a few times.

With 36 shots on goal, the Canadian Detachment was able to earn a 4-3 victory over the U.S. Air Force National Guard's Western Air Defense Sector for the 22nd annual U.S. vs. Canada Hockey Challenge Feb. 19 at Sprinker Recreation Center in Spanaway. While the result of who won was the same from the previous 21 meetings, this match was much different game than in years past.

Most years, the Canadian team scores a high number of goals and wins by a wide margin. Last year, the Canadians won 13-7. But the U.S. team had Ty Henrichsmeyer as its goalie this year. He made 32 saves, including four consecutive shots before being able to clear the puck during a frantic third period assault.

While he saw a high number of shots,

SEE HOCKEY, 2B



Canada's Curtis Berkman, left, and the U.S.' Aaron Andrews battle for a loose puck Feb. 19 during the U.S. vs. Canada Hockey Challenge at Sprinker Recreation Center in Spanaway.

## ON THE SCHEDULE

### WOMEN'S VOLLEYBALL BEGINS PLAY MARCH 12

**Intramurals:** There will be a representative meeting for the Joint Base Lewis-McChord's women's volleyball league Thursday at 6 p.m. at the Warrior Zone on Lewis North. Interested teams can prepare for the upcoming season that starts March 12. The league is open to all military ID cardholders on JBLM age 18 and older. Visit [jblmmwr.com/intramural](http://jblmmwr.com/intramural) or call the JBLM Intramural Sports Office at 253-967-4768.

### SHOOT SOME CLAYS IN FRIENDLY EVENT

**Outdoor:** The next monthly installment of the Sporting Clays is scheduled for March 5 at 10:30 a.m. at the Joint Base Lewis-McChord's Skeet and Trap Range on 2nd Division Drive outside Lewis Main. Participants try to hit as many as 100 targets over 10 unique stations. Registration opens at 9 a.m. and costs \$35. Call 253-967-7056.

### SUPPORT THE TROOPS AT BASKETBALL EVENT

**Sports:** The Association of the United States Army's Captain Meriwether Lewis Chapter in DuPont is hosting a special Hoops 4 Heroes event March 10 at Steilacoom High School, 54 Sentinel Drive in Steilacoom. The doors open at 6:30 p.m. before service members from Joint Base Lewis-McChord will take on local first responders. Donations are accepted at the door and there will also be concessions and a raffle available. Proceeds benefit the DuPont AUSA chapter.

### SIGN UP FOR THE SHAMROCK 'N RUN

**Races:** Runners can start planning for the first race of the year at Joint Base Lewis-McChord with the Shamrock 'n Run Go Greek 5K/10K March 12. The event will start and finish at the Family and Morale, Welfare and Recreation Fest Tent on Lewis Main with the first wave of runners starting at 10 a.m. Visit [jblmmwr.com/races](http://jblmmwr.com/races).

### INTRAMURAL VOLLEYBALL MEETINGS MARCH 15-16

**Intramurals:** Representative meetings are scheduled for the upcoming 2016 volleyball season for active-duty service members on Joint Base Lewis-McChord to compete for points toward the annual Commander's Cup. Unit representatives meet March 15 at 6 p.m. at the Warrior Zone's VIP Room or March 16 at noon at the McChord Field Fitness Center. The season starts March 28. Visit [jblmmwr.com/intramural](http://jblmmwr.com/intramural) or call 253-967-4768.

## HEALTH AND FITNESS

# Soldier from Iran to live American dream as WCAP conditioning coach

BY DEAN SIEMON  
Northwest Guardian

Ali Asgary can be considered a perfect example of someone pursuing the American dream. After coming to the United States from Iran, he continued his education in sports medicine and fitness, followed by enlisting in the Army. He serves as a specialist under the 51st Expeditionary Signal Battalion on Joint Base Lewis-McChord.

Asgary is about to make the

move from the Pacific Northwest to the Army's World Class Athlete Program at Fort Carson, Colo., where he will serve as a conditioning coach to U.S. wrestlers preparing for the 2016 Olympics in Rio de Janeiro, Brazil.

With his athletics background, Capt. Robert Fellingham, commander of Headquarters and Headquarters Company of the 51st Sig. Bn., felt Asgary could better serve the Army through

the World Class Athlete Program than to be the unit's main Chemical, Biological, Radiological and Nuclear specialist.

"It would be criminal to keep him here in our unit," Fellingham said. "He wouldn't be realizing his potential."

Asgary was born in August, 1981, during Iran's "Bloody Decade" when bombings were normal while the country was

SEE COACH, 2B



SCOTT HANSEN Northwest Guardian

Instructor Ali Asgary, middle, goes over the day's workout during a recent CrossFit class at McVeigh Sports and Fitness Center on Lewis Main.

FROM PAGE 1B

## BENCH

lifts is something everyone strives for.

Peterson, a sergeant first class with the 523rd Combat Transportation Company on JBLM, weighed just 175 pounds when he was with the Marines four and a half years ago. He weighed in at 250 pounds hours before the competition started.

The other person to post more than 400 pounds was Tim Burnell, who won the above 120 kg weight class with a 405-pound lift. Others to win gold medal lifts were Jasmine Johnson-

Purnell in the 66 kg class (135 pounds), Zachary Sagel in the 74 kg class (240 pounds), Gene Martin at 83 kg (315 pounds), Shadrick Moody at 93 kg (365 pounds) and Ryan McArthur in the 105 kg class (355 pounds).

Many of these service members were cheering for each other, perhaps to encourage each other to do better. For others, it was good for their self-esteem. Winning gold boosted the confidence of Johnson-Purnell, who will participate in her first bodybuilding figure competition in May.

"The encouragement from others pushes you to do more than you think you ever could," Johnson-Purnell said.

There were a few people who

had never done any type of powerlifting competition before, like Austin Davis and Austin Coombs. Both are under the 555th Engineer Brigade and constantly work out together.

Coombs won the bronze medal after a lift of 275 pounds. Davis left with a bronze medal in the 83 kilogram weight class after putting up 250 pounds.

The good news is that those who want to do better can train for another JBLM Bench Press Competition tentatively scheduled for Sept. 10.

"We're going to look at what we got, train hard and go from there," Coombs said.

Dean Siemon: 253-477-0235, @deansiemon



SCOTT HANSEN Northwest Guardian

Jasmine Johnson-Purnell, right, receives a gold medal for her first-place finish in the 66-kilogram bench press division.

FROM PAGE 1B

## HOCKEY

that's what Henrichsmeyer said he likes to see — action. He has had games in the net where he saw as few as 14 shots and others when he battled more than 70.

The higher number of shots kept him engaged through all three periods — not that he wouldn't have liked seeing the puck on the other end of the ice more, he said.

"There's only so much you do when you have to constantly sit back in the net," Henrichsmeyer said. "It was a fun skate. But exhibition or not, I'm programmed to hate losing."

The U.S. team got on the board first with 3 minutes left in the opening period thanks to a goal by Chris Pavel near the blue line. Almost two minutes later, Matt Berube stole the puck for an unassisted goal to put the U.S. up to an unfamiliar 2-0 lead.

It was definitely a surprise for the Canadian team. It started to pick up the tempo and Marcelo Plada scored two goals in the final 30 seconds for the 2-2 tie.

"I think (trailing) lit a fire in us," Plada said. "We were just hungry to come back after that."

About a minute into the second period, Canada's Jack Nguyen scored to make it 3-2. It was a period when Canada out shot the U.S. team 11-2, keeping the puck on the U.S. side of the ice for most of the period.

With 20 seconds left in the second period, Berube scored his second goal to tie the game at 3-3 on the team's sixth shot through the first two periods. Canada's Plada recorded the hat trick with his third goal of the game at the 8:40 mark of the third period.

The U.S. struggled to mount offensive opportunities with just two shots in the final period, while Canada had 18 shots on goal and controlled the puck for most of the final three minutes.

"We thought we had it this year," said James Bandy, captain of the U.S. team. "If we would have kept the puck in the Canadian zone, it would have been a different result."

After the game, the two teams met for a postgame party with raffle prizes to help raise money that was later donated to Habitat for Humanity. Ultimately, this hockey rivalry is designed as a team-building and morale boosting event between U.S. and Canadian service members who work together often.



SCOTT HANSEN Northwest Guardian

Canadian team members, right, celebrate after scoring the game winner past U.S. goalie Ty Henrichsmeyer, middle, Feb. 19 during the annual U.S. vs. Canada Hockey Challenge at Sprinker Recreation Center in Spanaway. Canada defeated the U.S. 4-3.



Canada's Danny Fortin, left, and the U.S. winger Nick Wysong battle for a loose puck along the boards during the Hockey Challenge.



Chris Pavel celebrates with teammates after scoring a goal in the first period to give the U.S. Western Air Defense Sector a 1-0 lead Feb. 19.

The two groups are planning to meet each other again in the summer for the second part of their annual rivalry for the Can-Am Cup for a future softball game. For the past few years, the two groups have played hockey in the winter and softball in the summer.

Although the U.S. team once again lost the hockey challenge, it is likely to exact some revenge on the softball diamond.

"The Canadians win the hockey game, and the Americans win the softball game — the cup changes hands often," said Lt. Col. Matthew

Wappler, commander of the Canadian Detachment at JBLM.

One thing is for sure, the U.S. team was challenged by their goalie, Henrichsmeyer, to practice at least more than one time before next year's game. It was a sentiment the captains agreed

with and said they hope they can accomplish.

"It's tough when you only practice once," Bandy said. "We'll just have to come together and learn to gel."

Dean Siemon: 253-477-0235, @deansiemon

FROM PAGE 1B

## COACH

going through turbulent times. Although his childhood was tough, Asgary said he wanted to pursue his interest in health and fitness.

After earning his bachelor's degree in industrial engineering and a master's degree in business administration, Asgary completed his certification to become a physical trainer with a focus on performance enhancement training.

"I constantly upgraded my knowledge of health and fitness," he said.

This led to Asgary acting as a conditioning trainer for Iran's national wrestling team that competed in the 2012 Olympics in London. The team won three gold medals.

After coaching four gold medalists and a silver at the 2012 World Cup in Netherlands, Asgary decided it was best for him to move to the U.S. in 2013. He wanted to follow his passion in

the country he considers the best in health, fitness and sports.

"As an Iranian, we always suffer from sanctions, we always suffer from the war, we always suffer from all the issues that are going on," Asgary said. "I took the opportunity to come here and follow my actual dream."

Asgary continued to pursue certifications from the National Academy of Sports and Medicine — earning a spot as conditioning coach for Carla Esparza. She won the women's straw-weight championship in the Ultimate Fighting Championship.

