



GUARDIAN WEEKEND
Time to Shamrock 'n Run, 3C

ALSO INSIDE
Stan Lee joins forces, 7A

JBLM NORTHWEST

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III Authorized newspaper of Joint Base Lewis-McChord, Washington · March 10, 2017

CRYSTAL MOUNTAIN RESORT

8-1 Cav. Soldier helps rescue injured skier

Woman, 63, plunges off cliff after losing control on Crystal Mountain

BY RUTH KINGSLAND
Northwest Guardian

For most of the day Feb. 18, skiing Crystal Mountain was a blast, according to 63-year-old veteran skier, Pat Baxter of Gig Harbor. But that was up until she almost died on the slopes.

She credits a Joint Base Lewis-McChord Soldier for helping to save her life — she just didn't



Bunker

know who he was. She was skiing with her brother, Mike Anslow, of Virginia Beach, Va. Despite a few mishaps — such as getting lost on the way to the popular skiing location, forgetting to bring her purse, losing

her ski lift ticket within the first 10 minutes at the mountain, her ski boots malfunctioning early in the day so she had to be brought on a sled to a boot rental site — Baxter was enjoying the day. Although, she admitted, she'd not been skiing in 15 years so she was feeling a bit wobbly.

Baxter, a Navy veteran, posted photos and video of the excursion throughout the day to her Facebook site, including an "uh-oh" video of her sled ride. It

SEE RESCUE, 12A



Courtesy of Mike Anslow

Pat Baxter, of Gig Harbor, is strapped to a rescue sled by Crystal Mountain ski patrol members after she went over a cliff and was rescued by a JBLM Soldier Feb. 18.

OPERATION BABY SHOWER

DIAPER DUTY BEGINS HERE



SCOTT HANSEN Northwest Guardian

Raj Bhetwali, left, and Smriti Mainali pose for a picture during Operation Baby Shower at the American Lake Conference Center Saturday.

Event fun for both new, expectant moms, dads

BY RUTH KINGSLAND
Northwest Guardian

Whether one excelled at pinning down the candy bar ingredients in a dirty diaper contest or could taste test the baby food combinations in another competition, there was plenty of fun to be had when hundreds of expectant mommies, moms and dads with baby strollers streamed into American Lake Conference Center Saturday for the sixth annual Operation Baby Shower.

The event, sponsored by Joint Base Lewis-McChord's Family and Morale, Welfare

SEE SHOWER, 12A



Eric Lazerow, right, of "My First Diapers" goes over the inventory of products with Kayla Cofer, of Kitsap, during the sixth annual JBLM Operation Baby Shower at the American Lake Conference Center Saturday.

SEE PARTNER, 12A

ENVIRONMENTAL PROTECTION AGENCY

New guidelines close three JBLM drinking wells

BY RUTH KINGSLAND
Northwest Guardian

New Environmental Protection Agency guidelines have resulted in the closure of three drinking water wells on Joint Base Lewis-McChord, base officials announced March 2. Testing last year showed the three wells exceeded the acceptable amount of certain man-made chemicals.

JBLM is one of several military sites — six Army bases and multiple other military installations — affected by the new EPA

drinking water guidelines, which concern excessive amounts of perfluorooctane sulfonic acid and perfluorooctanoic acid. The two chemicals are used in a variety of common household items, such as carpeting, clothing, fabrics, nonstick cookware coating and paper packaging.

JBLM's drinking water is safe to drink, according to JBLM Directorate of Public Works officials. To ensure the continued availability of safe drinking

SEE WELLS, 12A



SCOTT HANSEN Northwest Guardian

New EPA guidelines have closed three water wells on JBLM. This seasonal well, located near the DuPont Gate, and two primary wells on McChord Field have shut down.

I CORPS

Partners vital to military's mission

Both the military, partners benefit

BY STAFF SGT. BRYAN DOMINIQUE
I Corps Public Affairs

The military isn't what comes to most peoples' minds when thinking of Seattle, but one Army general in the Puget Sound region is looking to change that.

Lieutenant General Stephen R. Lanza is in the last few weeks of his tenure as the commanding general of I Corps, headquartered at Joint Base Lewis-McChord about 45 minutes south of Seattle. During his time in command, he has made it a priority to connect the military to the public.

I Corps is partnered with Seattle and regularly hosts tours of JBLM to give people an idea of what the corps does and what happens behind the gates. Soldiers from the installation also participate in city events such as the Seafair Torchlight Parade.

"Every community from (Seattle) to Olympia has a community connector program, with commanders and leaders who are assigned to your communities to make sure we stay connected to those we serve," Lanza said during a speaking engagement at the Seattle Rotary Club March 1.

His visit to the club was part of a two-day community tour of Seattle, including visits to Ama-

SEE PARTNER, 12A

CENTENNIAL CORNER



Camp Lewis Army Museum Photo

Advanced Infantry Training at Fort Lewis in 1968.

VIETNAM PREPARATIONS

Between 1966 and 1971, tens of thousands of Advanced Infantry Training Soldiers practiced skills designed to prepare them for combat in Vietnam. In 1968, Fort Lewis built mock Vietnamese villages and a scale Vietnam-type firebase in the post's South Rainier Training Area.

JBLM CENTENNIAL

Camp Lewis team battled Marines in 1918 Rose Bowl

BY DEAN SIEMON
Northwest Guardian

Duane Denfeld, historian at Joint Base Lewis-McChord's Directorate of Public Works, said that if he was to poll 100 people on base, 99 to 100 would not know the base had a team play in the Rose Bowl.

Since 1902, the Rose Bowl has been one of the premiere college football games featuring programs like Stanford, Notre Dame and other top teams across the country. But in 1918, World War I almost canceled the game if it weren't for two military teams: Camp Lewis' 91st Division team in Washington state and Mare Island Marines in California.

Denfeld has done research about the game and the teams that played in it for an essay he did for historylink.org.

College football programs were depleted after players were drafted into the military, and many schools made the decision to cut back on their athletic programs at the time. The Rose Bowl committee was looking into canceling the entire game that year in a conversation that reached the White House.

"But President (Woodrow) Wilson got involved and said sports were good for the country," Denfeld said. "And some of the very best college players were already in the military."

The story of how Camp Lewis went to the Rose Bowl goes back to when it first opened near American Lake in September 1917. Despite the installation having just recently opened, the U.S. War Department named Capt. Trevanion "Van" Cook to be the athletic program director on Camp Lewis.

"The commanders believed that sports were very critical to teamwork and esprit de corps," Denfeld said.

Right away, Cook helped form nearly 90 sports activities on the Army camp that included an intramural football league fea-



Courtesy City of Lakewood

The 91st Division football team from Camp Lewis from the early years of Joint Base Lewis-McChord history played against the Mare Island Marines in the 1918 Rose Bowl in Pasadena, Calif.

turing 12 teams. He also helped form Camp Lewis' 91st Division team with the help of player/coach Lt. Edgar Kienholz — a former player at Washington State College, now known as Washington State University.

The 91st Division team was a collection of some of the best players from the entire league. In fact, six of them were former stars in college football. The roster included halfback Ernest "Dick" Romney, a four-sport athlete for the University of Utah.

Denfeld said the athletic program headed by Cook and Kienholz likely recruited at league games early on for the 91st Division team, especially with the military having seen a large number of college football stars come through.

"Some of these guys were already in the Army and found a team," Denfeld said. "They probably rushed to an intramural team. Cook probably saw them and said 'this kid has something.' They were scouting just like today."

With the influx of talent, Cook was able to arrange for games to be played at Tacoma Stadium, which is now Stadium Bowl next to Stadium High School. Back then, up to 32,000 fans were in

attendance and they came to watch the 91st Division team play.

"It was heavily attended, and (fans) were watching good football," Denfeld said.

The Camp Lewis team went 5-1-1, including a 0-0 tie to Washington State and a 13-0 loss to Mare Island, which went undefeated before meeting Camp Lewis in the 1918 Rose Bowl. Denfeld noted that most of the team's roster featured the Oregon Ducks program that was part of the Pacific Coast Conference.

As for their Rose Bowl match, Camp Lewis jumped ahead after Romney scored on a 6-yard run in the second quarter. Mare Island scored 17 unanswered points to win 19-7.

Mare Island returned to the Rose Bowl in 1919, only to lose 17-0 to the Great Lakes Navy Bluejackets — which featured Chicago Bears founder George Halas as the game's most valuable player.

Football continued in the Army until about the 1940s. The events of the 1918 and 1919 Rose Bowl are unlikely to repeat themselves in today's society, according to Denfeld.

"It would take something that we can't perceive," he said.

JBLM CENTENNIAL

Resolution honors JBLM centennial

BY RUTH KINGSLAND
Northwest Guardian

Service members and families were honored at the Washington Capitol in Olympia March 3 as the state Senate read and approved unanimously Senate Resolution 8627 that recognized the 100th anniversary of Joint Base Lewis-McChord. The House approved an identical document, House Resolution 2017-4622, a day earlier and recognized members of the JBLM delegation at the March 3 event during its session that day as well.

The installation began in 1917 as land given to the federal government for a permanent Army post by citizens of Pierce County.

SR 8627 was created by Sen. Steve O'Ban, 28th Legislative District, and sponsored by O'Ban and Sen. Steve Conway, 29th Legislative District.

The resolution begins: "Whereas, Joint Base Lewis-McChord has a legacy of significance to the United States and to the world that brings honor and pride to the entire state of Washington; and,

"Whereas, Camp Lewis, as it was then known, began construction in May of 1917 under the direction of Captain David L. Stone, who, in less than 90 days, created one thousand seven hundred fifty-seven buildings as well as four hundred twenty-two other structures with light and heat, exhibiting the 'can do' spirit that inhabits the exploits of JBLM to this day...."

Representing JBLM at the Capitol were Col. Timothy King and Sgt. Major Ken Breeding, both of Headquarters and Headquarters Battalion, I Corps.

"It's really important," King said. "This is about the relationship between JBLM and the community."

Breeding also spoke of the relationship factor.

"I am really humbled," he said. "The relationship between the military and the community is so important."

A second generation of the O'Ban and King families also



RUTH KINGSLAND Northwest Guardian

Col. Timothy King, middle, Headquarters and Headquarters Battalion, I Corps, poses with Sen. Steve O'Ban, right, 28th Legislative District, and O'Ban's son, Sgt. Thomas O'Ban, an Army Reserve member who is stationed in San Diego, Calif., in Olympia March 3.

were at the event. King's 23-year-old daughter, Dana King, is a bill reporter for the State Senate Community Services and works at the Capitol. O'Ban's son, Sgt. Thomas O'Ban, 416th Civil Affairs Battalion, is stationed in San Diego, Calif., with a Reserve unit.

The younger O'Ban graced the opening of the Senate session with a powerful rendition of the national anthem. During the session, Senator O'Ban spoke of appreciation for the military, for which two of his sons serve. His other son, who was not in attendance at the Olympia event, is 1st Lt. Landon O'Ban, 8th Squadron, 1st Cavalry Regiment, 2nd Brigade, 2nd Infantry Division.

Senator O'Ban spoke during the session of it being a privilege to sponsor the resolution and be a part of the JBLM community, "where thousands of men and women serve us daily. My constituents and I are proud we're among these great Americans," he said.

Conway also shared his appreciation for the installation.

"The base has a valuable interaction with almost all of us," he said.

Several senators from across the state also spoke in favor of the resolution, most because

they are veterans or had family members who served or are currently serving.

Senator Jeanne Darnell, 27th Legislative District, was visibly touched by the resolution and spoke of growing up an "Army brat" on JBLM, while her father was stationed in the Army Air Corps at McChord Field. She also mentioned her nieces, nephews and a cousin who currently serves in various locations.

"Our family has been involved with JBLM for 75 years, and it's a real honor to thank you for how this base influences us all," she said.

Senator Steve Hobbs, 44th Legislative District, mentioned his service with the National Guard and exercises at JBLM.

"(JBLM) is such an important part of our national security," Hobbs said. "I hope in another 100 years there will be another resolution recognizing (the installation)."

Senator Phil Fortunato, 31st Legislative District, expressed his appreciation for the Soldiers and Airmen at JBLM.

"They're (serving in the military) for all of us, to keep us safe," he said to King and Breeding. "Thank you gentlemen. Thank you to everyone on the base."

NEWS IN BRIEF

SKIESUnlimited now offers yoga classes for families on JBLM

In February, SKIESUnlimited began offering yoga classes for families. Classes are specialized for various age groups — 18 months to 3 years, 4 to 5 years, and 6 to 18 years.

Basic yoga postures and principles are introduced through fun and engaging activities. Parents are highly encouraged by attending any of our Yoga classes.

Yoga can be beneficial for everyone at any age or phase of life. The yoga program follows the Hatha and Vinyasa flow traditions with emphasis on strength, balance, flexibility, breath and mindfulness. A great way to pamper yourself and your child.

This also allows you to grab some meaningful "me time" as you and your child bond and create new habits.

The SKIESUnlimited Yoga program is highly successful and is rapidly expanding. Starting in April, it will include pre- and postnatal classes. Children must be Child, Youth and School Services registered to attend.

To find out more, come by the SKIESUnlimited building at 6398 Garcia Blvd, on Lewis Main, and find us on webtrac today.

For more information, email TheStudioACFT-PA@gmail.com.

— SKIESUNLIMITED

The I-5 Nisqually River Bridge cleaning to start this weekend

Interstate 5 over the Nisqually River Bridge will be reduced to two lanes during morning hours for two consecutive weekends beginning Saturday. Drivers can expect delays while Washington State Department of Transportation bridge maintenance crews low-pressure wash the bridge and perform routine maintenance work.

● Southbound I-5 will be reduced to two lanes approaching Nisqually River Bridge Saturday and Sunday from 5:30 a.m. to noon.

● Northbound I-5 will be reduced to two lanes approaching Nisqually River Bridge March 18-19 from 5.30 a.m. to noon.

WSDOT anticipates that traffic backups will begin around 9 a.m. during the maintenance work and build with each passing hour on those weekend mornings. Drivers are encouraged to allow extra time to travel through the work zone and consider going through the area before 9 a.m. or after noon, if possible.

The work is part of WSDOT's ongoing bridge cleaning and inspection program. The program is intended to extend each bridge's useful life.

— WASHINGTON STATE DEPARTMENT OF TRANSPORTATION

ISIS on trajectory toward lasting defeat, a defense official says

WASHINGTON, D.C. — Despite a long road ahead for the U.S.-led coalition in its fight to counter the Islamic State of Iraq and Syria, the enemy is being degraded by every measure and is on a trajectory to lasting defeat, a defense official told reporters on background Wednesday.

In Iraq, with eastern Mosul liberated and the fight to retake western Mosul ongoing, liberating the city from ISIS' control is an important step in defeating the enemy, the official said.

Without Mosul from which to recruit, train and plan attacks, and from which to project atrocities into Europe and the U.S. homeland, the coalition has seen ISIS' flow of foreign fighters and external support diminish significantly, the official added.

By denying them unfettered access to Mosul, its population and Iraq's natural gas and oil revenue, ISIS's ability to raise money and sustain its forces has been systemically reduced, the official said.

Retaking Mosul will also be a symbolic victory after ISIS announced the birth of its "phony" caliphate from Mosul's great mosque in 2014, the official said, noting that without a power base in Iraq, ISIS' claims of legitimacy as a credible, alternative state are being exposed as a fallacy.

— TERRI MOON CRONK, DOD NEWS, DEFENSE MEDIA ACTIVITY

I CORPS COURTS-MARTIAL

U.S. V. STAFF SGT. MILES, DIVARTY

On Feb. 14, Staff Sgt. Kelly A. Miles, 2nd Infantry Division Artillery, was convicted by General Court-Martial of assault. Miles was sentenced to be reduced to Private (E-1) and confined for 15 days.

U.S. V. PFC. SALINAS, 555TH ENGR. BDE.

On Feb. 15, Pfc. Antony Salinas, 555th Engineer Brigade, was convicted by Summary Court-Martial of abusive sexual contact, failure to obey a general order and indecent exposure. Salinas was sentenced to be reduced to Private (E-1), forfeit \$500 pay for one month and restricted for 30 days.

U.S. V. PFC. NEWMAN, 555TH ENGR. BDE.

On Feb. 16, Pfc. Michael R. Newman, 555th Engineer Brigade, was convicted by Summary Court-Martial of conspiracy and failure to obey a regulation. Newman was sentenced to be reduced to Private (E-1), forfeit \$1,031 pay for one month, restricted for 15 days at hard labor and an oral reprimand.

U.S. V. MASTER SGT. FUENTES, WTB

On Feb. 22, Master Sgt. Carlos M. Fuentes, Warrior Transition Battalion, was convicted by General Court-Martial of Larceny, Fraud of the United States and False Official Statement. Fuentes was sentenced to be reduced to E-5 and confined for 179 days.

U.S. V. PFC. SELLARS, 555TH ENGR. BDE.

On Feb. 22, Pfc. Gavin C. Sellars, 555th Engineer Brigade, was convicted by Summary Court-Martial of failure to obey a general order and obstructing justice. Sellars was sentenced to be reduced to Private (E-1), forfeit \$400 pay for one month and to do hard labor for 15 days.

U.S. V. SGT. FULTON, 2ND BDE., 2ND INF. DIV.

On Feb. 28, Sgt. Corey S. Fulton, 2nd Brigade, 2nd Infantry Division, was convicted by General Court-Martial of assault and indecent language to a child. Fulton was sentenced to be reduced to Private (E-1), confined for seven months and discharged with a Bad Conduct Discharge.

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

Page Three

QUOTE OF THE WEEK

"The Department of Defense joins the nation in celebrating March 2017 as Women's History Month. Women of the highest caliber have serviced in the nation and DOD for generations and continue to pave the way for the future. Their sacrifices, professionalism, and bravery set and exceed the standard and illustrate their dedication and willingness to share in service to our nation."

A.M. Kurta

Performing the duties of the Undersecretary of Defense for Personnel and Readiness

ALSO INSIDE



SCOTT HANSEN Northwest Guardian
ABOVE: Soldiers from JBLM battle a team of First Responders during a Hoops 4 Heroes game at Pierce College Saturday. **See story, 1B**

NWGUARDIAN.COM

● **Hall of fame:** Nearly 105 years after competing in the inaugural Olympic Modern Pentathlon and half a century after leading U.S. troops through World Wars I and II, one of the Army's greatest military leaders continues to inspire Soldiers. General George Smith Patton Jr., the lone American to compete in the inaugural Olympic Modern Pentathlon at the 1912 Olympic Games in Stockholm, was posthumously inducted Feb. 23 into the Union Internationale de Pentathlon Moderne Hall of Fame.

● **A helping hand:** It's a familiar sight, an inspector with a clipboard runs down a checklist. Speaking to a maintenance Soldier, he asks to borrow a tool he's missing. For this part of the roleplay, the inspector said he's



from another unit and lost the tool in the last exercise. The Soldier tells the inspector that he can't sign the tool out to him. The inspector snaps around with more urgency sets more of a scene — they are in the middle of Fort Irwin, Calif., and a vehicle, necessary for a no-fail mission, is down and the tool he needs is not in his tool box. It's imperative he gets the tool to complete the repair.

627TH FORCE SUPPORT SQUADRON

Programs receive AMC awards

BY RIO FERNANDES

Northwest Guardian

The hard work on McChord Field is being recognized by the Air Force with the 627th Force Support Squadron being awarded the Maj. Gen. Eugene L. Eubank Award, distinguishing the unit as the premiere, small installation force support squadron and the Military Training Program on McChord named the best professional education training program in Air Mobility Command.

The Eubank award is given to the unit that best embodies the priorities of Maj. Gen. Eugene L. Eubank to tend to the welfare of service members in order to further the overall mission.

"I could not be prouder of the 627th FSS Spartans and all they have accomplished to win this award," said Lt. Col. Carrie E. Wentzel, commander of the 627th FSS. "Winning this award says that we are a unit comprised of innovative, customer-focused Airmen who are dedicated to caring for service members and their families and to making life



Courtesy of 627th Force Support Squadron

better for those who wear the uniform. It also confirms we take our mission to 'Prepare and Sustain the Force' very seriously."

The 627th FSS oversaw a swath of programs that helped propel it to win this award. This included establishing a military operations area with Portland Air National

Guard that saved \$32,000 in temporary duty assignment costs and 4,000 man-hours a year and institution of 24/7 Fitness Operations in the McChord Field Fitness Center.

All of the programs aimed to make life better for those on Joint Base Lewis-McChord.

Tech. Sgt. Nalopa Hansen, left, of the 627th Force Support Squadron, works with Diana Burr at one of the events that helped the unit win the Maj. Gen. Eugene L. Eubank Award.

just education, because we feel like we understand that," Kuzu said. "We are always trying to excel and innovate, and so we wanted to focus on helping people learn more about leadership."

This is the second year in a row the program has earned the award. Winning the previous year actually turned out to be motivation to come back and win it again.

"We were ecstatic about winning it last year, but it also allowed us to come back with a mission to repeat," Kuzu said. "We wanted to show that it wasn't a fluke or anything like that. We had set a new standard and we wanted to exceed it if anything."

Both Kuzu and Wentzel said the majority of the credit deserves to go their staff because none of this would've been possible without them.

"It is a great honor to serve on this team," Wentzel said. "These Airmen are all so dedicated to caring for service members and their families, and it's nice to see that they got some recognition for it."

446TH AIRLIFT WING

Flying crew chiefs aid total force initiative

BY STAFF SGT.

MADELYN MCCULLOUGH
 446th Airlift Wing Public Affairs

The 2016 Unit Effectiveness Inspection revealed that the 446th Airlift Wing implements benchmark improvements.

With ongoing projects like overhauling the weapons safety program management to re-vamping to being a test wing to process financial travel vouchers in house, this comes as no surprise. However, it doesn't stop there.

The 446th Aircraft Maintenance Squadron was recognized in the UEI for successfully implementing a flying crew chief program and fortifying the total force initiative at Joint Base Lewis-McChord.

Flying crew chiefs are aircraft mechanics with a breadth of knowledge about all aircraft system who fly missions with

aircrew. Their job is to figure out how to get the aircraft off the ground if anything breaks down, whether by fixing it themselves or knowing which specialist or part to call in.

Since its inception, 11 volunteers have joined the flying crew chief program. These Citizen Airmen have supported 44 missions, 21 active and 23 Reserve. Together they have flown more than 973 hours to move nearly 1,500 passengers and more than 3.4 million pounds of cargo to areas all over the world.

An Air Force Reserve Command Initiative started in October 2015, the program began as a trial for three Reserve units including the Rainier Wing. It has now gained traction as an integral part of the wing's role in maintaining C-17 aircraft during worldwide flying operations and enriching the total force initiative relation-



DAVID L. YOST 446th Airlift Wing

ship with the 62nd Airlift Wing. "We've received a lot of feedback from not only Rainier Wing flying squadrons, but also the 62nd AW aircrew members," said Chief Master Sgt. Daniel Morris, 446th Maintenance Group superintendent. "When a FCC flies a mission, it doesn't matter whether they're active or Reserve. Our guys have been anywhere and everywhere around the world just like our air crews have."

The Rainier Wing's flying crew chief program allows the Reserve crew chiefs to be more involved in flying operations, providing extra manpower and taking some of the weight off active duty crews.

Master Sgt. Jeffery Barsaloux, 446th AMXS production supervisor, and Morris have a few goals in mind for the program.