In 2014, Asgary joined the Army as a way of giving back to the U.S. for its acceptance of him.

"I'm so humbled and honored to join the U.S. Army and carry this flag on my arm," Asgary said. "I love the country that adopted me. I feel that I owe this country. The reason I joined the Army is I felt I owed the country that welcomed me."

Since arriving at JBLM, Asgary has embraced the sports culture on the joint base by becoming a trainer for the JBLM CrossFit



SCOTT HANSEN Northwest Guardian

Ali Asgary, right, works with Jehnsen Gomez on his snatch technique during a recent CrossFit class at McVeigh Sports and Fitness Center.

group that meets at McVeigh Sports and Fitness Center. In October, he also competed in the annual Army Ten-Miler race for the JBLM men's team in Washington, D.C. He finished in the top 300 runners out of 36,000 with a time of 1 hour, 1 minute and 26 seconds.

When it came time for Asgary to meet with his retention offi-

cer, he believed Asgary was destined for greater things beyond the 51st Sig. Bn. Asgary was introduced to people from the Army's World Class Athlete Program in June when he submitted copies of his certificates and degrees regarding his education and his experience.

There was a face-to-face interview in November in

Portland, Ore. Through his chain of command, the World Class Athlete Program offered the conditioning trainer position to Asgary in preparation for this summer's Olympic Games.

"I will do my best every day to get the athletes to the next level of their potential," Asgary said. "Wrestling is the first sport in Iran. I'm trying to deliver all of the experience I have with Iranian wrestlers, added with the knowledge that I've gained here."

Asgary said he has his unit leaders to thank for helping him to seize this opportunity. While the 51st Signal Battalion is losing a valuable member of the team, Asgary's peers are just as excited as he is.

"He's our CBRN guy; he's the only one that we have," said Staff Sgt. James Jackson of the 51st Expeditionary Signal Battalion. "But we're extremely honored to give him up to do something like this. This is a once in a lifetime opportunity."

Dean Siemon: 253-477-0235, @deansiemon



Visit [JBLMmwr.com/brewfest](http://JBLMmwr.com/brewfest) for list of breweries

**20+**  
BREWERIES

Event is for Ages 21+ only



# BREWFEEST 2016

## Friday, Feb. 26

### 4:30-8PM

#### THE CLUB at McCHORD FIELD

700 Barnes Blvd.

- Homebrew & local commercial/microbrew tasting
- Hors d'oeuvres (while they last)
- Live bluegrass entertainment: The Oly Mountain Boys, 5-8PM
- Door prizes
- Announcement of sanctioned homebrew competition winners at 6PM
- Hosted by JBLM MWR & Homebrewers of Puget Sound
- BOSS is making its Designated Driver van available for rides to dorms/barracks

\$15/person includes a commemorative sampling mug & 6 samples. \$5 more gives you 5 more samples.






Call 253-967-5776 for more information.

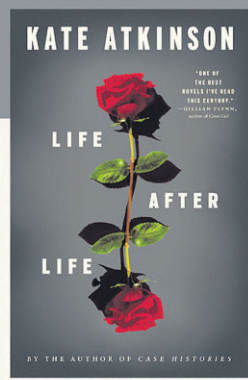
## The Novel Navigators

Adult Book Discussion Group

**March 9 • 4:30 p.m.**


### McChord Library

Our Book Discussion Group will meet to discuss "Life After Life" by Kate Atkinson



Registration is required.

851 Lincoln Blvd.  
JBLM McChord Field  
253-982-3454



## MANICURES & MARTINIS

The Club at McChord Field

**Friday, March 11**  
**6 - 8:30 p.m • 21+**

**Club Members: \$23**  
**Non Members: \$25**

Cover includes basic manicure and 1st martini



Limited seating, prepayment is required. For more details, please call 253-982-5581.

700 Barnes Blvd.  
JBLM McChord Field  
[JBLMmwr.com/club](http://JBLMmwr.com/club)



# SHAMROCK 'N RUN



**GO GREEN**

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## 5K Run Saturday

# March 12 @ noon

## MWR FEST TENT

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

Costume contest • Irish stew • Guinness  
• Games • Photo booths • & more!

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



### Joint Base Lewis-McChord

## OPEN LEAGUE INTRAMURAL WOMEN'S VOLLEYBALL

**Rep Meeting: March 3 at 6 p.m. Warrior Zone**

**League Play: March 12**

For more information visit [JBLMmwr.com/intramural](http://JBLMmwr.com/intramural) or contact the intramural sports office at 253-967-4768.

WARRIOR ZONE  
11592 17th & D St.  
JBLM Lewis North

Open to all JBLM Community Members 18+

### Joint Base Lewis-McChord

## Commander's Cup League OUTDOOR SOCCER

**Representative Meeting:**  
March 16 at 6 p.m. Warrior Zone  
March 17 at 12 p.m. McChord Fitness Center

**League Play: March 28**

For more information visit [JBLMmwr.com/intramural](http://JBLMmwr.com/intramural) or contact the intramural sports office at 253-967-4768.

Open to active duty service members attached to JBLM only

WARRIOR ZONE  
11592 17th & D St.  
JBLM Lewis North

MCCHORD FITNESS  
729 5th St.  
JBLM McChord Field

## Itsy-Bitsy Storytime

The second Wednesday of every month.  
Open to infants from Birth to 24 months.  
**10:30 a.m. • McChord Library**

Come prepared to sit on the floor one-on-one with your baby while they learn, play and develop language & motor skills.

Space is limited. Register early by visiting [JBLMmwr.com/libraries](http://JBLMmwr.com/libraries) or calling 253-982-3454.

851 Lincoln Blvd.  
JBLM McChord Field



## STORYTIME YOGA

March 9, April 13, May 11 & June 8  
Book Patch Library • 3 p.m.

Help kids get fit with literature! Tonja Phillips, a yoga teacher with WarriorOne Lewis-McChord, is excited to share yoga with JBLM's families! **No registration required.**

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

For more information, call 253-967-5533



## HAPPY BIRTHDAY Dr. Seuss

McChord Library


**MARCH 2**  
**4-5 P.M.**

Ages 3 and up are invited to attend so come to party and bring a friend!

Storytime, snacks & games.

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


851 Lincoln Blvd.  
JBLM McChord Field  
253-982-3454




## FOCUS

Pick up a free copy or read it online at [JBLMmwr.com](http://JBLMmwr.com)

JBLM MWR's Official Guide to **FUN, FOOD, TRAVEL & WELL-BEING!**



**BREWFEEST 2016**



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Search for "JBLM MWR" or scan the QR code





**Angus** Save \$4.00 Lb.  
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Top Round Save \$2.00 Lb.  
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 Great for Pulled Pork

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**D'Anjou Pears \$1.00** Head Only

Texas Rio Star  
**Grapefruit 2 For \$1.00**

Tree Ripened Super Sweet & Juicy  
**Navel Oranges \$1.00** Lb. Only

Buttery Rich  
**Hass Avocados 2 For \$1.00** Ea. Only

Big Sweet Juicy  
**Mangos \$2.00** Ea. Only

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**Pineapples \$3.00** Ea. Only

New Crop! Crispy!  
**Cucumbers 2 For \$1.00**

New Crop! Fresh  
**Zucchini \$1.00** Lb. Only

Vine Ripe  
**Roma Tomatoes \$1.00** Lb. Only

New Crop!  
**Russet Potatoes \$2.00** Lb. Only  
 TEN POUND BAG

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**Reuben's \$8.99** Gose  
 This award winning Gose is deliciously crisp, tart & refreshing. Gold Medalist at 2016 Best of Craft Beer Awards!

**Wingman Peanut Porter \$5.49**  
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**Cono Sur Winery Bicicleta Series Wines \$9.00**  
 A Chilean pioneer in Biodynamic wining, Cono Sur also produces this less expensive line using all sustainably produced grapes.

New Crop  
**Primroses \$1.50** Pot Only

New Crop  
**Pansies & Violas \$1.50** Pot Only

**Awesome Hanging Primrose Pouches \$2.50** Only

**Beautiful Hanging Primrose & Pansy Baskets \$20.00** Only

**Beauty Bark \$4.00** Bag Only

**Wild Alaskan Sockeye Salmon Filets \$10.99** Lb.

Wild Fresh Red Rock Save \$3.00 Lb.  
**Snapper \$7.99** Lb.  
**Filets**

Wild Yellow Fin Save \$4.00 Lb.  
**Ahi Tuna Steaks \$7.99** Lb.

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**SPORTING CLAYS**  
100 TARGET 2016 SCHEDULE  
Joint Base Lewis-McChord Shotgun Shooting Complex

Jan. 2	July 2
Feb. 6	Aug. 6
March 5	Sept. 3
April 2	Oct. 1
May 7	Nov. 5
June 4	Dec. 3

Entry fee: \$35  
Reminder: Update mailing address at range. Carry copy of gun registration form. Register 9 a.m. to 12:15 p.m. Shooting begins at 10:30 a.m. Ranges open at 9 a.m. for Skeet, Trap, Wobble Skeet, Five-Stand and Duck Tower. Guard gates open at 8:30 a.m.

For more information, call the Skeet Range at 253-967-7056.

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**2016 JBLM RACE CALENDAR**  
Joint Base Lewis-McChord  
JBLM Intramural Sports Office • (253) 967-1156/4768  
[usarmy.jblm.imcom.list.dfmwr-sports@mail.mil](mailto:usarmy.jblm.imcom.list.dfmwr-sports@mail.mil) • Website: [www.JBLMmwr.com/races](http://www.JBLMmwr.com/races)

Shamrock 'N Run 5K	March 12
JBLM Half-Marathon & 5K	May 7
Nurses' Run 5K/2 MI	May 11
11th Annual Down & Dirty Mud Run	June 18
Black Hills Triathlon	June 26
Lakewood Summer Fest	July 9
Freedom Run 10-Miler/5K Fun Run	July 23
Deuces Wild Sprint & Olympic Triathlon	August 20
Salmon Run 12K/5K	September 17
Zombie Apocalypse 5K Run/Walk	October 8
Annual Turkey Trot 5K Fun Run	November 19
5K Jingle Bell Jog & Reindeer Romp	December 10

Event photos/results/info: [fb.com/JBLMSportsFitnessAquatics](http://fb.com/JBLMSportsFitnessAquatics)

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**ATV RENTALS** \$35 per hour

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JBLM  
NORTHWEST

# guardian weekend

SECTION C

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



COVER STORY

## DRESSED FOR SUCCESS

Race season begins  
with style during  
the annual JBLM  
Shamrock 'N Run. 3C

FOR THE WEEK OF FEB. 26 - MARCH 3

26

**THE CLUB AT McCHORD FIELD**  
4:30–8 p.m. Brewfest; \$15 per guest includes sampling mug to keep, six samples, appetizers, live bluegrass band and chances to win prizes.

**STRIKE ZONE SNACK BAR AT SOUNDERS LANES** Today's special: soup and sandwich for \$6.25.

**THE BISTRO at RUSSELL LANDING**  
11 a.m.–2 p.m. Chef's choice for \$11.95.

**BATTLE BEAN DRIVE-THRU and STONE ED BATTLE BEAN** Get a \$1 pastry with purchase of a specialty coffee drink.

**WARRIOR ZONE**  
10 a.m.–1 a.m. Italian meatball sandwich with bag of chips and soda for \$5.50.

27

**SOUNDERS LANES FAMILY FUN CENTER**  
Kids bowl for only \$5 (shoes included) 10 a.m. to noon every Saturday.

**WARRIOR ZONE**  
10 a.m.–1 a.m. First-Person Shooter Tourney at 5 p.m. and anime viewing at 8 p.m. Ages 18 and older only; no cover charge.

#### JOINT BASE LEWIS-MCCHORD MARKETPLACE DIRECTORY

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

28

**WARRIOR ZONE**  
10 a.m.–11 p.m. Free Xbox tourneys at 6 p.m. Ages 18 and older only.

**SOUNDERS LANES FAMILY FUN CENTER and BOWL ARENA LANES** Rent a lane for 1.5 hours from 1-8 p.m., get four shoe rentals and a \$15 Strike Zone same-day food voucher for \$43 (a \$53 value).

29

**STRIKE ZONE SNACK BAR AT SOUNDERS LANES** Today's special: soup and sandwich for \$6.25.

**WARRIOR ZONE**  
10 a.m.–11 p.m. Pulled pork sliders with coleslaw and soda for \$7.50.

**HABAÑERO MEXICAN GRILL** at Whispering Firs Golf Course. Try our breakfast bowls, vegetarian options and light-size burritos and quesadillas.

**THE CLUB AT McCHORD FIELD**  
Globemaster Grill, Club dining room and Red Baron Lounge closed for renovations. Other Club services and events remain open.

1

**THE BISTRO at RUSSELL LANDING**  
11 a.m.–2 p.m. Lebanese flatbread with side for \$11.95.

**WARRIOR ZONE**  
10 a.m.–11 p.m. Pizza of the month: 12-inch Italian chicken panini flatbread pizza. Get in a pool tourney starting at 6:30 p.m. Tournament special: The first five people to sign up for any gaming tournament any day of the week receive \$2 off any food purchase. Ages 18 and older only.

**EAGLES PRIDE and WHISPERING FIRS GOLF COURSES**  
March golf combo: green fee, shared cart and lunch is \$31 for ranks E1-E5 and \$34 for E6 and above.

2

**STRIKE ZONE SNACK BAR AT SOUNDERS LANES** 11 a.m.–3 p.m. Whole cheese, pepperoni or sausage pizza for \$10 or a corn dog and fries for \$2.50.

**WARRIOR ZONE**  
10 a.m.–11 p.m. Texas Hold 'Em tournament, 6 p.m. sign-up, \$7 cover charge. Tourney food specials: nacho supreme for \$5, bowl of chili for \$3, 12-inch one-topping pizza for \$7. Ages 18 and older only.

**BATTLE BEAN DRIVE-THRU and STONE ED BATTLE BEAN** Get one free espresso shot in your coffee order.

**THE BISTRO at RUSSELL LANDING**  
11 a.m.–2 p.m. Wednesday special: French dip sandwich with choice of side for \$12.95.

3

**BATTLE BEAN DRIVE THRU and STONE ED BATTLE BEAN**  
Thursdays, get \$1.50 off any size caramel macchiato.

**THE BISTRO at RUSSELL LANDING**  
11 a.m. to 2 p.m. Asian grilled chicken salad for \$12.95.

**WARRIOR ZONE**  
10 a.m. to 11 p.m. Save with Happy Hour specials 5-7 p.m. weekdays. Reduced prices on all brews and select appetizers. Battle of the Zones at 6 p.m. with the most popular games. Ages 18 and older only.

**BATTLE BEAN at McCHORD FIELD**  
7-11 a.m. Breakfast pastries, breakfast burritos, muffins and coffee drinks, hot chocolate and chai tea.

## AT THE MOVIES

### Carey Theater on Lewis Main

**Ride Along (PG-13)**

Friday at 7 p.m.

**Norm of the North (PG)**

Saturday at 3 p.m.

**Dirty Grandpa (R)**

Saturday at 7 p.m.

**Norm of the North (PG)**

Sunday at 3 p.m.

**Whiskey Tango Foxtrot (NR)**

Sunday at 7 p.m.

## MOVIE TIMES

**TACOMA AREA BLUE MOUSE THEATRE 253-752-9500**

**Spotlight (R) 7 Rocky Horror Picture Show** 11:30 p.m. Saturday

**GRAND CINEMA 253-593-4474**

**The Lady in the Van (PG-13)** 1:50, 4:10, 6:30, 8:50 **Where to Invade Next (R)** 1, 3:35, 6:20, 9 **45 Years (R)** 1:40, 3:55, 6:10 **Brooklyn (PG-13)** 1:15, 6:40 **Spotlight (R)** 3:45, 8:35 **Southbound (Not Rated)** 9:09 p.m.

**LAKEWOOD TOWNE CENTER CINEMAS 888-262-4386**

**Eddie the Eagle (PG-13)** 10, 2:10, 4:50, 7:30, 10:05 **Gods of Egypt 3-D (PG-13)** 3, 5:50, 11:15 **Gods of Egypt (PG-13)** 11, noon, 8:35 **Triple 9 (R)** 10:10, 2:20, 5, 7:40, 10:25 **Race (PG-13)** 11:20, 2:55, 6:10, 9:30 **Risen (PG-13)** 10, 12:10, 2:40, 5:15, 7:50, 10:30 **The Witch (R)** 12:50, 3:50, 6:10, 8:15 11:10 **Deadpool (R)** 9:50, 10:45, 11:30, 12:25, 1:30, 3:20, 4:15,

6, 7, 8:45, 9:45, 11:30 **How To Be Single (R)** 10, 3:05, 5:40, 8:25, 10:45 **Kung Fu Panda 3 3-D (PG)** 2:30, 7:25 **Kung Fu Panda 3 (PG)** 9:50, 12:35, 5:05, 9:10 **The Revenant (R)** 12:30, 2:45, 6:15, 9:35 **Star Wars: The Force Awakens 3-D (PG-13)** 12:30, 6:30 **Star Wars: The Force Awakens (PG-13)** 11:10, 3:30, 9:55

**REGAL LAKEWOOD STADIUM 15 844-462-7342**

**Eddie the Eagle (PG-13)** 1:20, 4:50, 7:40, 10:40 **Gods of Egypt 3-D (PG-13)** 12:20, 7 **Gods of Egypt (PG-13)** 3:50, 10:10 **Triple 9 (R)** 1, 4:10, 7:20, 10:20 **Race (PG-13)** 1:15, 4:40, 6:10, 9:45 **Risen (PG-13)** 1:10, 4, 7:10, 10 **The Witch (R)** 12:35, 5, 8, 10:45 **Deadpool (R)** 12:40, 1:30, 3:30, 4:20, 6:30, 7:30, 9:30, 10:30 **How To Be Single (R)** 12:50, 3:40, 6:50, 9:40 **Zoolander 2 (PG-13)** 3:10, 9:20 **Pride and Prejudice and Zombies (PG-13)** 3, 10:15 **Kung Fu Panda 3 (PG)** 12:30, 3:15, 6:20, 9:10 **The Boy (PG-13)** 1:40, 3:35, 7:50, 10:35 **13 Hours: The Secret Soldiers of Benghazi (R)** noon,

6 **The Revenant (R)** 12:55, 4:30, 8:10 **Star Wars: The Force Awakens 3-D (PG-13)** 3:20, 9:50 **Star Wars: The Force Awakens (PG-13)** 12:10, 6:40 **Spotlight (R)** 12:05, 6:45

**CENTURY POINT RUSTON AND XD 800-246-6215 #3238**

**Eddie the Eagle (PG-13)** 10:20, 1:20, 4:30, 7:50, 10:30 **Gods of Egypt 3-D (PG-13)** 10, 4:10, 7 **Gods of Egypt (PG-13)** 1:10, 10:20 **Race (PG-13)** 9:20, 12:30, 3:40, 6:50, 10:10 **Deadpool (R)** 9, 10:10, 1:30, 12:40, 2, 3:10, 4:40, 5:40, 7:20, 8:20, 10, 11 **How To Be Single (R)** 9:30, 12:10, 2:50, 5:30, 8:10, 10:50 **Kung Fu Panda 3 (PG)** 9:40, noon, 2:20, 4:50, 7:10, 9:50 **The Revenant (R)** 9:10, 12:35, 4, 7:30, 10:55 **Star Wars: The Force Awakens (PG-13)** 9:50, 1, 4:20, 7:40, 10:45

**PUYALLUP**

**LONGSTON PLACE 253-770-9901**  
**Eddie the Eagle (PG-13)** 1:20, 4:20, 7:20, 10:10 **Gods of Egypt 3-D (PG-13)** 1, 10 **Gods of Egypt (PG-13)** 4, 7 **Triple 9**

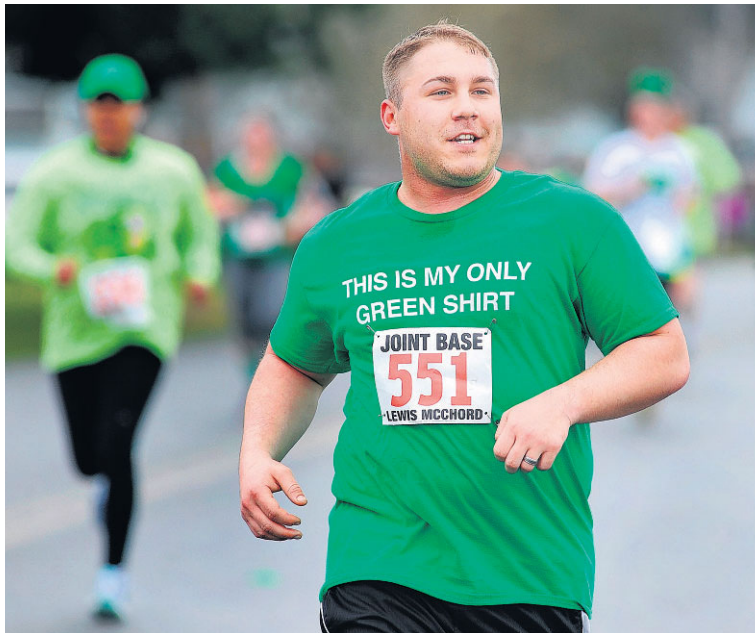
(R) 1:40, 4:40, 7:40, 10:30 **Race (PG-13)** 12:30, 3:50, 7:10, 10:20 **The Witch (R)** 2, 5, 8, 10:30 **Deadpool (R)** 12:50, 1:50, 3:50, 4:50, 6:50, 7:50, 9:20, 10:20 **How To Be Single (R)** 1:30, 4:30, 7:30, 10 **Zoolander 2 (PG-13)** 2:15, 4:45, 7:15, 9:50 **Hail, Caesar! (PG-13)** 3:15, 9:15 **The Finest Hours (PG-13)** 12:30, 6:15 **The 5th Wave (PG-13)** 1:45, 4:45, 7:45, 10:20 **Ride Along 2 (PG-13)** 2:10, 5:30, 8, 10:30 **The Revenant (R)** 12:40, 4:10, 8:30 **Star Wars: The Force Awakens 3-D (PG-13)** 12:45, 9:45 **Star Wars: The Force Awakens (PG-13)** 3:45, 6:45