"Our goal right now is to double our number of missions

supported and incorporate all the MXG members including the 446th Maintenance Squadron and traditional Reservists," Barsaloux said. "Our end state goal is getting at least 15 qualified FCCs."

Since Col. Kirk Peddicord, 446th MXG commander, played a major role in allowing the program to come into existence and is planning on retiring next year, Morris plans to do his best to carry it on.

"Back in the day, I was a crew chief on the flightline and I used to go out as a (Mission Essential Personnel) for about two or three years and then it stopped," Morris said. "So I can related to people out there now because I enjoyed it so much. I have a passion for being a crew chief having lived that back on the C-141s and early in the 2000s when we first got C-17s."

62ND OPERATIONS SUPPORT SQUADRON

Maintaining a safe, operational airfield requires teamwork

BY SENIOR AIRMAN

DIVINE COX

62nd Airlift Wing Public Affairs

At McChord Field, the 62nd Operations Support Squadron airfield management section is the go-to office in the case of an airfield incursion incident at Joint Base Lewis-McChord.

"Airfield management's primary mission and purpose is to maintain a safe operating airfield environment and provide flight service support to base and transient aircrew," said Eileen Rodriguez, airfield manager.

According to Rodriguez, runway operations are an integral part of aviation, so it is imperative that everyone be very familiar with the layout and verbiage of the airfields. Successful prevention of runway incursions requires the cooperation of all users, including air traffic controllers, pilots, vehicle drivers and pedestrians operating on the airfield.

Pilots, controllers, drivers and

pedestrians can be involved in runway incursions. A contributing factor to these incursions can be a breakdown in communications on the airfield and often involves some of the following infractions:

- use of nonstandardized phraseology,
- failure to provide correct read back of an instruction,
- misunderstanding the controllers instructions,
- accepting clearance meant for another aircraft or vehicle or blocked transmissions.

According to the airfield management office, it is vital that, before you accept the responsibility of driving on an airfield, you know clear and concise communications are the number one thing in preventing runway incursions.

"All runways allowing use of large transport aircraft require federally mandated safety areas called clear zones, surface areas and the controlled movement

area," said Urouse Williams, 62nd Airlift Wing airfield driving program manager. "These areas are established to provide a safe environment for aircraft operations as well as for the protection of people on the ground."

The airfield on McChord Field is considered a controlled area, and entering the airfield requires permission from the installation commander — coordinated through airfield management operations.

"Willful or inadvertent entry violates the airfield security controlled area," Williams said.

"However, the most important of the areas mentioned is the controlled movement area. Entering this area, willfully or inadvertently, without specific permission from the air traffic control tower will lead to a safety incident — called a runway incursion."

Williams said that although there are not many safety area violation incidents, they do occur.

One area in particular that draws a lot of attention from airfield management is Perimeter Road that runs along the airfield.

"Outer Drive (part of Perimeter Road), and the adjoining jogging path around the flightline and through the required safety clear zones established, is an area of concern," Williams said. "The fact that the area is not physically divided makes it possible for inadvertent entry. Personnel must not leave the road or jogging path toward the runway. This area is an established security and safety controlled area and any person entering it must have a specific purpose supporting aircraft operation activities, as well as permission."

Another area of concern for airfield management that puts McChord Field at risk for an airfield incursion is flightline drivers.

"Anyone driving on the airfield must be trained and certified on proper procedures," Williams

said. "The Airfield Driving Program is assigned to this office and ensures all base airfield drivers are trained to operate and drive in vicinity of aircraft and within aircraft authorized areas."

Awareness and posted controlled area signs serve as a way to help prevent unintentional entry to established security and safety controlled areas.

"Even one incident has the potential to lead to a catastrophic accident resulting in the loss of many lives as well as the loss of millions of dollars in equipment," Williams said. "Airfield incursions do happen here on McChord, and we just want all personnel to be educated about it and just be very aware of their surroundings."

For more information about airfield incursions, or should you observe wildlife or unauthorized people in controlled areas, call the airfield management office at 253-982-5611.

Viewpoint



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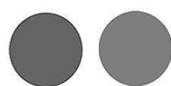
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STRAIGHT TALK

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



How will you be celebrating St. Patrick's Day?

"Just stay at home where it's safe, have a Corona and make corned beef and cabbage."
— LINDA NEWMAN-SECHRIST

"Cooking corned beef and cabbage and colcannon."
— KOURTNEY JOHNSON

"Making an Irish soda bread recipe from my Nana."
— ELIZABETH TANG

"At home with corned beef and cabbage and sparkling apple cider with green food coloring!"
— DESI GOLDA BROWN

"Harp music and pipe music."
— MEREDITH SUE GOLDA

"An Irish neighbor is doing a traditional dinner this year, so we'll go there. I have always done corned beef and cabbage myself until this year."
— ALISON RYAN

"It's always been about my kids for me — setting up leprechaun traps, chocolate coins on the doorstep, wearing obnoxious green stuff to school and green food dye in milk or other food — just kid stuff."
— AMANDA LYNN ADAMS

"Celebrating my daughters 16th birthday."
— MICAH B. GOULD

Next week's question

Spring has sprung! What are you doing to get ready for warmer weather?

VIEW FROM THE TOP



SGT. D.J. BORDEN 5th Mobile Public Affairs Detachment

Lt. Gen. Stephen R. Lanza, middle left, I Corps commanding general, speaks to Gen. Daniel B. Allyn, middle, vice chief of staff of the Army, about the programs within the Ready and Resiliency Campaign last November.

Ready and Resilient for today, the future

BY COL. TAMMIE PETTIT

I Corps Ready and Resilient Director

Ready and Resilient is a term that is used heavily in our current military, but R2 is not just a fad word. Ready and Resilient is way of life that will benefit us not only in our military decisions and actions, but also one that will benefit us into the future.



Pettit

Ready and Resilient directly links to increased Soldier readiness to train and deploy. Whether you know it or not, you are likely already implementing R2 practices in your daily life. If you're a service member at a physical training formation or on the range, your ability to mentally push through a formation run or focus your breathing to get the shot — that's part of R2.

If you are a family member who is managing your household in addition to your children, personal ventures, work, or school — that's R2.

Ready and Resilient focuses on

the strength of our military — the people. The military and its units are only as strong as the service members, civilians and family members across its formations.

Our people must be physically, psychologically, socially and spiritually ready and resilient to thrive in military life's uncertainties, or at least be prepared to thrive.

Leaders must understand the importance of this softer science of readiness.

Ready and Resilient encompasses the entire service member and his or her well-being. Our service members are highly trained in their specialty skills — often the element that leads to nondeployability lies with one of the R2 dimensions that are harder to codify and guard against.

That is where R2 programs can help. Ready and Resilient can mitigate factors that affect a service member's well-being. Getting after these elements will ensure a more ready service member.

Military professionals at all levels are responsible for cultivating positive climates where respect and mutual trust are demonstrated.

Ready and Resilient practices are designed for everyone, and everyone no matter where you are in life can benefit from using them.

Leaders should strive to create a healthy environment that promotes well-being behavior. Through cohesive teams and responsible leaders, trust is created which reduces adverse outcomes and increases positive behaviors.

Ready and Resilient reinforces the need to achieve and sustain personal readiness and resilience. Everyone's R2 practices will be unique to the person.

As leaders, it's important to recognize the different approaches and tactics that individuals require to achieve readiness. There are many resources available at Joint Base Lewis-McChord for improving individual and unit readiness.

I encourage all service members to educate themselves on the various programs available to be more aware of ways to help not only yourself but also your family and friends. Look for the monthly R2 Courage Cable for topics and resources.

So ... #RUR2?

CHAPEL SERVICES

CATHOLIC MASSES

Saturday, 4:30 p.m. — Madigan Chapel

Saturday, 5 p.m. — McChord Chapel No. 2 (reconciliation at 4 p.m.)

Sunday, 9 a.m. — Lewis Main Chapel

Sunday, 9 a.m. — Madigan Chapel

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

Sunday, noon — Lewis Main Chapel

Sunday, 5 p.m. — Lewis Main Chapel

Weekdays, noon — Lewis North Chapel

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

1st Friday, noon — McChord Chapel No. 2

PROTESTANT SUNDAY

9 a.m. — Liturgical — Soldiers' Chapel

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

10 a.m. — Contemporary — Four Chaplains Memorial Chapel

10:30 a.m. — Collective — Lewis Main Chapel

10:30 a.m. — Collective — Madigan Chapel

10:30 a.m. — Contemporary — Evergreen Chapel

11 a.m. — Contemporary — McChord Chapel Support Center

11 a.m. — Gospel — Lewis North Chapel

DIVERSE WORSHIP

Jewish
Friday, 7 p.m. — Lewis Main Chapel

Islamic
Friday, 12:30 p.m. — Evergreen Chapel, 253-968-1125

Buddhist
Friday, 6 p.m. — Soldiers' Chapel, 253-966-5959

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

JBLM SNAPSHOT



SGT. TYLER MEISTER 115th Mobile Public Affairs Detachment

Soldiers with the 82nd Cavalry Regiment, based out of Bend, Ore., prepare their new M126 Stryker Combat Vehicles with help from General Dynamics Land Systems contractors at the Yakima Training Center Saturday. The unit is upgrading from the High Mobility Multi-purpose Wheeled Vehicles.

THIS WEEK IN HISTORY

March 10, 1959: Rebellion in Tibet.

March 11, 1990: Lithuania proclaims its independence.

March 12, 1933: FDR gives first fireside chat.

March 13, 1942: U.S. Army launches K-9 Corps.

March 14, 1776: Alexander Hamilton is named captain of artillery company.

March 15, 1972: Francis Ford Coppola's "The Godfather" opens.

March 16, 1802: U.S. Military Academy established.

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62ND AIRLIFT WING

Incoming commander tours McChord

General gets to see Air Force wings in action

BY STAFF SGT. WHITNEY AMSTUTZ
62nd Airlift Wing Public Affairs

In preparation for his upcoming transition as the I Corps commanding general in April, Maj. Gen. Gary J. Volesky received an orientation tour of McChord Field, hosted by 62nd Airlift Wing leadership March 2.

The tour, designed to familiarize Volesky with prominent wing missions and platforms, featured an interactive C-17 mission brief and visit to the 62nd Maintenance Squadron where he received a briefing on Home Station Check.

On each leg of the tour, Volesky talked with Airmen about their respective missions and how they fit into the joint operations picture at Joint Base Lewis-McChord.

"With General Volesky being the incoming I Corps commander, we wanted to educate him about Air Force mission sets, what our Airmen do and look for more opportunities for joint training and readiness," said Col. Leonard Kosinski, 62nd AW commander.

Volesky, currently the commander of the 101st Airborne Division at Fort Campbell, Ky., whose last visit to JBLM was 27 years ago, was pleased with the interoperability observed since his arrival and is looking forward to taking the helm of I Corps in the future.

"When I was last here, it was



STAFF SGT. WHITNEY AMSTUTZ 62nd Airlift Wing Public Affairs



Fort Lewis and McChord Air Force Base," Volesky said, who is scheduled to take over com-

mand from Lt. Gen. Stephen R. Lanza April 3. "Now it's Team JBLM. The important role Air-

men, Soldiers and other components play in the fight is com-

"When I was last here, it was Fort Lewis and McChord Air Force Base. Now it's Team JBLM. The important role Airmen, Soldiers and other components play in the fight is compounded when we come together. It benefits the mission and everyone on the installation."

Maj. Gen. Gary J. Volesky
I Corps, incoming commander

er. It benefits the mission and everyone on the installation."

Before tour's end, Volesky, from Spokane and a graduate of Eastern Washington University, had an opportunity to hear about capabilities such as the Joint Precision Airdrop System, Prime Nuclear Airlift Force, Operation Deep Freeze and the 446th Airlift Wing's Aeromedical Evacuation mission.

Kosinski was pleased with the exchange of information that took place throughout the day.

"A lot of great questions were asked, and I believe General Volesky walked away knowing a lot about our Airmen and what we do here."

In addition to increased awareness of the Air Force mission here, Volesky ended the tour with renewed appreciation for the opportunity to command.

"I'm really proud to say I get to serve with the great teammates I've encountered here at JBLM," Volesky said.

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NEW DAY NORTHWEST

JBLM crushes 'New Day' trivia

Team JBLM defeats team of civilians, 110-70

BY SGT. DAVID BECKSTROM
5th Mobile Public Affairs Detachment

SEATTLE — Army Staff Sgt. Anthony Scott didn't make the cut when he tried out for "Jeopardy" more than a decade ago. But the trivia skills he'd learned since then paid off when he and a team of fellow Soldiers and Airmen joined forces on KING-TV's "New Day Northwest Game On! Trivia Challenge" in Seattle Feb. 28.

Scott joined Army 1st Lt. Brendan Rhatican, Air Force Capt. Branden Gulick and Airman 1st Class Tyler Wilson to create Team Joint Base Lewis-McChord.

They crushed their competition, Team Civvies — a group of civilians picked from "New Day Northwest's" live, studio audience, with a score of 110 to 70.

"I grew up watching trivia game shows with my family and have always had a love of learning new things, so I felt ready to tackle this challenge," Scott said, a geospatial intelligence imagery analyst with Delta Company, 23rd Brigade Engineer Battalion, 1st Brigade, 2nd Infantry Division. "About 12 years ago, I tried out for a slot on "Jeopardy." I didn't make it then, but I've contin-



Soldiers and Airmen from Team Joint Base Lewis-McChord meet with Suzie Wiley, left, executive producer for the KING-TV's "New Day" show prior to the team competing in an on-air trivia show in Seattle Feb. 28.

STAFF SGT. WHITNEY AMSTUTZ U.S. Air Force Photo

ued to hone my trivia skills ever since."

Team members prepared for the challenge several ways including watching previous episodes of the show, watching "School House Rock" with their families and brushing up on American history and pop culture.

There were only a few questions that Team JBLM didn't know the answer to, but that only helped them prepare for future trivia challenges because

they took this opportunity to build their knowledge and learn new things, Scott said.

Some participants said the event was a team-building opportunity for members of different military services, others saw it as a chance to show a different side of service members to those in the civilian community.

"Working together with the Army to achieve our goals, even in small nonlife-threatening events like this, builds cam-

araderie and our ability to cooperate," Wilson said, an aviation resource manager with 7th Airlift Squadron. "Combined efforts to overcome small hurdles is what joint operations is about."

For some, it seemed like an added benefit to show military members are no different than anyone else in the community.

"Some people have a view of military members as very stoic and rigid," Gulick said, a C-17

"Some people have a view of military members as very stoic and rigid. I hope that from today's event the community sees us as regular people who volunteered to do a job. We are part of the community and we want to show the unity between branches of the military and our community."

Capt. Branden Gulick
7th Airlift Squadron

pilot with 7th Airlift Squadron. "I hope that from today's event the community sees us as regular people who volunteered to do a job. We are part of the community and we want to show the unity between branches of the military and our community."

Rhatican, the executive officer with Charlie Company, 2nd Battalion, 17th Field Artillery Regiment, 2nd Division Artillery, said he and his teammates are ready and willing to return and defend their titles if the opportunity presents itself.

Team JBLM received several boxes of Nerds candy as their prize for winning while Team Civvies received Air Heads Candy.

To watch the segment, go to king5.com and search for "Game-on-trivia-military-vs-civilians."

1ST BRIGADE, 2ND INFANTRY DIVISION

Signal Corps welcomes Marvel's Stan Lee

BY RUTH KINGSLAND
Northwest Guardian

Meeting Marvel Comics iconic superhero creator Stan Lee at the March 3 Emerald City Comicon in Seattle was a dream come true for some Joint Base Lewis-McChord service members.

It also was a pretty exciting time for Lee, as he was surprised by JBLM Soldiers with an induction into the Signal Corps Regimental Association and an honorary membership into the 2nd Battalion, 3rd Infantry Regiment, 1st Brigade, 2nd Infantry Division.

Lee served as a lineman in the Army's Signal Corps during World War II.

"Oh wow! Thank you; this is great," Lee said as Sgt. 1st Class Nicholas Jones, 2-3 Inf., presented him with a certificate for a lifetime membership in Signal Corps as well as a coin from Jones' battalion. "This is one of my proudest moments."

The event came about after Jones — a big Spider-Man and other Marvel superheroes fan — was planning to attend the comicon in Seattle. He read up on Lee, ultimately discovering his hero wasn't yet a member of the prestigious Signal Corps organization.

"Stan Lee is one of the biggest names in comic books," Jones said, the awe apparent in his voice. "I mean, he's the



Courtesy photo

creator of Spider-Man."

Lee also was a World War II veteran, having enlisted in the Army in 1942, shortly after hearing of the attack on Pearl Harbor.

"He was a lineman for Signal Corps before the Army realized his writing skills and moved him into technical writing and doing posters," Jones said.

During his research, Jones said he read an article about Lee that inspired him to see if Lee was already a member of the Signal Corps Regimental Association.

"I found out he wasn't a member, and I thought, 'Let's make him one,'" Jones said. "I

mean, why wouldn't we?"

In early January, Jones reached out to the national Signal Corps office and then contacted comicon, who gave Jones and a handful of other service members the opportunity to meet and honor Lee.

Jones said he has been a comic book enthusiast since he was a young boy.

"I read any comics, but the Marvel comic books spoke to me," he said. "I'm a huge Marvel fan."

To Jones, Marvel superheroes are more authentic than those of other comics.

"Superman puts on suit and pretends to be Clark Kent, but

Peter Parker is Peter Parker and he puts on a costume to be Spider-Man," he said.

Jones has attended several comicons in other cities. His first one was in Germany in 2012 when he was stationed in Italy and undergoing cancer treatments in Germany.

"I figured I was in Germany and only a few hours away, so why not go," he said.

Jones' wife, Calan, accompanied him to that event and also to the one in Seattle. The Emerald City Comicon was much larger than the Germany event, Jones said.

"The Washington State Convention Center (where the

To see the JBLM presentation to Stan Lee, visit facebook.com and search for "2-3 infantry patriots."

event took place) was packed," he said, estimating about 90,000 attended the event.

Although Lt. Col. Christopher Nunn, the battalion commander, wasn't able to attend the event, he sent a battalion coin for Jones to present to Lee. The event was streamed live on social media for all the world to see how much Lee was affected by the honor.

"He was generally excited and seemed really touched," Jones said of Lee. "He even wanted to take pictures with us. I was really honored by that."

Lee, who will turn 95 in December, seemed happy to receive the honors.

"That's beautiful," he said, as Jones presented him with the battalion memento.

"Well, thank you and thank your battalion commander," Lee said. "I'm thrilled; I really am."

When it was pointed out he was getting a lifetime membership in Signal Corps, Lee was even more excited.

"I'm going to have to live a little longer to get my money's worth," Lee said.

NISEI VETERANS

World War II veterans group visits I Corps, JBLM

BY STAFF SGT. BRYAN DOMINIQUE
I Corps Public Affairs

I Corps hosted a tour for the Seattle Chapter of the Nisei Veterans, a group of Japanese-American World War II veterans and their descendants, on Joint Base Lewis-McChord March 3.

"This is a special day, said Lt. Col. J.D. Williams, 1st Battalion, 37th Field Artillery Regiment commander, 2nd Infantry Division Artillery.

The Nisei Veterans and I Corps have had a close relationship for several years.

Last year, some of the group members visited the Yakima Training Center during Rising Thunder, a bilateral exercise between U.S. and Japanese forces.

Joint Base Lewis-McChord senior leaders have also regularly visited the group in Seattle during special events such

as Veterans Day and Memorial Day.

I Corps is partnered with Seattle through a community connector program and regularly hosts tours at JBLM to give people an idea of what goes on behind the gates.

March 3's tour, however, was all about getting to talk with Soldiers and Airmen, and began with an overview of I Corps' mission in the Pacific and as a globally responsive force.

"(We want) to give you a picture of what we do, (to) help shape the rest of the day as you go out and visit," said Maj. Joseph Byrnes, a plans officer with I Corps, during a briefing to the group. "We are regionally aligned to the Pacific command ... and conduct engagements and exercises throughout the Pacific region."

I Corps conducts a number of security cooperation engagements in the Pacific every year,



STAFF SGT. BRYAN DOMINIQUE I Corps Public Affairs

A noncommissioned officer shows members of the Nisei Veterans group a tactical vest during a tour on JBLM March 3.

such as Rising Thunder. The corps also has Soldiers assigned across the Pacific Theater, to

include Alaska, Hawaii and Japan.

Afterward, the Nisei Vets had

a chance to meet with Soldiers and Airmen to get a close-up look at some of the equipment being used by the force today.

Members from the 1-37 FA showcased the capabilities of the M777A2 Howitzer, along with the M4 carbine rifle, M9 pistol and the M2 and M240B machine gun. They also had a chance to interact with some of the personal protective equipment used by Soldiers, such as the Improved Outer Tactical Vest and eye protection.

To say thank you, the Nisei Veterans presented I Corps with a token of appreciation during the tour.

"We wanted to say thank you for all you've done for us over the years and for being our (friend)," said Yuzo Tokita, a U.S. Air Force veteran and member of the Nisei Vets. "It means a lot to all of us that you take the time to do things like this."

DEFENSE NUCLEAR WEAPONS SCHOOL

Course to prepare for nuclear incidents

BY MAJ. BRUCE HILL JR.
Defense Threat Reduction Agency
Public Affairs

CAMP MURRAY — The threat of a radiological or nuclear attack exists everywhere.

That's why the Defense Threat Reduction Agency's Defense Nuclear Weapons School-Reserve Component at Kirtland Air Force Base, N.M., emphasizes the Introduction to Radiological and Nuclear Incident Response course and teaches it to audiences worldwide.

"Responders need to know how to deal with it," said Maj. Michael G. Schlueter, Defense Nuclear Weapons School instructor. "To have this awareness course means you are that much more prepared. Any accident or incident can pose a potential radiological threat."

The free, two-day courses are sponsored by the Army National Guard's 10th Civil Support Team located at Camp Murray and are offered three times this month — March 18 to 19, March 20 to 21 and March 22 to 23.

Seats are open to all military, government civilians, area responders and emergency managers.

"The (Introduction to Radiological and Nuclear Incident Response course) is a two-day awareness level course developed to increase confidence and skill in responding to and mitigating the consequences of radiological events, as well as weapons of mass destruction," Schlueter



Maj. Harry Stockton, left, a Defense Nuclear Weapons School instructor, demonstrates the use of radiation detection equipment at Jefferson Barracks, Mo., Feb. 23.

said. "It is primarily for all U.S. military, federal, tribal, state and local emergency planners, managers and responders.

"Joint Base Lewis-McChord and Camp Murray (are) great venues because of the various organizations in the area that

would likely be involved should a radiological or nuclear incident take place."

The 10th CST also brings the Introduction to Radiological and Nuclear Incident Response course to Washington to provide a networking opportunity, and for

other agencies to benefit, to help better prepare themselves and the community.

"These types of training opportunities are essential for our continuing efforts to nurture the dynamic working relationships we have cultivated within our

local communities," said Maj. Ty Clark of the 10th CST. "We utilize these types of events to broaden our outreach program, since the last thing we want is to arrive on scene at an incident and find ourselves working with strangers. The more time we can spend training with our response partners, the better prepared we will be during a real world event, and this will position us to potentially save more lives."

The Department of Homeland Security, Federal Emergency Management Agency, and the National Training Education Division approved the course for inclusion in their state and federal sponsored course catalog. It is also accredited by the American Council on Education as a continuing education course.