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

**Risen (PG-13)** 12:30, 3:15, 6:10, 8:50 **The Choice (PG-13)** 12:50, 3:35, 6:35, 9:10 **Kung Fu Panda 3 (PG)** 1, 3:25, 6:25, 9 **The Boy (PG-13)** 1:10, 3:45, 6:20, 8:45 **13 Hours: The Secret Soldiers of Benghazi (R)** 6, 8:40 **Daddy's Home (PG-13)** 1:20, 3:55, 6:40, 9:05 **The Good Dino-**

SEE MOVIES, 6C

## JBLM SHAMROCK 'N RUN 5K



SCOTT HANSEN Northwest Guardian

All runners are welcome at the annual Shamrock 'N Run 5K on March 12, even if you don't many green clothes in your closet.

# JBLM runners gearing up for annual fun run

BY SOMER HANSON

For the Northwest Guardian

It's time to dig the running shoes out of the closet.

The 2016 Joint Base Lewis-McChord race calendar kicks off with the annual — and always popular — JBLM Shamrock 'N Run 5K March 12. The run starts outside the Family and Morale, Welfare and Recreation Fest Tent on Lewis Main at noon, and wraps up with a family-friendly Irish celebration inside the tent.

"We're really emphasizing the event aspect," said Aaron Jones, JBLM director of Sports,

### IF YOU GO

**What:** Shamrock 'N Run

**When:** March 12, noon

**Where:** Family and MWR Fest Tent on Lewis Main

**Who:** Open to public

Fitness and Aquatics.

Participants are encouraged to dress in festive green for a chance to win one of two tablets

SEE RUN, 7C



SCOTT HANSEN Northwest Guardian

The 2016 JBLM race calendar opens with the annual Shamrock 'N Run 5K on March 12. The run begins at noon outside the FMWR Fest Tent on Lewis Main, and includes a family-friendly Irish celebration as well.



Northwest Adventure Center

Discover the beauty of Mount Rainier's Glacier Vista Trail during an outing with the Northwest Adventure Center.

## FEB. 27, MARCH 12

### SNOWTUBING DOWN THE BEST HILLS

Travel to one of Washington's best tubing hills for a day in the snow. Dress warmly and get ready to go for a wild ride. Tubes and transportation provided. Depart from the Northwest Adventure Center at Lewis North at 9 a.m. or McChord Field's Adventures Unlimited at 9:15 a.m. **\$35**; ages 6 to 12: **\$25**; ages 5 and younger: **\$5**. Reasonable accommodations can be made for persons with special needs; popular family trip; trip with NAC expert guides.

## FEB. 28

### SNOWSHOE OR HIKE REFLECTION LAKE

The trail from Narada Falls to Reflection Lake provides a magical experience through a winter snow-capped forest. Join us to snowshoe or hike the trail. Difficulty: moderate; distance: 3.5 miles; elevation gain: 500 feet; time: four hours. Minimum age: 12. Guide, gear, instruction and transportation are provided. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. or McChord Field's Adventures Unlimited at 8:15 a.m. **\$45**. Trip with NAC expert guides.

### MOUNTAIN DAY AT MISSION RIDGE

Tired of the rain? Travel across the mountains to central Washington for a day of skiing or snowboarding at the beautiful

Unlimited at 5:15 a.m. Ski/snowboard: **\$125**; snowshoe: **\$55**; have your own gear/transportation only: **\$50**. Reasonable accommodations can be made for persons with special needs; popular family trip with NAC expert guides.

## MARCH 6

### SEATTLE NIGHT PHOTO WORKSHOP

Just because the sun's gone doesn't mean your day of pho-

tography has to end. Night photography is fast becoming one of the most popular forms of digital photography. Take a journey to Seattle after dark. One of the nicest aspects of night photography is that our images are not dependent on a good sunset or sky conditions in order to be spectacular. Minimum age: 12. Depart from the Northwest Adventure Center at Lewis North at 5 p.m. or McChord Field's Adventure's Unlimited at 5:15 p.m. **\$55**. Trip with NAC expert guides.

### SNOWSHOE OR HIKE HURRICANE RIDGE

Discover the beauty of the Olympic Mountain Range on snowshoeing trails that offer something for everybody. Guide, gear, instruction and transportation are provided. Minimum age: 12. Depart from the Northwest Adventure Center at Lewis North at 7:45 a.m. or McChord Field's Adventures Unlimited at 8 a.m. **\$65**. Trip with NAC expert guides.

## MARCH 8

### ASTROPHOTOGRAPHY WORKSHOP

During this astrophotography workshop, we'll concentrate on capturing the Milky Way and creating star trails. Some of the subjects that the course will cover include an understanding of the night sky, appreciating the importance of planning for your shoot, understanding the

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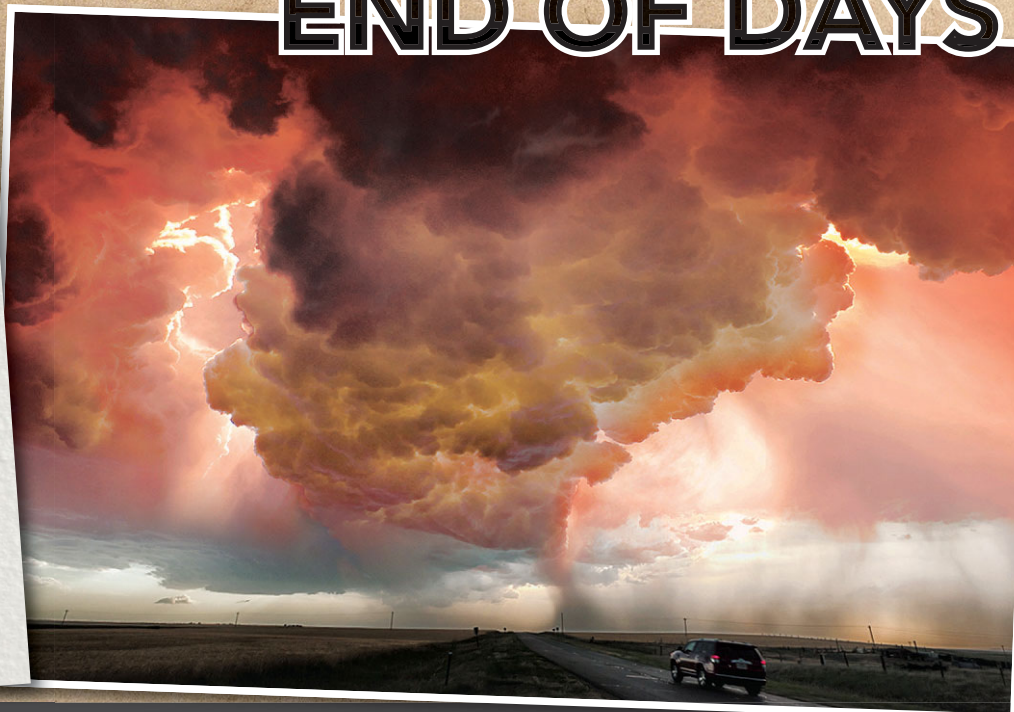
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**Tomi J. Cranton**  
253.221.7492  
[tomi@tacomahousehunter.com](mailto:tomi@tacomahousehunter.com)

We all know the world is changing quickly. Where did all these changes begin... and why are so many changes happening now? Well, we are seeing Bible prophecy being fulfilled, and you can start at the foundation of the state of Israel in 1948... or you can start at the first Zionist congress in 1892.

How about when Jews started to emigrate to the land in large numbers in the early 1800's? Come hear a "Jewish" understanding of the End of Days as explained by Rabbi Wolicki, the Associate Director of the Center for Jewish-Christian Understanding and Cooperation in Efrat, Israel and author of "Breaking News Israel".

# END OF DAYS



**Rabbi Wolicki will share some amazing insights at El Shaddai Ministries – 111 112<sup>th</sup> St. E., Tacoma on Monday, February 29th at 7:00PM.**

For more information call 253-862-8010.  
*Don't miss this incredible opportunity!!*

## EVENTS

### CHARITY

**Annual Expo Fundraiser & Fun Run** Feed the Children program sponsored by the Graham/Kapowsin Community Council. 9 a.m. Sunday. Graham Elementary School, 10026 204th St. E., Graham.

**Happy Hour for Harbor Heights Auction** live band, and large assortment of items up for bid. To raise money for technology at Harbor Heights Elementary School. 4 p.m. Sunday. Sehmel Homestead Park, 10123 78th Ave. NW, Gig Harbor. \$30. [hheauction.brownpaperticket.com](http://hheauction.brownpaperticket.com).

### COMMUNITY

**Christian Motorcyclists Association Gig Harbor** Informational meeting, learn about the fun, fellowship and ministry opportunities for motorcyclists. All riders, all motorcycles welcome. Breakfast will be available for purchase. 9 a.m. Sunday. Subway, 4804 Point Fosdick Drive NW, Gig Harbor. Free.

**South Sound Wedding Workshop** Engaged couples, their wedding party and parents are invited to attend. 2 p.m. Sunday. Titlow Park, 8425 Sixth Ave., Tacoma. 360-480-5095, [southsoundweddingshow.com/workshop/south-sound-wedding-workshop-tacoma-wa](http://southsoundweddingshow.com/workshop/south-sound-wedding-workshop-tacoma-wa).

**Lakewood Cityhood Exhibit** Grand Opening and Ribbon Cutting, 1 p.m. Sunday. Lakewood History Museum, 6211 Mt. Tacoma Drive SW, Lakewood. Free 253-682-3480 [lakewood-historical.org](http://lakewood-historical.org).