The Defense Threat Reduction Agency's Defense Nuclear Weapons School-Reserve Component is the Department of Defense's go-to organization for this type of awareness training.

"Our Reserve mobile training teams are already slated this year to teach more than 1,200 first responders, military and executives," Schlueter said.

Mobile training teams are available upon request. The course and materials are free to registered participants.

For more information, call the Introduction to Radiological and Nuclear Incident Response course manager at 505-846-0663 or 505-846-0664.



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JBLM CHAPLAIN CORPS

Trying to help others is critical

Guest speaker visits JBLM, talks about resiliency

BY RIO FERNANDES
Northwest Guardian

Joint Base Lewis-McChord welcomed Sister Gertrude Feick, a Benedictine sister and executive director of the Benedictine Institute at Saint Martin's University, to speak with the JBLM Chaplain Corps at Lewis North Chapel March 2.

Feick visited on the second day of Lent, the well-known Catholic tradition and season. She started her service by reading a statement from Pope Francis to celebrate Lent and to encourage "all Christians, everywhere, at this very moment to a renewed personal encounter with Jesus Christ."

From there, Feick began to share a personal message for the chaplains. Her message tied back toward the idea of the Army program of Ready and Resilient, which is a comprehensive campaign to address the needs of the Total Army — including active-duty, Reserve and National Guard Soldiers, family members and civilians.

"A particular chaplain or faithful person who wants to be ready and have the gift of resiliency is all based on their encounters with the Lord," Feick



RIO FERNANDES Northwest Guardian

Sister Gertrude Feick speaks about the importance of readiness and resiliency and their role in having a positive relationship with Christ at the Lewis North Chapel March 2.

said. "This means the person needs to be open or invited to be open to encounters with God. That is what provides a person's resiliency — their relationship with the Lord."

Her message emphasized this relationship. She said it's important for chaplains to be able to reflect on their relationship because of how critical it is to try and help others.

"The force is looking to us to support them, but (to be) able to do that, we need to be able to support ourselves," said Capt. Jason Hesselting, operations and plans chaplain with Headquarters and Headquarters Battalion, I Corps. "We need to have something to give. Bringing in a guest speaker, like Sister Gertrude, helps broaden our views and gives a wider foundation on

which to stand."

Feick's message seemed to connect with many in attendance, with the audience constantly nodding in agreement to her message. That might have been because of the prep work that Feick put in before speaking before a military audience for the first time. She read "Miracles and Moments of Grace: Inspiring Stories from Military

"A particular chaplain or faithful person who wants to be ready and have the gift of resiliency is all based on their encounters with the Lord. This means the person needs to be open or invited to be open to encounters with God."

Sister Gertrude Feick
Executive director of the Benedictine Institute at Saint Martin's University

Chaplains," a collection of tales that moved her and provided some insight into what military chaplains must go through.

The ceremony ended with Chaplain (Col.) Yvonne C. Hudson, I Corps command chaplain, awarding Feick a challenge coin and a loud round of applause. For Hudson, the chance to listen to Feick speak was a treat.

"She talked about how if we allow God into our (lives) and encounter God, then that is going to increase our resiliency," Hudson said. "If you're a person that practices faith, your faith is a tool that allows you to call upon God to help get you through hardship. I think it gives our Soldiers an additional tool that makes them more resilient."

COMPREHENSIVE SOLDIER AND FAMILY FITNESS PROGRAM

New training offers a fresh perspective

Team focuses fitness training with resiliency

BY STAFF SGT.
CHRISTOPHER MILBRODT
107th Mobile Public Affairs Detachment

STARKE, Fla. — Soldiers were treated to a new style of training available to National Guard units during Saturday and Sunday's drill weekend in Starke, Fla.

Performance experts from the Comprehensive Soldier and Family Fitness Program arrived from active-duty installations as far away as Joint Base Lewis-McChord to offer a training package designed to enhance a Soldier's outlook on vital tasks they are expected to perform under stressful situations.

"Our training is customized and tailored to what you need," said Noelle Menendez, a master resiliency trainer and performance expert from JBLM. "It isn't about, 'OK, you're struggling with this, here's a solution and answer.' We offer a skill set that, no matter what, you can use regardless of where you are,



STAFF SGT. CHRISTOPHER MILBRODT 107th Mobile Public Affairs Detachment

because you can always get better."

Soldiers were taught new skills and strategies that help them recognize when things go a little awry, and focus their thoughts by using competencies that help them get back on track to perform at a higher level.

Instructors reinforced the new skills first through classroom instruction and followed

by a practical evaluation complete with stress inducing exercises and fine motor-skill tasks.

"The value in outside experts is they have so much more clarity about the subject than we would if we read a Power Point," said Sgt. Joel Smith, a medic with the 256th Area Support Medical Company based at Camp Blanding Joint Training Center — part of the Florida

National Guard. "These are people who have studied it, they know what they're doing and in turn allow us to gain the most from the training."

Performance enhancement training is paired under the Comprehensive Soldier and Family Fitness Program with resiliency skills.

The team is staffed by civilian instructors, who have degrees

in performance or sports psychology and are certified as level-three master resiliency trainers.

"The cornerstone of our curriculum is the mental skills foundation: the idea that our thoughts impact our performance as well as energy management and attention control and imagery," said Susan Goodman, a master resiliency trainer and performance expert from Ft. Bragg, N.C.

"Our program decided a few years ago that we needed to form a team that specifically concentrated on the National Guard."

According to Goodman, training centers are located around the world and are available for residency training, but training teams are ready to travel to any unit requesting the unique experience her team can offer.

"I personally enjoyed the training because I like to think about how our brains function and how we get from step-to-step, then execute," Smith said. "I would definitely encourage future training provided by performance experts, and I think every Soldier would benefit from it."

JBLM DIRECTORATE OF EMERGENCY SERVICES

Double check your smoke alarms and barbecues

BY RIO FERNANDES
Northwest Guardian

With the clocks set to spring forward this an hour this weekend and the weather quickly transitioning into spring, it's a good time to make sure your smoke alarms are working properly and prepare your home for the changing seasons.

"Sunday is the day we spring forward an hour," said Ed Chavez, Joint Base Lewis-McChord's Directorate of Emergency Services fire inspector. "If you're going to (be) changing your clocks, you might as well change your batteries, too. When there is a fire, smoke spreads fast. Working smoke alarms give all early warning so you can evacuate quickly."

It's also a good idea to make sure your smoke alarm is working properly. The simplest way to do this is to light a candle and blow it out underneath, Chavez said. Then allow the smoke to waft into the alarm to set it off.

Making sure your alarms are working properly is critical. The National Fire Prevention Association states three out of five fire-related deaths happen in homes with no or broken smoke alarms.

Double checking your smoke alarm cuts your chances of dying in a house fire by almost 50 percent, according to the NFPA.

Daylight saving time also heralds the beginning of spring.



Department of Defense Photo

Soon the weather will turn for the better, and people can begin to enjoy going outside again.

For many people from JBLM, this means getting ready to start grilling on gas barbecues.

If this sounds familiar, make sure to be smart when firing up the grill for the first time in months.

"Check all connections on your propane grills," Chavez said. "The leaking propane will

ignite and cause you great harm."

People also use spring as a reason to start cleaning. Use the cleaning as a chance to remove anything that could qualify as fire load, such as something old that you don't need anymore but could still catch fire and help the fire spread quickly.

Finally, take a moment to look at the shrubbery around your home. It's not uncommon for them to have grown close to your house during winter. Make sure plants, shrubs and trees are not too close to your house.

When it gets drier and the chances of fire goes up, don't risk having a flame spread from shrubbery to your home.



Go green with St. Paddy's Day celebrations March 17!

Samuel Adams Brewhouse JBLM

2400 Bitar & Division, Lewis Main • 253-964-2012

From 3 p.m. to closing, wear green and receive \$1 off any Sam Adams draft beer. The featured cocktail is "Angry Irishman."

The Zone inside the Warrior Zone

17th and D streets, Lewis North • 253-477-5835

Come decked out in green! Order green beer and fill up on piping hot Shepherd's pie, stuffed with ground beef, mashed potatoes and veggies, \$5.50 a serving. The WZ is open to ages 18 and older.

McChord Pub at the Club at McChord Field

700 Barnes Blvd., McChord Field • 253-982-5581

Live it up at the St. Patrick's Day party with food and drink specials. It might be your lucky day if you deck out in green — take part in the special drawing and see what you win!

Transitions

NORTHWEST AVIATION CAREER FORUM

Aviation's military angle shown

Aspiring aviators learn, network at aviation forum

BY RIO FERNANDES
Northwest Guardian

Aspiring pilots and aviation aficionados packed into the Northwest Aviation Career Forum to showcase their knowledge, learn and network with career aeronautical experts Feb. 24 at the Washington State Fairgrounds in Puyallup.

Although the event was open to the public, there was a substantial military presence. The majority of the forum was broken into four, hour-long sessions that allowed visitors to interact with a panel made up of individuals who are well-versed in a specific area. Each session had a panel highlighting the advantages that come from trying to tackle an aviation career from the military angle.

"My message is that there (are) a lot of options through the military, and I want to go over them with everyone here and offer advice that I never got," said Morgan Lawrence, Alaska Airlines first officer and a lieutenant with the Navy Reserve. "In the military, and in aviation particularly, there are endless options. From pro-



Morgan Lawrence, left, Alaska Airlines first officer and a lieutenant with the Navy Reserve, and the rest of the panel enjoying talking to aspiring military pilots at the Northwest Aviation Career Forum Feb. 24.

grams that help you go straight from high school, to flight school to service academies that springboard you into flying."

One of the recurring themes at the panel meeting was the value of persistence and willingness to tackle roadblocks as they come up. Beyond that, the panel also touched on just how

special the military path is for people who want to fly.

"It's a really unique opportunity to not only be paid to fly, but to fly the best equipment in the world," Lawrence said. "It's not an easy career path to go as a civilian, but in the military, they'll take a kid straight out of college and put them into a T-6, a turbine trainer that a

regular civilian can't afford."

In between the panels, attendees were able to float around to different booths that offered service and information about the aviation career. These included recruiting booths with aviation giants like Alaska Airlines and Boeing. There were also a handful of booths that provided informa-

"In the military, and in aviation particularly, there are endless options. From programs that help you go straight from high school, to flight school to service academies that springboard you into flying."

Morgan Lawrence
First officer, Alaska Airlines

tion about training programs available.

Many of the panel speakers consisted of veterans and retired service members. They used their platform to explain why airlines are seeking out service members and why this forum could be mutually beneficial for those trying to break into the field and those looking to hire the best.

"When you transition from the military, you've seen a lot of things and that gives you advantages," said William Davis, an Alaska Airline pilot and former Army fixed-wing pilot. "The military sets folks up for an airline. They are looking for people (who) are going to contribute, and they know that they are getting people with a lot of buy-ins and be ready to succeed."

BOOTS TO SUITS

Transitioning to the corporate world

Take the time to plan for life after military service

BY LANCE CPL.
LIAH KITCHEN

3rd Marine Aircraft Wing
MARINE CORPS BASE
CAMP PENDLETON, Calif. — Transitioning out of the military can be a difficult and stressful time for service members. Many go back to their hometowns to be with their families, while others find work in the area of their last duty station.

Planning for life after the military is one of the key elements in a smooth transition. For retired Marine Corps Staff Sgt. Junior Hamilton, this means exchanging his uniform for business attire.

"I decided to join the corporate sector because I wanted to take advantage of the opportunity to get a degree (and) to use my mind to make money that is comparable to what I made as a Marine," he said.