**Literacy on the Hilltop** a free community fair to highlight family literacy resources, opportunities for after school learning, free library programs and resources, and news from the Hilltop Library Planning Committee. Additionally, there will be face-painting, crafts activities, snacks, a young poetry workshop, storytelling and animation/digital design demonstrations. 11 a.m. Sunday. Tacoma Public Library, 1102 Tacoma Ave. S., Tacoma. Free.

**Women In Science & Engineering Conference** Workshops and presentations will be offered that speak to the STEM (Science, Technology, Engineering, Math) educational and career opportunities as well as professional and personal development. 8:30



Courtesy photo

Enjoy the talents of young musicians Saturday at the Tacoma Youth Symphony concert, "A Little Russian."

a.m.-5 p.m. Sunday. University of Washington — Husky Union Building, Stevens Way, Seattle. \$25. 206-616-5320 [enr.uw.edu/wisecconf](http://enr.uw.edu/wisecconf).

**2016 South Sound Technology Conference** Topics include Women and the Technology Industry, Building the South Sound Technology Hub, Little Kids are Coding, and more. 8 a.m. March 4. University of Washington - Tacoma, 1918 Pacific Ave., Tacoma. \$10-\$25. [tacoma.uw.edu/events/content/south-sound-technology-conference](http://tacoma.uw.edu/events/content/south-sound-technology-conference).

**PNW Coleman Collectors Display** vintage Coleman lanterns, stoves, coolers, jugs, irons and even vintage Coleman items made for the military. If you have an old non-working Coleman appliance, bring it in and one of our collectors will show you how to get it working again. 9:30 a.m. March 5. Best Western Plus Lacey Inn & Suites, 8326 Quinault Drive N.E., Lacey. Free [colemancollectorsforum.com/?forum=191518](http://colemancollectorsforum.com/?forum=191518).

**Ghosts in the Balfour Dock Building** an evening of ghostly tales at night, in the dark, step back in time through a guided tour of the vast warehouse while ghosts from the past appear throughout your walk. Each ghost has a story to tell. . March 11-12. Foss Waterway Seaport, 705 Dock St., Tacoma. \$5-\$16.

### TALKS

**DuPont Historical Society**

Presents Erik Flint, the director of Camp Lewis Centennial & Lewis Army Museum. 2 p.m. Monday. DuPont Community Presbyterian Church, 502 Barksdale Ave., Dupont. Free.

**Is Philanthropy Stuck, And What Can We Do About It?** Join AFP South Sound and Hope Neighbor from the Camber Collective to discuss how non-profits can help spark growth in giving as organizations and as a sector. 11:30 a.m. Saturday. Tacoma Art Museum, 1701 Pacific Ave., Tacoma. \$30-\$50. 253-272-4258.

**If Cars Could Talk — The Cars of Downtown Abbey** Adult Brown Bag Lunch Series, America's Car Museum is partnering with KBTC Public Television to discuss "The Cars of Downtown Abbey" 11:30 a.m.-12:30 p.m. March 1. LeMay — America's Car Museum, 2702 East D St., Tacoma. Free, with museum admission. Must register online. 253-779-8490, [americascarmuseum.org/event/if-cars-could-talk-the-cars-of-downtown-abbey](http://americascarmuseum.org/event/if-cars-could-talk-the-cars-of-downtown-abbey).

### WORKSHOPS

**Preserving Your Family Treasures** Photos Curator of Collections, Hilary Pittenger, will share her best tips and tricks for preserving your family's treasures. 1 p.m. Sunday. White River Valley Museum, 918 H St. SE, Auburn. \$2-\$5.

**11 Practices to Heal Your Relationship with Food & Body** learn the eleven foundational

practices and leave with a clear understanding of the steps necessary to heal your relationship with food and your body. Class concludes with a drawing for a free coaching session 6:30 p.m. March 10. Marlene's Market & Deli, 2565 S. Gateway Center Place, Federal Way. Free.

### MUSIC

#### CLASSICAL

**Classical Sundays** 3 p.m. Sundays; Feb. 28, Dave Linden on piano; March 6, Geoffrey Klok, classical guitar; March 13, Pacific Northwest Chamber Ensemble; March 20, Robert Jorgensen piano; March 27, Chamber Ensemble. Antique Sandwich Company, 5102 N. Pearl St., Tacoma. Donations accepted.

**Organ at Noon** Joseph Adam, organist, plays an all-Bach program. 12:05-1 p.m. Saturday. University of Puget Sound Kilworth Memorial Chapel, 1500 N. Warner St., Tacoma. Free 253-879-3555, [pugetsound.edu/calendar](http://pugetsound.edu/calendar).

**Tacoma Community College Orchestra** 7:30 p.m. Saturday. Tacoma Community College, 6501 S. 19th St., Tacoma. Free.

**Tacoma Symphony Orchestra** — Classics III: Debussy & Mendelssohn features Valerie Mussolini-Gordon, principal harp of the Seattle Symphony. 7:30 p.m. Saturday. Chapel Hill Presbyterian Church, 7700 Skansie

Ave., Gig Harbor. \$19-\$79; 2:30 p.m. Feb. 28. Rialto Theatre, 310 S. Ninth St., Tacoma. \$19-\$79. 253-272-7264, [broadwaycenter.org](http://broadwaycenter.org).

**Tacoma Youth Symphony** A Little Russian Glinka's overture to Ruslan and Ludmilla and more 7 p.m. Sunday. Urban Grace, 902 Market St., Tacoma. \$8-\$18. 253-627-2792.

**Bruce Dickey and Liuwe Tamminga**, Cornettist and organist Bruce Dickey and Liuwe Tamminga, organ, play virtuoso music from the Renaissance. 7:30 p.m. March 1. Christ Episcopal Church Tacoma, 310 N K St, Tacoma. 253-383-1569, [ccptacoma.org](http://ccptacoma.org).

**Jeff Lund and the Tacoma Community College Symphonic Band** Percussionist Jeff Lund is the featured soloist. 7:30 p.m. March 1. Tacoma Community College, 6501 S. 19th St., Tacoma. Free.

### COUNTRY

**Jennifer Nettles** March 3. Emerald Queen Casino, 2024 E. 29th St., Tacoma. Ticketmaster.

**Toby Mac** 7 p.m. March 1. KeyArena, 305 Harrison St., Seattle. Ticketmaster.

### JAZZ

**Reverend Horton Heat** 8:30 p.m. March 11. Showbox at the Market, 1426 First Ave., Seattle. \$22. 206-628-3151.

### POP

**Carly Rae Jepsen** Tuesday. Showbox at the Market, 1426 First Ave., Seattle. Ticketmaster. **Keep Calm & Carry a Song** A celebration of songs that kept G.I.s jiving and the homefront hopeful through World War II. 10 a.m. March 4. Pacific Lutheran University, 12180 Park Ave. S., Tacoma. \$15. 253-241-4166.

**Justin Bieber** March 9. KeyArena, 305 Harrison St., Seattle. Ticketmaster.

### ROCK

**Blue Oyster Cult** 8 p.m. Sunday, Emerald Queen Casino, 2024 E. 29th St., Tacoma. Ticketmaster.

**Shinedown** March 2. The Paramount Theatre, 911 Pine St., Seattle. [stgprepresents.org](http://stgprepresents.org).

**John Prine** 8 p.m. March 5. The Paramount Theatre, 911 Pine St., Seattle. \$58.50-\$79.50. [stgprepresents.org](http://stgprepresents.org).

### NIGHTLIFE

#### FRIDAY

**B SHARP COFFEE HOUSE** 706 Opera Alley, Tacoma, The Gary Shutes Quartet (8 p.m.). 253-292-9969.

**BUFFINO'S GOLDEN WEST SALOON** 5228 South Tacoma Way, Tacoma, Back Porch Band

SEE EVENTS, 11C



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LARRY HORRICKS 20th Century Fox via AP

Taron Egerton, left, and Hugh Jackman star in the new 20th Century Fox release "Eddie the Eagle."

## FROM PAGE 2C MOVIES

saar (PG) 12:40, 3:05  
**BONNEY LAKE**  
**REGAL TALL FIRS 10 253-891-5445**  
Eddie the Eagle (PG-13) 1,

4:20, 7:30, 10:20 **Gods of Egypt 3-D** (PG-13) noon, 7 **Gods of Egypt** (PG-13) 3:40, 10:10 **Triple 9** (R) 12:40, 4, 7:20, 10:30 **Race** (PG-13) 12:10, 3:30, 6:50, 10:05 **Risen** (PG-13) 12:30, 4:10, 7:15, 10:15 **The Witch** (R) 1:10, 4:30, 7:40, 10:25 **Deadpool** (R) 12:20, 3:50, 7:10, 10 **How To Be Single** (R) 12:15, 6:40 **Zoolander 2** (PG-13) 3:25, 9:40 **Kung Fu Panda 3** (PG) 12:50, 3:45, 6:20,

9:30 **Star Wars: The Force Awakens 3-D** (PG-13) 12:05, 9:50 **Star Wars: The Force Awakens** (PG-13) 3:20, 6:30

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**Eddie the Eagle** (PG-13) 10:30, 11, 1:05, 1:35, 3:45, 4:20, 6:30, 7:15, 9:15, 9:50 **Triple 9** (R) 10:45, 1:45, 4:30, 7:35, 10:30 **Risen** (PG-13) 10, 1, 4, 7, 10 **Race** (PG-13) 11:30, 3, 6:15, 9:30 **Deadpool** (R) 11:20, 11:40, noon, 12:20, 2, 2:20, 2:40, 3, 4:40, 5, 5:20, 5:40, 7:20, 7:40, 8, 8:30, 10, 10:20, 10:20 **Kung Fu Panda 3** (PG) 10:15, 12:45, 3:20, 6, 8:45

**PORT ORCHARD**  
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**360-871-2294**

**Eddie the Eagle** (PG-13) 1, 4,

6:40, 10:20 **Gods of Egypt 3-D** (PG-13) 12:20, 7 **Gods of Egypt** (PG-13) 3:30, 9:30 **Triple 9** (R) 12:30, 3:20, 6:20, 9:10 **Race** (PG-13) noon, 3:40, 6:10, 9:25 **Risen** (PG-13) 1:30, 4:20, 7:20, 10:10 **The Witch** (R) 1:20, 4:30, 7:30, 10:25 **Deadpool** (R) 1:10, 4:10, 7:10, 10 **Kung Fu Panda 3 3-D** (PG) 12:50, 6:45 **Kung Fu Panda 3** (PG) 3:10, 10:05 **The Revenant** (R) 12:40, 3:50, 6:50, 9:20 **Star Wars: The Force Awakens 3-D** (PG-13) 3:15, 9:50 **Star Wars: The Force Awakens** (PG-13) 12:10, 6:30

**SOUTH KING COUNTY**  
**AUBURN STADIUM 17 253-735-6721**

**Eddie the Eagle** (PG-13) 12:55, 3:50, 7:30, 10:30 **Gods of Egypt 3-D** (PG-13) 12:50, 7 **Gods of Egypt** (PG-13) 3:55, 10:05 **Triple 9**

(R) 12:35, 4, 6:55, 9:50 **Race** (PG-13) 12:10, 3:30, 6:50, 10:15 9:10 **The Witch** (R) 12:15, 3:35, 7:15, 9:55 **Deadpool** (R) noon, 1, 3, 4:05, 6, 7:10, 9, 10 **How To Be Single** (R) 12:40, 4:10, 7:20, 10:20 **Zoolander 2** (PG-13) 11:35, 2:20, 5:30, 8:50 **Hail, Caesar!** (PG-13) 6:05, 9:05 **The Choice** (PG-13) 12:20, 3:20, 6:20, 9:15 **Kung Fu Panda 3 3-D** (PG) 11:30, 2:30 **Kung Fu Panda 3** (PG) 12:30,

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- Poached Salmon
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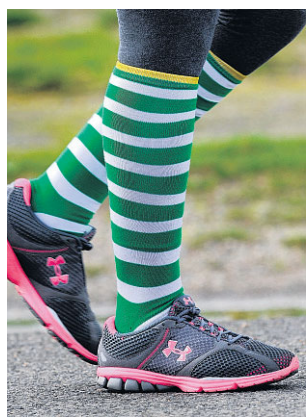
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- Most Traditional
- Tricked Out Stroller

The annual March fun run is the first JBLM race since December, and traditionally attracts a big crowd. Last year's event drew close to 1,000 runners, walkers, strollers and four-legged participants. With the popularity of the

5K course, this year's run doesn't include a 10K option.

"The thought is to really hone in on one distance, and do one distance really well," Jones said.

All registered participants receive an event T-shirt, custom pint glass, lucky gold coin and a bowl of traditional Irish stew to enjoy after the run. The post-race festivities include selfie booths and interactive games. Irish beer is available for purchase.

Early registration ends Wednesday to guarantee

an event T-shirt. Early registration fees are \$15 for JBLM community members and \$25 for those with no military affiliation.

After March 2, race fees increase to \$20 and \$30, respectively; and day of race on-site registration is \$30 for JBLM community members and \$40 for no military affiliation, with no T-shirt guarantee.

The run is open to the public, and those with no military affiliation who need a base access pass need to sign up by Wednesday.

Doors open at 9:30 a.m. on race day for packet pickup. "Go green" competitions will take place at 10:30 a.m. for an hour before the race.

Following the run, Irish stew is served for all participants at 12:30 p.m., Celtic games start at 1 p.m. and the gathering of red heads for a photo will happen at 1:30 p.m. The

event concludes with giveaways and prizes.

To register, visit [jblmmwr.com/races/shamrockrun](http://jblmmwr.com/races/shamrockrun).

The Shamrock 'N Run is a perfect warm-up for the JBLM Half-Marathon and 5K May 7 — the next run on the race calendar.

For more information, call 253-967-2604.

SCOTT HANSEN Northwest Guardian

All registered participants will receive a T-shirt, pint glass, lucky gold coin and a bowl of Irish stew.

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MARCH 20, 2016

Fridays & Saturdays | 7:30 pm  
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FROM PAGE 4C  
**OUT**

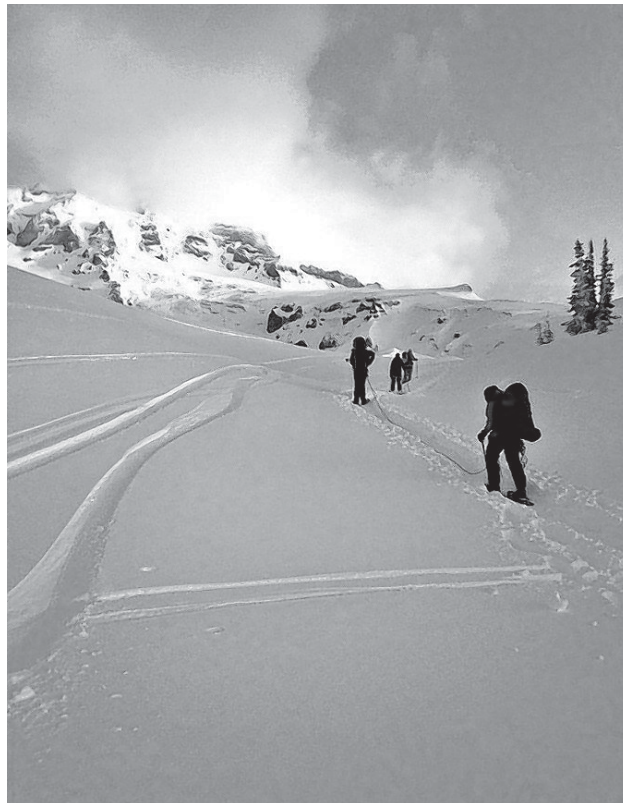
differences between shutter speed/aperture/ISO/white balance and more. Plus, you'll learn to focus your lens at night, understand noise reduction and get other tips and techniques. Minimum age: 12. This is a classroom workshop at the Northwest Adventure Center at Lewis North at 6 p.m. **\$10**. Trip with NAC expert guides.

**MARCH 12**  
**BELLA DONNA MOUNTAIN DAY**

Ladies, this trip is just for you. Head up north to Stevens Pass with the Outdoor Recreation program for fantastic snow. If you want to ski, snowboard or snowshoe, you're in luck. The trip fee includes skis/board, boots and bindings. The snowshoe package includes snowshoes, trekking poles and guide. Depart from the Northwest Adventure Center at Lewis North at 6 a.m. or McChord Field's Adventures Unlimited at 6:15 a.m. **\$60**; snowshoe: **\$50**; have your own gear/transportation only: **\$40**.

**MARCH 13**  
**INTRO TO SINGLE-TRACK MOUNTAIN BIKING**

If you've always wanting to try mountain biking, this is the trip for you. Join us for this instructional guide designed for beginners. You'll spend the day learning the basics, while getting plenty of time to work on your new-found skills. We provide the bike, helmet, gloves and transportation. The location will be determined based on conditions. Difficulty: easy; distance: five to six miles; ride time: four hours. Minimum age: 12. Depart from McChord Field's Adventures Unlimited at 8:15 a.m. or the Northwest Adventure Center at Lewis North at 8:30 a.m. **\$35**. Reasonable accommodations can be made for persons with special needs; popular family trip; trip with NAC expert guides.



Courtesy photo

The outdoor experts at Northwest Adventure Center provide a Basic Climbing Course.

**SNOWSHOE OR HIKE PARADISE**

Discover the beauty of Mount Rainier on snowshoeing trails. Travel along Mount Rainier's Glacier Vista Trail while exploring the best route up to Panorama Point. Difficulty: moderate to difficult; distance: three miles; time: three hours. Minimum age: 12. Guide, gear, instruction and transportation provided. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. or McChord Field's Adventures Unlimited at 8:15 a.m. **\$45**. Trip with NAC expert guides.

**BEAUTIFUL WATERFALL TOUR**

Explore the largest concentration of waterfalls in the continental U.S. as we travel on the Historic Columbia River Highway. An abundance of small waterfalls will be viewable from the road. Plus, we'll stop at five major waterfalls, including the world-famous Multnomah Falls. The trip fee includes round-trip transportation. Depart from

McChord Field's Adventures Unlimited at 8:15 a.m. or the Northwest Adventure Center at Lewis North at 8:30 a.m. **\$65**; ages 5 to 12: **\$40**; ages 4 and younger: **\$15**.

**MARCH 15**  
**SEA KAYAK SKILLS CLASS**

The Outdoor Recreation program offers five levels of our two-hour kayak skills class.

- Level one: proper paddling techniques and how to buddy-rescue.
- Level two: edging maneuvers and self-rescue.
- Level three: recovery techniques and muscle memory exercises for the roll.
- Level four: multiday kayak trip prep and t-rescue.
- Level five: the roll.

You may start at any time and master as many of the levels as you'd like! Meet at Kimbro Pool inside McVeigh Sports & Fitness Center at 7:30 p.m. Minimum age: 12. **\$25**. Clinic with NAC expert guides.

**MARCH 18****MILITARY APPRECIATION DAY AT STEVENS PASS**

Head up north to Stevens Pass for fantastic snow and great deals at upcoming Military Appreciation Days. Travel with the Outdoor Recreation program. If you want to ski, snowboard or snowshoe, you're in luck. The trip fee includes skis/board, boots and bindings. The snowshoe package includes snowshoes, trekking poles and guide. Depart from the Northwest Adventure Center at Lewis North at 6 a.m. or McChord Field's Adventures Unlimited at 6:15 a.m. **\$60**; snowshoe: **\$50**; have your own gear/transportation only: **\$40**. Reasonable accommodations can be made for persons with special needs; popular family trip.

**MARCH 19****BELLA DONNA PEDALS AND PINTS**

The best way to get over St. Patrick's Day blues is to grab your girlfriends and head to Woodinville to bike along the Sammamish River Trail. Pedal to Marymoor Park and back, finishing the excursion with a tour of the famous Redhook Brewery and dinner at the Forecasters Pub. The trip fee includes the Redhook Tour; food is on your own. Difficulty: beginner-intermediate; distance: 12.5 miles. Minimum age: 21. Depart from Northwest Adventure Center at Lewis North at 11 a.m. **\$55**. Trip with NAC expert guides; add **\$20** for lunch and souvenir cup

**MARCH 20****SNOWMOBILE THE CASCADES**

If you're seeking the most fun-filled winter experience, check out this snowmobiling trip through the Cascade Mountains! Fun, action, beauty and excitement await you. Snowmobile, helmet, boots, gloves and snowsuit are provided. Dress in layers. Minimum age to drive: 16. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. or McChord Field's Adventures Unlimited at 8:15 a.m. Preregistration is required. **\$170**; adult passengers: **\$125**; passengers 15 and younger: **\$75**. Reasonable accommodations

can be made for persons with special needs; popular family trip. Add **\$20** for lunch and souvenir cup.