Hamilton joined the Marine Corps in 1997 and retired as a staff sergeant in 2017. During his time in the Marine Corps, he completed his bachelor's degree in human resources and busi-



Courtesy Photo

ness management online. During his transition, Hamilton came across the Hiring Our Heroes Corporate Fellowship Program, a 12-week internship in which members work with local companies in the corporate sector four days out of the week, with the final day is set aside for one-on-one feedback and coaching.

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UNIQUE PROGRAM

"We are a unique intern-to-hire program, because we focus on the service members' career objectives," said Sara McNamera, the Hiring our Heroes Cor-

porate Fellowship Program's director. "This program is highly valuable, because it is focused on the individual and their end goals."

To enter the program, service members complete an interview with the program manager, then sit down with potential employers to interview for a position.

This allows both the employer and employee find the perfect match for the internship, McNamera said.

"My job is to find opportunities in the business community to match what the service mem-

ber's end goal is in the corporate sector," she said. "They get real on-the-job training and experience of corporate culture."

Hamilton interviewed and was accepted for a position at 7-Eleven as a field consultant. He was assigned to oversee operations at about eight stores to ensure that each business ran smoothly.

"I chose 7-Eleven because of the research that I did; the company is really like a family," Hamilton said. "I also saw that I could bring something meaningful to the organization."

LEADERSHIP SKILLS

The leadership skills he learned as a Marine are highly sought-after skills in the corporate sector, Hamilton said.

"It doesn't matter if you were an infantryman or an administrative specialist," he said. "The corporate sector will hire you based on the leadership skills and traits you have acquired from our small-unit leadership experience."

Over the 12-week internship, Hamilton gained on-the-job training, as well as valuable skills to transition into corporate culture.

"My end goal is to be a human resource manager," Hamilton said. "I currently have a position as a human resource specialist, but I have a five-year goal within the company: advance to become an HR manager."

Hamilton has some advice for active-duty service members during their time in the military.

"Every experience that you have in the (military), every certification that you can get, every training that you are able to do, do it," he said. "Having those experiences will help you immensely in the civilian world."

WASERVES

New veteran support network launches in Washington

More than 50 service providers serve 8 counties

By WAServes

SEATTLE — The Institute for Veterans and Military Families at Syracuse University and the Schultz Family Foundation announced March 2 the launch of WAServes, a unique network of veteran service organizations that makes it easier for Joint Base Lewis-McChord active-duty service members, veterans and their family members to find services they need.

At the heart of the WAServes network is a coordination center accessed via the web or by calling a toll-free phone number. The program launches with more than 50 service providers and will initially serve King, Snohomish, Island, Kitsap, Pierce, Thurston, Mason and Lewis counties.

With more than 40,000 vet-

eran organizations in the country offering medical, financial, employment, housing and other services, finding and accessing services has become the number one self-reported issue for veterans and their families, according to a recent Blue Star Families survey. IVMF's AmericaServes' networks solve this problem by bringing together a wide-range of vetted service providers.

Veterans and their families work through the local WAServes coordination center to identify what they need, and the center, run by WestCare Washington, matches them with service providers. Using HIPPA-compliant technology, each case is monitored to ensure people's needs are met.

"Many transitioning service members and veterans have more than one need so it can be extremely challenging for them to research hundreds of organizations to find the right services," said Dr. Mike Haynie, IVMF executive director and



STUART ISETT WAServes

Actor, Tom Skerritt, right, an Air Force veteran, and Jason Reindorp joined the celebration of the launching of WAServes March 2.

Syracuse University vice chancellor. "WAServes solves this problem by bringing all of the great service organizations together in one place to make sure people can get the help they need."

WAServes is the eighth net-

work to launch in IVMF's national AmericaServes portfolio. The Schultz Family Foundation, founded by Sheri Schultz and her husband, Howard Schultz, supported the launch of the first "Serves" network in New York City in January 2015 and is

happy to bring the program to their home state of Washington.

"Military and veteran families give so much to the country and the Schultz Family Foundation is dedicated to helping them during their transition back into civilian life," said Howard Schultz, co-founder of the Schultz Family Foundation.

"There are over 500,000 veterans in Washington state so we are proud to bring WAServes to the Puget Sound area. It shows how powerful the community can be when we come together and offer coordinated care to these incredible men and women and their families."

Individuals looking for services can engage with the WAServes network in three ways:

- by calling 1-877-515-7848 to speak with a qualified professional;
- visit WAServes website at WAServes.org;
- going to any of the participating providers who can register people in the system and make referrals if needed.

Community Ledger

ATTENTION

Event announcements must be received no later than the Friday before publication. They can be emailed to nwgeditor@nwgardian.com. Announcements can be viewed online at 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

Deployment day

Maj. Gen. Thomas S. James, Jr., 7th Infantry Division commanding general, bids farewell to Soldiers assigned to 16th Combat Aviation Brigade during a ceremony at Joint Base Lewis-McChord Saturday. The Soldiers were some of the first of approximately 800 from the Raptor Brigade joining U.S. Armed Forces in Afghanistan.

CAPT. BRIAN HARRIS 16th Combat Aviation Brigade

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 2017

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

April 14 - Army DONSA
May 30 - Air Force Family Day
May 26 - Army DONSA
June 9 - Army DONSA
July 3 - Army DONSA
and Air Force Family Day
Sept. 1 - Army DONSA

LEWIS RECYCLING CENTER REOPENS

The Lewis Main Recycling Center is open as of Friday. Please bring your recyclables to either Lewis Main or McChord Recycling Centers. For a list of what can be recycled, visit lewis-mcchord.army.mil/public-works/sites/services/dumpsters.aspx. For more information, email usarmy.jblm.imcom.list.dpw-jblm-recycles@mail.mil.

R.A.D. PHYSICAL SELF-DEFENSE CLASSES

Females ages 13 and older are invited to participate in Rape Aggression Defense self-defense classes. The classes take place Saturday-Sunday from 9 a.m. to 3 p.m. Registration is required at jblmafcs.checkappointments.com (under AFCS Classes and Activities, SHARP R.A.D.). For more information, call 253-933-0363 or 253-967-2072.

ARMY AND PLU TEAM UP FOR FREE CONCERT

Since 1985, educational institutions across the nation have recognized March as Music in our School Month, and to celebrate, the 56th Army Band from I Corps at Joint Base Lewis-McChord will join Pacific Lutheran University at the Lagerquist Concert Hall for a showing of the University Wind Ensemble Concert. Sunday at 3 p.m. The event is free and open to the public. Those wanting to attend are encouraged to arrive early.

CHANGE CLOCKS, CHANGE BATTERIES

Daylight saving time begins Sunday. Have you changed your smoke alarm battery yet? Remember, the NFPA recommends that when you change your clocks to change your batteries. Before returning the alarm to the base, test it by pushing the button. Does it beep? Now test it by blowing smoke into the alarm to ensure the smoke activates the alarm. After this return to base. Replace any smoke alarms that do not operate properly. Questions? Call JBLM Fire Prevention at 253-966-7164.

SAM ADAMS BRACKET NCAA CHALLENGE

Enter Samuel Adams Brewhouse free March Madness Bracket Challenge. Come in and submit a completed 2017 bracket now-Monday at 7 p.m. for a chance to win a pair of Powerbeats 3 wireless headphones from Beats by Dre. The person with the most game wins throughout the entire tournament wins the headphones. Limit: one bracket submission per person. Sam Adams is at 2400 Bitar Ave. and Division at Lewis Main. For more information, call 253-964-2012.

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.

JBLM FAMILY HOUSING FIRE SAFETY CLASS

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

JBLM NEWCOMERS' ORIENTATION

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

BUILDING MANAGERS FIRE SAFETY CLASS

All building managers on Joint Base Lewis-McChord are required to take a Building Managers Fire Safety Class. Classes take place on the first and third Wednesday of the month at 9 a.m. Bldg. 2014, Fire Station 107 Pendleton, on Lewis Main. The next class is set for Wednesday. For more information, call 253-966-7164.

SMA OF NORTHWEST MONTHLY MEETING

The monthly general membership meeting of the Sergeants Major Association of the Northwest meets at the Joint Base Lewis-McChord Samuel Adams Brewhouse (renovated Cascade Community Center, Bldg. 2400 on South Division Street) on the third Thursday of every month. Social time begins at 4:30 p.m. and official business at 5 p.m. Next meeting is Thursday.

CELEBRATE ST. PADDY'S DAY AT SAM ADAMS

No blarney here — enjoy a green beer for St. Patrick's Day, March 17. From 3 p.m. to closing, wear green and receive \$1 off any Sam Adams draft beer. The featured cocktail is "Angry Irishman." Sam Adams is located at 2400 Bitar Ave. and Division at Lewis Main. For more information, call 253-964-2012.

VOLUNTEER OF THE YEAR NOMINATIONS

Nominate a family or individual for the Joint Base Lewis-McChord Volunteer of the Year. The Volunteer Office is accepting nominations for the award now-March 20. Categories for Volunteer of the Year are: community, retiree, family, active duty and adult. To nominate an in-

dividual or family, describe in detail (no more than 750 words), the volunteer's or family's accomplishments, impact of their accomplishments to the organization/community and why the nominated individual or family should be recognized. Nominations must be accompanied with a completed nomination form and may be hand-carried to the Family Resource Center 4724 Idaho Ave., or emailed to lori.j.parker2.civ@mail.mil by March 20. The nomination form and category information flyer is available at the Family Resource Center, online at jblmafcs.com or by emailing lori.j.parker2.civ@mail.mil. Selections will be announced at the annual at the annual JBLM Volunteer Recognition Ceremony set for May 4. For more information, call 253-967-2324.

REMEMBERING WORLD WAR I: BOOK CLUB

Remember the 100th anniversary of World War I with JBLM libraries' new WWI book club, part of an Army Library initiative to discuss books about WWI for the next 18 months. Book discussions will take place quarterly at either the Grandstaff or McChord libraries. The first book discussion will be at McChord Library March 21 at noon and at Grandstaff Library March 22 at noon. E-books of every title will be available, along with a limited number of print copies. The first selection is "The Sleepwalkers: How Europe Went to War in 1914" by Christopher Clark, a compelling look at how the crisis leading to WWI unfolded and examines the decades of history that drove the crisis forward in just a few short weeks.

Each quarter's featured book will be available for check-out as an e-book at the reception desk for book club participants. Limited print books are also available. For more details, call Grandstaff at 253-967-5889 or McChord at 253-982-3454.

PLAY BINGO AT THE BREWHOUSE

Sam Adams Brewhouse is giving away prizes to winners for the Bingo at the Brewhouse event March 22 from 7 to 9 p.m. The event is free. Sam Adams is located at 2400 Bitar Ave. and Division at Lewis Main. For more information, call 253-964-2012.

JOIN IN WINE AND CANVAS EVENT

Join in the fun at the Wine and Canvas Night at the Club at McChord Field March 24 from 6 to 8:30 p.m. Art supplies, light appetizers and your first glass of wine are included in the cost. You'll get instruction if you're a beginner, plus samples of completed paintings for inspiration. Seating is limited and you must be age 21 or older to attend. Prepayment is required; call 253-982-5581. The cost is \$30 per person; Club members receive a \$3 discount for each admission.

REGISTER FOR KOKANEE FISHING 101

Learn the secrets to catching kokanee by registering for a special course, taught by Alan Greenhalgh, owner of Kokabow Tackle. The course is set to take place April 8 starting at 1 p.m. at Russell Landing Marina. You'll learn how to set up the line, trolling techniques and more. The cost is \$5 per person; call 253-967-2510 to register. The first 15 people

registered will be entered to win a free session on a fishing pontoon.

15TH ANNUAL SALUTE TO ARMED FORCES

The 15th annual Salute to Armed Forces will take place April 15 at Safeco Field, 1250 First Ave. S., Seattle, WA, 98134. Join the Mariners for a special pre-game program honoring the U.S. Armed Forces, veterans and support organizations. Festivities will begin at 5:30 p.m. To buy tickets or for more information, visit mariners.com/armedforces and enter the promo code: MILITARY.