**SNOWSHOE OR HIKE REFLECTION LAKE**

The trail from Narada Falls to Reflection Lake provides a magical experience through a winter snow-capped forest. Join us to snowshoe or hike the trail. Difficulty: moderate; distance: 3.5 miles; elevation gain: 500 feet; time: four hours. Minimum age: 12. Guide, gear, instruction and transportation are provided. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. or McChord Field's Adventures Unlimited at 8:15 a.m. **\$45**. Trip with NAC expert guides.

**MARCH 26****BUNJEE JUMP OR ZIP LINE**

If adrenaline is what you crave, you will not be disappointed in this trip. Go on a bungee jump/zip line adventure. Head to the base of Mount St. Helens to bungee jump off one of the highest bungee bridges in the country. Bungee jumpers will make two jumps, earn bragging rights and take home a T-shirt. If you opt to zip line, you'll speed over the canyon on seven different zip lines in the trees for an adventure you're sure to remember. Minimum weight: 90 pounds. Depart from McChord Field's Adventures Unlimited at 9 a.m. or the Northwest Adventure Center at Lewis North at 9:15 a.m. You must preregister by March 25. **\$135**, bungee; TBD, zip line.

**MARCH 27****SEATTLE NIGHT PHOTOGRAPHY CLASS**

Just because the sun's gone, it doesn't mean your photography has to end! Night photography is fast becoming one of the most popular forms of digital photography. Take a journey of Seattle after dark. One of the nicest aspects of night photography is



Rated R • Nightly at 7:00 pm  
Saturday & Sunday Matinee at 3:45 pm  
Rocky Horror Picture Show Saturday 11:30 pm  
**253-752-9500** www.bluemousetheatre.com

that our images are not dependent on a good sunset or sky conditions in order to be spectacular. Minimum age: 12. Depart from the Northwest Adventure Center at Lewis North at 5:30 p.m. or McChord Field's Adventures Unlimited at 5:45 p.m. **\$55**. Clinic with NAC expert guides.

**WESTPORT BOTTOM FISHING**

Are you ready to get out on the open water and start hauling in fish? Take a chartered boat trip out of Westport — where rockfish are always plentiful and lingcod are real fighters. Dress in layers, and bring your lunch and rain gear. Transportation and fishing gear are provided. Depart from McChord Field's Adventures Unlimited at 3:45 a.m. or the Northwest Adventure Center at Lewis North at 4 a.m. You must register before March 25. **\$135**. Reasonable accommodations available for persons with special needs; popular family trip; expert guides.

**The Lady in the Van (PG-13)**

Fri: 1:50, 4:10, 6:30, 8:50  
Sat-Sun: 11:25 AM, 1:50, 4:10, 6:30, 8:50  
Mon-Thu: 1:50, 4:10, 6:30, 8:50

**Where To Invade Next (R)**

Fri-Thu: 1:00, 3:35, 6:20, 9:00

**45 Years (R)**

Fri: 1:40, 3:55, 6:10  
Sat-Sun: 11:30 AM, 1:40, 3:55, 6:10  
Mon: 1:40, 3:55, 6:10  
Tue: 3:55, 6:10  
Wed-Thu: 1:40, 3:55, 6:10

**Brooklyn (PG-13)**

Fri-Sat: 1:15, 6:40  
Sun-Mon: 1:15, 6:40, 9:10  
Tue: 1:15, 9:10  
Wed-Thu: 1:15, 6:40, 9:10

**Spotlight (R)**

Fri-Thu: 3:45, 8:35

**Room (R)**

**TUESDAY FILM SERIES**  
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## Traditional Japanese SUKIYAKI DINNER

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1717 S. Fawcett Ave., Tacoma

SUNDAY  
MARCH 6, 2016  
11am to 4pm



TRADITIONAL JAPANESE

FOODS FOR SALE:

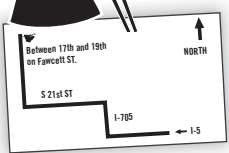
\* Sukiyaki: beef hot pot

\* Teriyaki Chicken

\* Miso Soup

Sun, March 6

11am-4pm

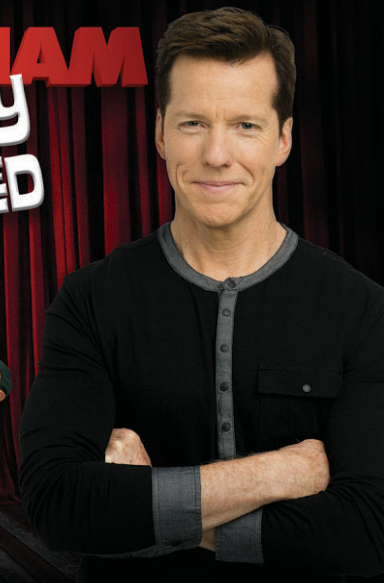


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TAMI



museumofglass

Erich Woll (American, born 1970)  
*Mistakes Will be Made (blue-footed Boobies)*, 2014  
Hot-sculpted glass  
Collection of Museum of Glass, gift of the artist  
Photo by Russell Johnson



museumofglass invited visitors to #BeTheCurator of our new exhibition and the results are on view January 16 – October 23, 2016! Thanks to @KBTC-TV for their support. #yourvotecounts #peopleschoice

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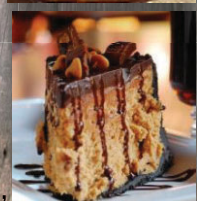
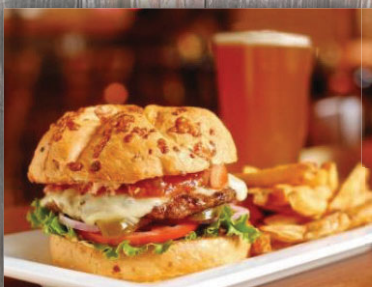
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## Tacoma Musical Playhouse I LOVE YOU, YOU'RE PERFECT, NOW CHANGE

Tacoma Musical Playhouse, 7116 Sixth Ave, Tacoma, WA 98406  
Everything you have ever secretly thought about dating, romance, husbands, wives and in-laws, but were afraid to admit. This hilarious musical revue pays tribute to those who have loved and lost, to those who have fallen on their face at the portal of romance, to those who have dared to ask, "Say, what are you doing Saturday night?"

**Ticket Info:** Adult \$31; Sr/Military/Students \$29; Children \$22; Groups of 10 or more \$27. All seating is reserved. 253-565-6867 or www.tmp.org

FEB 26, 27 - MARCH 3, 5, 6 THURS, FRI & SAT 7:30 PM - SUN 2PM

## University of Puget Sound RENT--BOOK, MUSIC, & LYRICS BY JONATHAN LARSON

Norton Clapp Theatre, Jones Hall  
Department of Theatre Arts and School of Music present this Pulitzer-Prize-winning rock musical. A dramatic yet uplifting story of an angry and terrifying world.

**Ticket Info:** \$11 general; \$7 sr. citizen, military, student. Tickets sold at Wheelock Information Center, 253.879.3100, or online at tickets.pugetsound.edu

FEBRUARY 27 SATURDAY 7PM

## Tacoma Young Artists Orchestra A LITTLE RUSSIAN

Urban Grace Church  
Featuring student soloist Evan Minsk in Mozart's *Horn Concerto* in Eb and Julian Bennett in *Elgar's Cello Concerto*.

**Ticket Info:** \$10 Main Level, \$18 Balcony

FEBRUARY 27 SATURDAY 7:30PM

## Tacoma Concert Band TACOMA CONCERT BAND PRESENTS: BACH TO BROADWAY

Pantages Theater, downtown Tacoma  
Tacoma Concert Band presents "Bach to Broadway," an exciting variety of music from classic to modern. TCB will also proudly present a solo performance by the winner of its 2016 Student Soloist competition, percussionist Tyler Ussery from White River High School. Also everyone 18 and younger will be admitted FREE!

**Ticket Info:** \$18 - \$36 with discounts for students, senior, and military. Broadway Center box office 253-591-5894.



MARCH 3 THURSDAY 8PM

## University of Puget Sound A CONVERSATION ON "PRINCIPLED LEADERSHIP" WITH THE HONORABLE ERIC H. HOLDER JR. 82ND ATTORNEY GENERAL OF THE U.S.

Schneebeck Concert Hall  
Named one of TIME magazine's "100 Most Influential People" Holder presided over landmark antitrust, environmental, fraud, and public policy cases from 2009 to 2015

**Ticket Info:** \$20 general; tickets available at Wheelock Information Center, 253.879.3100 or online at tickets.pugetsound.edu Advance purchase advised. Photo ID required at the door.

MARCH 1 & 5

## ASUPS Performing Arts THE MYSTICAL ARTS OF TIBET

## PRESENTED BY THE MONKS OF THE DREPUNG LOSELING MONASTERY

TUESDAY 12PM • SATURDAY 2PM

Schneebeck Concert Hall  
Then witness an unforgettable concluding performance of dance and music. Opening Ceremony of Sand Mandala painting, Tuesday Noon, March 1, Collins Library at University of Puget Sound. Make time in your schedule for days of reflection and inspiration and spend Tues-Fri watching the millions of grains of sand art being constructed.

**Ticket Info:** \$6 for the concluding concert/performance at the UPS Information Center, tickets.pugetsound.edu or call 253-879-3100



MARCH 4

## Second City Chamber Series MASTERPIECE SERIES III: "TWO, THREE, FOUR"

FRIDAY

7:30PM

## The Great Hall of Annie Wright School

827-North Tacoma Avenue, Tacoma  
Musical couple Melia Watras, viola and Michael Lim, violin, join pianist Cristina Valdés and cellist, Sæunn Thorsteinsdóttir, in duos, trios, and quartets.

**Ticket Info:** \$25 Regular Admission, \$23 Seniors or Military/Under 18 free For Tickets Call: 253-572-TUNE (8863)

MARCH 4-20 • FRI & SAT 7:30PM • SUN 2PM • PAY WHAT YOU CAN ON THUR, MARCH 17

## Tacoma Little Theatre THE LAST NIGHT OF BALLYHOO

Tacoma Little Theatre  
210 N I Street, Tacoma, WA 98403

In 1939 Atlanta, the Freitag family, a Jewish family so highly assimilated they have a Christmas tree in their parlor, are looking forward to Ballyhoo, a cotillion ball sponsored by a highly restrictive country club.

**Ticket Info:** \$24 Adult; \$22 Sr/St/Military; \$20 Children 12 and under www.tacomalittletheatre.com; 253-272-2281

MARCH 5

## City of Auburn BRAVO Performing Arts Series

## WILD CHILD

SATURDAY

7:30PM

## Auburn Avenue Theater 10 Auburn Avenue

Wild Child is a high-energy tribute to female rock 'n roll which and takes you on a fast-moving ride through some of the best female rock and roll hits of all time! You will hear your favorite songs from Heart, Fleetwood Mac, Pat Benetar, Joan Jett, Blondie, The Pretenders, Sheryl Crowe, Halestorm... just to name a few. There is something for everybody!