JBLM TAX CENTER OPEN NOW-APRIL 18

The JBLM Tax Center is now open to provide free help to active-duty members, qualified reservists, national guard, retirees and their families get through this tax season stress free. Visit the old Clarkmoo Elementary School, located at the intersection of South Division and Bitar Avenue on Lewis Main, Monday-Friday from 8 a.m. to 6 p.m. and Saturday from 9 a.m. to 4 p.m. Bring your military ID, social security card for everyone listed on the return, W-2, all relevant and applicable documents on income and expenses, Affordable Care Act statements and the prior year's tax return. For more information, call 253-967-1040.

EAGLE SCOUT BANQUET/REUNION

The sixth annual Eagle Scout Recognition and Reunion Luncheon to honor the Eagle Scout and Quartermaster Class of 2016-2017 will take place at Pacific Lutheran University and in the Anderson University Center April 22 from noon to 2 p.m. Registration will open and Eagle Scout photographs will begin at 11 a.m. Preregistration is required for all attendees and can be done online by visiting phc.kintera.org/eaglebanquet2017. Call 360-481-3117 for more information.

OFFICER CANDIDATE SCHOOL REUNION

The Army Officer Candidate School Alumni Association 2017 Reunion is scheduled May 7-11 in Columbus, Ga. The association represents all Army officers commissioned through any OCS, regardless of previous locations or branch affiliation. Demonstrations and briefings will highlight developments related to the OCS program. The reunion will be conducted at the Columbus Marriott Hotel, 800 Front Ave., Columbus, Ga., 31901. Call 706-324-1800. Reservations for the OCS Alumni Reunion are being accepted at a special rate prior to April 15. For more information, call Nancy Ionoff at 813-917-4309 or visit ocsalumni.org/events/cart.php?id=1.

GET THE BEST DEALS ON TEXTBOOKS

The next college quarter starts soon. Don't break the bank on books; let Family and Morale, Welfare and Recreation's Bookstore inside Stone Education Center help you get your books for less. For more information, call 253-964-8185.

TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

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

A LIST OF UPCOMING EMPLOYMENT FAIRS

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

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

Environmental Job Training
Monday at 1 p.m. at Goodwill's Milgard Work Opportunity Center, Room 338, 714 S. 27th St., Tacoma. Training can lead to exciting careers in construction, contamination remediation, hazardous material handling and more. Preferred entry for veterans. Register for mandatory orientation at: envirotrainingorientation-mar13.eventbrite.com.

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 Monday. Email kmyers@esd.wa.gov or call 253-552-2547.

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

Mini Career Technical, Apprenticeship and Education Fair takes place Mondays (except DONSA and federal holidays) at Hawk Transition Center Auditorium at 10:30 a.m. Walk-ins are welcome.

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, Wash. The 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 hosts a meeting for job seekers unemployed for 27 weeks or longer, seeking assistance to re-enter the workforce. Location is 1305 Tacoma Ave. South, Tacoma. For more information, visit: camo2commerce.com/hero or email rob@pacmtn.org.

Camo2Commerce has orientations Thursdays at 3:30 p.m. at the Stone Education Center on Lewis Main for military leaders in mid-level management roles, ideally staff and senior noncommissioned officers and junior to mid-grade officers in transition. Camo2Commerce has created the Heroes Corporate Fellowship Academy to help you land a job in a position commensurate with knowledge, skills, abilities and experience. For more information, visit: camo2commerce.com/hero or email rob@pacmtn.org.

Success after the Military: Considering a Business Career? March 20 from 7 to 9 p.m. at Hotel Murano, 1320 Broadway Plaza, Tacoma. If you are an officer with less than 14 years of military experience and considering a transition from the military, here's your chance to get answers to your questions and make an educated decision. Cameron-Brooks has been transitioning JMO's to successful careers for over 45 years. We create win-win situations and make your transition much easier than it

would be going it alone. To register, visit cbcrm.cameron-brooks.com/portal. For more information, call 800-222-9235 or email ctarter@cameron-brooks.com.

Work of Honor Networking Event March 23 from 6 to 7:30 p.m. at C.I. Shenanigans in Tacoma for an outstanding business networking opportunity for veterans, military spouses and business professionals. Guest speakers provide valuable insight on how veterans are using their military experience in enhancing civilian business operations. For more information, visit workofhonor.com/events.

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

CONTACT CENTER LENDING SPECIALIST

WSECU — Salary: \$1777 to \$24.39 per hour, DOQ, plus benefits. Lending specialist: performs all consumer lending, opening new accounts and providing troubleshooting guidance when necessary, meets sales and service goals, contributes to team success in a cooperative work environment, exemplifies our brand promise of making members' lives easier, develops strong member relationships, provides a diverse selection of products and services to meet our members' needs and demonstrates passion for delivering

top-notch service. For more information, visit jobs.wsecu.org. All applicants must submit a resume. Contact us at 360-943-7911 ext. 11111 with any questions.

CLASSIFIED SUBSTITUTES FOR ORTING SCHOOLS

Orting School District - Salary: PSE Schedule A Sub Rate. The Orting School District is seeking classified substitutes in the areas of: bus driver, paraeducator, monitor/instructional assistant, LPN/health tech, food service. To apply to be a substitute for the Orting School District, visit tinyurl.com/zsgnbpn and complete the online application.

CUSTODIAL MANAGER AT TCC IN TACOMA

Tacoma Community College HR — Salary: \$48,000 to \$54,000. Tacoma Community College is pleased to invite applications for the custodial manager. The main campus of Tacoma Community College is located on 150 acres upon which are located over 30 buildings with a total area exceeding 479,000 square feet. This position supervises and manages custodial operations for all campus sites providing a clean environment for effective use by students, faculty, staff and the public. Responsibilities include maintaining high levels of customer satisfaction, providing high quality service levels, supervising, training and coaching employees and budget management. For more information, visit tinyurl.com/jqegzd5.

FROM PAGE 1A

RESCUE

was the conclusion of the day that got the most social media attention and included some life-saving heroics of a JBLM Soldier, known at the time only as “Matt.”

Baxter contacted JBLM Feb. 24 in hopes of thanking the mysterious Matt, who — though Baxter didn’t know his last name.

Joe Kubistek, a JBLM public affairs officer took the call and, with help from the 7th Infantry Division public affairs team successfully located the Soldier based primarily on his first name and that he was “an XO with a recon unit,” is all Baxter knew.

First Lieutenant Matt Bunker, executive officer of Alpha Troop, 8th Squadron, 1st Cavalry Regiment, 2nd Brigade, 2nd Infantry Division, happened to be skiing in the right place, at the right time, with the right skill set for the rescue.

It was about 3:30 p.m. and Baxter and Anslow had taken the lift up to the top of the mountain in hopes of eating at a restaurant which turned out to have closed five minutes earlier. Feeling a bit tired, the siblings decided to ski down what looked to be an easy run, called the “Lucky Shot.”

Anslow was skiing ahead of his sister and didn’t see her lose control, go over the ropes and



Courtesy of Matt Bunker

1st Lt. Matt Bunker, left, executive officer of Alpha Troop, 8th Squadron, 1st Cavalry Regiment, 2nd Brigade, 2nd Infantry Division, pictured during a recent ski trip to British Columbia, was skiing at Crystal Mountain Feb. 18 when he helped rescue Pat Baxter, 63, of Gig Harbor, who went over cliff, and landed in trees about 30 feet below.

plunge off a cliff. She hit a tree with her head and ended up perched precariously, straddling two trees.

“I don’t know how long I was there, but I started screaming frantically and it seemed like forever,” she said.

A while later, long enough that her screams could not be heard from the distance, Anslow looked behind him and realized his sister was no longer in sight. He began to panic when, after stopping and asking several other skiers if they’d seen her, no one had.

Anslow, also a Navy veteran,

eventually located his sister and went looking for help. He flagged down Bunker — who’d been skiing all day with friends and had gone up the mountain on his own to make his final run of the day — and asked him to call the ski patrol.

“My brother thought where and the way I’d landed it would take ropes and helicopters to get me out of there,” Baxter said.

Bunker thought it better to access the situation first, since he could hear Baxter screaming and it might take 15 or 20 minutes for the ski patrol to arrive. “She sounded pretty frantic,”



Courtesy of Mike Anslow

Pat Baxter, 63, of Gig Harbor, is doing well following a harrowing ski trip to Crystal Mountain Feb. 18, where went over a cliff and was rescued by a JBLM Soldier.

Bunker said.

The two men hiked 100 feet up the mountain to where they could see Baxter about 30 feet down the embankment.

“She didn’t look too injured, just lodged against the trees,” Bunker said, adding he introduced himself and, after climbing down to where she was, helped her take off her skis and offered to piggy-back her up the hill.

Despite her objections — she told him she was concerned for his safety — Bunker had her put one arm over his shoulder and the other around him and then

FROM PAGE 1A

SHOWER

and Recreation, offered a plethora of baby-related booths with information, shower games, music, refreshments and door prizes. The first 50 people in line when the doors opened that morning received a diaper bag to hold their collected freebies and other goodies.

“I totally know what that is,” said Sofia Barrears of Tacoma, as she held her 6-month-old son, Isaiah, and sampled the orange and green taster cups of pudding-like substances.

Barrears attended the event with her friend, Juanita Murillo, an Army veteran who was stationed at JBLM a decade ago. Murillo had her 12-day-old son, Hank, in a front baby carrier.

“This one is peach and mango, but I don’t know what the other one is — it’s nasty,” Murillo said, of the green baby food.

“You are so close; you want to try again?” said Robert Money-maker-Donachie, a volunteer with Family and MWR, as he collected the slips of paper each contestant filled out with their guesses of the various foods.

The substance in question was a mix of apples and cherries, but Murillo didn’t opt to take another bite of the tart concoction.

In addition to games, prize drawings and music, shower attendees got to stop at many vendor booths for information and freebies.

Alexanderya Mitchell, 25, and her husband, Navy Petty Officer 1st Class Jonathan Mitchell, who is stationed at the Naval Base Kitsap in Bremerton, brought their children, Analeigh, 5, and Anthony, who will be 2 in July. The couple is expecting a third child, a daughter to be named Melody, in April.

“Thankfully, I’ve still got lots of Anthony’s baby stuff for Melody, but it’s good to see what’s out there,” Alexanderya said, as she and her family perused the booths and Analeigh picked out a free hand-knit baby hat for her soon-to-be baby sister.

“My wife only told me about this last night, and I said, ‘Sure, we can go,’” Jonathan said. “You know what they say, ‘Happy wife, happy life.’”

Several representatives from Madigan Army Medical Center manned tables at the event, including Sara Warr, a certified nurse-midwife. Warr has been a



SCOTT HANSEN Northwest Guardian

Lynn Miranda, of the Lewis Main Exchange, right, visits with Shonda Elkins, of JBLM, and her son Brandon, 6, Saturday.

midwife for two years.

She earned her midwifery degree from the University of Washington after learning to birth babies while a volunteer with a church group in Haiti from 2009 to 2010.

“I was at a clinic in Haiti, and one of the doctors needed help so she taught me how to help a

woman give birth,” Warr said. “I fell in love with the process, and I love being able to deliver babies.”

She also said she was enjoying telling people about her profession and the options available through Madigan.

“A lot of people don’t know we have midwives, so this is a

good opportunity to tell them,” she said.

Next to Warr’s booth was a table filled with brochures about birth control, postpartum sterilization and other birth-related information.

Captain (Dr.) Alicia Scribner and Capt. (Dr.) Logan Peterson manned that booth, offering information and insight on multiple women’s issues.

“We take women through their lives,” Peterson said of the myriad medical subjects and information offered.

This is the first year Madigan has offered such high visibility at the event.

“It’s important we are here to show women what we offer and how we can help them throughout their pregnancy,” Scribner said.