**Ticket Info:** \$20/\$18 253-931-3043 www.auburnwa.gov/arts



MARCH 10

## University of Puget Sound WIND ENSEMBLE

THURSDAY

7:30 P.M.

## Schneebeck Concert Hall, University of Puget Sound

An exciting program featuring Bryant's *In This Broad Earth*, Mussorgsky's *Pictures at an Exhibition*, and Stark's *Velocity Meadows*, featuring Dan Williams, oboe, Gerard Morris, conductor.

**Ticket Info:** Free

Sponsored by The News Tribune and participating Art Groups

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## TICKETS

### ALREADY ON SALE

**JENNIFER NETTLES** 8 p.m. March 3, Emerald Queen Casino, Tacoma. \$40-\$110.

**JUSTIN BIEBER** 7:30 p.m. March 9, KeyArena, Seattle. \$46.50-\$122.

**BOZ SCAGGS** 8 p.m. March 12, Emerald Queen Casino, Tacoma. \$40-\$95.

**THE COMEDY GETDOWN TOUR** 8 p.m. March 19, KeyArena, Seattle. \$45.75-\$85.75.

**GREENSKY BLUEGRASS** 8 p.m. March 25, The Showbox, Seattle. \$20 in advance or \$25 at the door.

**SHEN YUN** April 8-10, McCaw Hall, Seattle. \$60-\$180.

**IRON MAIDEN** 7:50 p.m. April 11, Tacoma Dome. \$36.95-\$86.95.

**ARENACROSS** 7 p.m. April 16 and noon April 17, Tacoma Dome. \$10-\$40.

**RIHANNA** 7:30 p.m. April 24, KeyArena, Seattle. \$26.50-\$147.

**SELENA GOMEZ** 7:30 p.m. May 13, KeyArena, Seattle. \$60.50-\$126.

**BEYONCÉ**, 6 p.m. May 18, CenturyLink Field, Seattle, \$75-\$851.

**BILLY JOEL** 8 p.m. May 20, Safeco Field, Seattle. \$53.75-\$133.75.

**ANDREA BOCELLI** 7:30 p.m. June 1, KeyArena, Seattle. \$75-\$365.

**DIXIE CHICKS** 7 p.m. July 8, White River Amphitheater. \$42-\$136.

**STING and PETER GABRIEL** 8 p.m. July 21, KeyArena, Seattle. \$45-\$250.

**KENNEY CHESNEY** 5 p.m. July 23, CenturyLink Field, Seattle. \$21-\$250.

**ADELE** 7:30 p.m. July 25-26, KeyArena, Seattle. \$35.50-

\$145.50.

**THE WATERSHED FESTIVAL** July 29-31 and Aug. 5-7, Gorge Amphitheater, George. \$199.

**DEMI LOVATO and NICK JONAS** 7 p.m. Aug. 21, KeyArena, Seattle. \$25.95-\$85.95.

**JOURNEY and THE DOOBIE BROTHERS** 7 p.m. Aug. 23, White River Amphitheater, Auburn. \$29.50-\$141.

**JOSH GROBAN** 7 p.m. Aug. 23 at the Chateau Ste. Michelle

Winery, Woodinville. \$78-\$152.50.

**HEART, JOAN JETT & THE BLACKHEARTS and CHEAP TRICK** 6:30 p.m. Aug. 26 at the White River Amphitheater, Auburn. \$20.25-\$101.

**DAVE MATTHEWS BAND** Sept. 2-4 at the Gorge Amphitheater, \$48.50-\$85.

**MAROON 5** 7:30 p.m. show on Oct. 11, KeyArena, Seattle. \$26.50-\$122.

## FROM PAGE 5C EVENTS

(9 p.m.). 253-471-9892.

**CAFE DIVINO** 2112 N. 30th St., Tacoma. Jason Plute (7 p.m.). 253-779-4226.

**EMERALD QUEEN I-5 NIGHT-CLUB** 2024 E. 29th St., Tacoma, Social Network (9 p.m.). 253-594-7777.

**G. DONALDSON'S** 3814 N. 26th St., Tacoma, Johnaye Kendrick (7:30 p.m.). 253-761-8015.

**GREAT AMERICAN CASINO** 10117 South Tacoma Way, Lakewood, Nite Crew (9 p.m.). 253-396-0500.

**JAZZBONES** 2803 Sixth Ave., Tacoma, Leroy Bell and His Only Friends (8 p.m.). 253-396-9169.

**LOUIE G'S** 5219 Pacific Hwy. E, Fife, Green Dayz, Second Sting, No Quarter (6:30 p.m.). 253-926-9700.

**MUCKLESHOOT CASINO** 2402 Auburn Way S., Auburn, Rhythm N. Brown, Nesian Nine, Stay Grounded (9:15 p.m.). 253-333-1848.

**REAL ART TACOMA** 5412 South Tacoma Way, Tacoma, Earth Control, Ex-Gods, Dryland, Infinite Flux (8 p.m.). realarttacoma.com.

**ROCK THE DOCK** 535 Dock St., Tacoma, Michael Hershman (8 p.m.). 253-272-5004.

**ROYAL BEAR PUB AND EATERY** 35731 W. Valley Highway S., Algona, Crash Project (9 p.m.). 206-628-0888.

**THE SWISS** 1904 S. Jefferson, Tacoma, Bam (9 p.m.). 253-572-2821.

**THE VALLEY PUB** 1206 Puyallup Ave., Tacoma, Sound and Fury and Billy Stops with



EVAN AGOSTINI Invision/AP

Singer-songwriter Jennifer Nettles of the country duo Sugarland will play the Emerald Queen Casino in Fife on Thursday.

Dirt Angels (9 p.m.). 253-248-4265.

### SATURDAY

**B SHARP COFFEE HOUSE** 706 Opera Alley, Tacoma, Velocity (8 p.m.). 253-292-9969.

**BUFFINO'S GOLDEN WEST SALOON** 5228 South Tacoma

Way, Tacoma, Back Porch Band (9 p.m.). 253-471-9892.

**EMERALD QUEEN I-5 NIGHT-CLUB** 2024 E. 29th St., Tacoma, Social Network (9 p.m.). 253-594-7777.

**EMERALD QUEEN I-5 SHOW-ROOM** 2024 E. 29th St., Tacoma, Blue Oyster Cult (8 p.m.). 253-594-7777.

**G. DONALDSON'S** 3814 N. 26th St., Tacoma, Johnaye Kendrick (noon.). 253-761-8015.

**GREAT AMERICAN CASINO** 10117 South Tacoma Way, Lakewood, Nite Crew (9 p.m.). 253-396-0500.

**JAZZBONES** 2803 Sixth Ave., Tacoma, Erotic City (8:30 p.m.). 253-396-9169.

**LOUIE G'S** 5219 Pacific Hwy. E, Fife, Helldorado, Mechanism (1 p.m.). 253-926-9700.

**MUCKLESHOOT CASINO** 2402 Auburn Way S., Auburn, Rhythm N. Brown, Nesian Nine Stay Grounded (7:15 p.m.). 253-333-1848.

**REAL ART TACOMA** 5412 South Tacoma Way, Tacoma, Bazooka Benny and the Pfefferle Hillbillies, The Rusty Cleavers, The Cottonwood Cutups, Shotgun Kitchen (6 p.m.). realarttacoma.com.

**ROCK THE DOCK** 535 Dock St., Tacoma, Accidental Heroes (8 p.m.). 253-272-5004.

**ROYAL BEAR PUB AND EATERY** 35731 W. Valley Highway S., Algona, Try (9 p.m.). 206-628-0888.

**THE SPAR** 2121 N. 30th St., Tacoma, Ain't No Heaven Seven featuring Ron Rustad (8 p.m.). 253-627-8215.

**THE SWISS** 1904 S. Jefferson, Tacoma, Down North (9 p.m.). 253-572-2821.

### SUNDAY

**ANTIQUÉ SANDWICH COMPANY** 5102 N Pearl St, Tacoma, Dave Linden (3 p.m.). 253-752-4069.

**DAWSON'S BAR AND GRILL** 5443 South Tacoma Way, Tacoma, Tim Hall Band (8 p.m.). 253-476-1421.

**REAL ART TACOMA** 5412 South Tacoma Way, Tacoma, Broca's Area (6 p.m.). realarttacoma.com.

**ROCK THE DOCK** 535 Dock St., Tacoma, karaoke (8 p.m.). 253-272-5004.

**THE SPAR** 2121 N. 30th St., Tacoma, Blues Redemption (7 p.m.). 253-627-8215.

### MONDAY

**LOUIE G'S** 5219 Pacific Hwy.

E, Fife, Kirra (8 p.m.). 253-926-9700.

**REAL ART TACOMA** 5412 South Tacoma Way, Tacoma, Heiress, Vessels, Wet the Rope, Choke the Pope, The Hand of Reason, Arsenic Lace (6 p.m.). realarttacoma.com.

### TUESDAY

**ANTIQUÉ SANDWICH COMPANY** 5102 N Pearl St, Tacoma, open mic (7 p.m.). 253-752-4069.

**B SHARP COFFEE HOUSE** 706 Opera Alley, Tacoma, Peeled Bananas Comedy open mic (7:30 p.m.). 253-292-9969.

**ROCK THE DOCK** 535 Dock St., Tacoma, open mic with Dustin (8 p.m.). 253-272-5004.

### WEDNESDAY

**DAWSON'S BAR AND GRILL** 5443 South Tacoma Way, Tacoma, Linda Myer's Band (8 p.m.). 253-476-1421.

**JAZZBONES** 2803 Sixth Ave., Tacoma, Reallionaire Beat Battle (9 p.m.). 253-396-9169.

**ROCK THE DOCK** 535 Dock St., Tacoma, open mic with Verginia (8 p.m.). 253-272-5004.

### THURSDAY

**DAWSON'S BAR AND GRILL** 5443 South Tacoma Way, Tacoma, Billy Shew Band (8 p.m.). 253-476-1421.

**EMERALD QUEEN I-5 SHOW-ROOM** 2024 E. 29th St., Tacoma, Jennifer Nettles (8 p.m.). 253-594-7777.

**G. DONALDSON'S** 3814 N. 26th St., Tacoma, Al Gord (7 p.m.). 253-761-8015.

**MUCKLESHOOT CASINO** 2402 Auburn Way S., Auburn, Radio 80 (9 p.m.). 253-333-1848.

**THE SWISS** 1904 S. Jefferson, Tacoma, Terrasone, Sleeper Cell (9 p.m.). 253-572-2821.

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