One booth that got a lot of attention was an arts and crafts table for children. Kids colored and made beaded bracelets and necklaces while their parents enjoyed the rest of the event.

“Look what I got,” Analeigh said as her parents concluded their long walk through the packed conference center.

The child held up a colorful necklace made of plastic beads. “I had fun.”

FROM PAGE 1A

WELLS

water for JBLM residents and employees, JBLM will continue a program of recurring sampling of drinking water sources for perfluorooctane sulfonic acid and perfluorooctanoic acid and other requirements of the EPA’s Safe Drinking Water Act.

The chemicals also are used in aqueous film forming foam, a product used by firefighters to suppress fuel fires.

According to base officials, closing down those three wells — two primary wells on McChord Field and one seasonal well on Lewis Main — won’t adversely affect families or service members on the installation, since the Lewis Main well is mainly used during the summer and three other separate wells

To learn more

For more information on perfluorooctane sulfonic acid and perfluorooctanoic acid, visit the Environmental Protection Agency website: epa.gov and search for “drinking water health advisories.”

provide water to McChord Field’s housing. The two primary wells shut down on McChord Field are not used by the area’s neighborhoods, according to JBLM DPW officials.

“We have sufficient water, and only if there are dry conditions in the summer would we need to ask people to conserve,” said Steven Perrenot, JBLM’s DPW director.

There are 10 wells each on McChord Field and Lewis Main.

In addition to its well water, 95 percent of the water on Lewis Main and Lewis North comes from Sequilitchew Springs, which is water not showing high levels of the chemical contaminants, Perrenot said.

The EPA issued a lifetime health advisory notice about the chemicals in May 2016, and JBLM was proactive in testing and closing down the wells, Perrenot said.

Cynthia Trout, water program manager for JBLM’s DPW, said JBLM tests its water on a daily and monthly basis to stay in line with the Safe Drinking Water Act — an EPA regulation set into law in 1974.

“All of our operators are certified and trained and go through regular educational training,” she said, adding that staff conducts pretty stringent water testing to stay in line with a lot of checks and balances.

As for the allowable amount of the two chemicals, the new regulations lower the number of parts per trillion to 70 or lower. One part per trillion is the equivalent of one drop of water in 20 Olympic-size swimming pools. The EPA’s lifetime health advisory levels are based on the effects of the two chemicals on laboratory animals and epidemiological studies of human populations.

One hundred and forty Army installations had been tested as of February 2017. Of those, the lifetime health advisory was exceeded at: JBLM; Fort Hunter Liggett, Calif.; Fort Leavenworth, Kan.; U.S. Army Garrison Daegu-Camp Carroll and Camp Walker, Korea; U.S. Army Garrison Red Cloud, Korea; and Soto Cano Air Base, Honduras.

Several of the installations either switched to bottled water or connected to local municipal

water systems. At JBLM, the affected wells were shut down and staff will continue to monitor the wells to make sure they all remain under the lifetime health advisory levels, according to JBLM’s DPW.

According to the Agency for Toxic Substances and Disease Registry, most people in the U.S. population have levels of perfluorooctane sulfonic acid and perfluorooctanoic acid in their blood, regardless of age.

The chemicals come from not only drinking water but by being exposed to food cooked in non-stick cookware or inhalation of dust generated by other household surface-protected coatings on clothing or carpets.

A connection between perfluorooctane sulfonic acid and perfluorooctanoic acid exposure and cancers is currently being evaluated, according to the registry.

FROM PAGE 1A

PARTNER

zon, Microsoft, the Seattle Police Department and University of Washington-Seattle, among others, Feb. 27 and March 1.

Amazon and Microsoft are just two of the many industries the military partners with to assist in the transitions process for service members and provide broadening opportunities that aim to maximize unit readiness moving into the future.

“For those of you going back to the Army, take what you learn here and bring it back to your organizations,” Lanza said to Joint Base Lewis-McChord Soldiers training with



STAFF SGT. BRYAN DOMINIQUE | Corps Public Affairs

Lt. Gen. Stephen R. Lanza, I Corps commanding general, speaks to Seattle Rotary Club members about community partnerships March 1.

industry participants at Microsoft March 1. “There’s a lot that we can learn from each other.”

At Amazon Feb. 27, the discussion focused primarily on ways to enhance the readiness

of service members transitioning from the military to private sector.

The Service Member for Life-Transition Assistance Program at JBLM partners with different groups such as Cammo2Commerce and Hiring our Heroes to provide corporate fellowships with various corporations, with the intent of giving service members experience in the business world months before leaving the military.

“One of the discussions is what you take away from this and how we can bring it into our leader development, and what we want to train our junior officers and our non-commissioned officers on,” Lanza said to a group of corporate fellows and training

with industry participants at Amazon headquarters. “I’m also looking for your experiences that we can (bring back) to help other people transition (from the military).”

The trip to Seattle was Lanza’s last official engagement as a senior military representative. He is scheduled to relinquish command of I Corps to Maj. Gen. Gary J. Volesky April 3 in a change of command ceremony.

No official announcement has been made of Lanza’s follow-on assignment, but he used the trip to assure leaders of I Corps and JBLM’s commitment to the surrounding communities.

“We have to stay connected with those we serve,” Lanza said. “We cannot be a military apart.”

Sports

JBLM ALPINE CLUB

Service members reach new heights

Club learns basic mountaineering

BY SPC. SEAN HARDING
301st Maneuver Enhancement Brigade

Imagine that it's 10 degrees outside. You're literally sleeping in a hole in the snow that you dug out with your shovel, and the only thing that's separating you from the wind and heavy snow and sleet pounding the side of the mountain is a flimsy, but determined tent.

You have to poke the ceiling of your tent with your trekking pole every half hour to keep the snow that's accumulating there from in caving in, which would

cause you to asphyxiate or freeze to death if left unchecked. If you accidentally stumble outside of your campsite in the middle of the night, you could fall up to your arms in snow that could be well over 60 feet deep.

This isn't a drill or mandatory unit readiness training in a remote region of Alaska; there are Soldiers doing this for fun.

The Basic Alpine course is just one of several instructional mountaineering courses that the Joint Base Lewis-McChord Alpine Club, a branch of Family and Morale, Welfare and Recreation, offers to service members, families, retirees and Department of Defense civilians.

SEE CLUB, 2B



SPC. SEAN HARDING 301st Maneuver Enhancement Brigade

Students practice work as part of a mountaineering rope team during a Basic Alpine course at Mount Rainier National Park Sunday.

HEALTH & FITNESS

Thunderbolt Brigade takes injury initiative

BY CAPT. PETER MRVOS
17th Field Artillery Brigade

Though he would be the last person to say it, Sgt. 1st Class Hector Jasso Jr. has become an architect of change for the 17th Field Artillery Brigade at Joint Base Lewis-McChord.

With nearly 19 years of experience as an Army medic, Jasso teamed up with Maj. (Dr.) Tanvi Patel, brigade surgeon, to engineer a physical fitness recovery program for injured Soldiers that offers something more.

Jasso said the program delivers because they found the right combination of access to care, education and structure to help give Soldiers the best chance at

SEE INJURY, 2B

HOOPS 4 HEROES BASKETBALL GAME



SCOTT HANSEN Northwest Guardian

The Soldiers' Ryan Tomsic, left, drives past Nile Teclerariam during the Hoops 4 Heroes game at Pierce College in Steilacoom Saturday.

SOLDIERS' COMEBACK FALLS SHORT THIS TIME

Soldiers battle back from 21-point deficit

BY DEAN SIEMON
Northwest Guardian

The script read a lot like last year's Hoops 4 Heroes game between service members from Joint Base Lewis-McChord and local first responders Saturday at Pierce College in Lakewood.

Although the JBLM team came back from a large deficit like last year's game, it wasn't able to finish the comeback; the First Responders won, 61-57. Despite the tough loss, the JBLM team members didn't have their heads down afterward.

"Way to fight back," said Jerry Clardy, JBLM head coach to his players immediately after the game.

That's because the JBLM team was trailing by 21 points at halftime. Players

SEE HOOPS, 2B



The Soldiers' Fonzo Betts, middle, drives to the basket past the First Responders' Nile Teclerariam, left, and Ryan Larson (27) during the Hoops 4 Heroes game Saturday.

ON THE SCHEDULE

REGISTRATION FOR OPEN SPRING SOFTBALL LEAGUE

Intramural: Learn about this year's Open Spring Softball season Wednesday at 6 p.m. inside the Nelson Recreation Center on Lewis Main. Season starts April 1 with the league tournament May 6. Cost to register a team in recreational, competitive or women's leagues is \$250. Open to all JBLM community members with valid military ID, ages 18 and older. For more information, visit jblmmwr.com/intramural or call 253-967-4768.

REGISTER FOR OPEN WOMEN'S VOLLEYBALL

Intramural: The Open Women's Volleyball League starts March 18 and ends with a tourney April 8. Registration is \$20 per player; open to all women ages 18 and older with valid military ID. For more information, visit jblmmwr.com/intramural or call 253-967-4768.

REGISTRATION FOR YOUTH BASEBALL ENDS MARCH 20

Youth: JBLM Child and Youth Services sports program is offering recreational leagues for young baseball players this summer. Registration for both youth baseball (ages 5 to 15) and Lil' Batters (ages 3 and 4) is open until March 20 at jblmmwrregistration.com. Price for youth baseball is \$55 and \$25 for Lil' Batters. Sport fee vouchers are available. For more information, call 253-967-2405.

SIGN UP FOR MASTERS BOWLING TOURNAMENT

Sports: The 11th annual Northwest Military Masters bowling tournament is April 22 at Bowl Arena Lanes. Tourney is limited to 36 entries at \$100 registration fee. There is a \$1,000 cash prize if max participation is reached. Regardless, one in four bowlers will receive cash prize. Enter in person at Bowl Arena Lanes on Lewis Main or Sounders Lanes on McChord Field. Open to all service members, families, retirees, and civilian employees.

FIRST TEE GOLF CAMP REGISTRATION OPEN

Youth: Young golfers ages 7 to 18 can register for the First Tee Youth Golf Camp offered through JBLM Child and Youth Services. There are two camps provides between the two JBLM golf courses — Eagles Pride Golf Course on Lewis Main and Whispering Firs Golf Course on McChord Field. There is an additional Lil' Drivers camp for ages 5 and 6. Camps begin April 27. Learn fundamentals of the sport. For more information, visit jblmcyregistration.com or call 253-967-2405.

TRIPLE THREAT TRIATHLON SERIES BEGINS ON JUNE 25

Races: Joint Base Lewis-McChord service members are invited to sign up for the 2017 Triple Threat Triathlon series this summer, beginning with the Black Hills Triathlon June 25 and followed by the Lakewood SummerFest Triathlon July 8 and the JBLM Pacific Pathways Triathlon Aug. 19. Series registration limited to 200 participants. For more information, visit regtorace.com/event/217 or call 253-967-4768.

FROM PAGE 1B

CLUB

“The Basic Alpine course is designed for people who want to experience mountaineering — to dip their feet in and see if it’s what they want,” said John Dorman, senior Alpine guide and instructor for JBLM Alpine Programs. “It’s to really open your eyes and show you what’s out there.”

FEET IN THE WATER

Consisting of four full days of instruction spread over two weekends, the Basic Alpine course introduces and familiarizes students with a wide-range of mountaineering skills and knowledge, including self-arrest, glacier travel, how to use an ice ax, signs and symptoms of high-altitude sickness, crevasse rescue and more.

The course culminates in an overnight practical exercise at Mount Rainier National Park. There, students learn how camp in the snow, survive subfreezing temperatures, navigate the back-

country and practice the skills they learned in the classroom in a realistic training environment.

After completing the basic course, many students then go off to climb Mount Rainier and other mountains in the Northwest. Some also take the Intermediate Alpine course and eventually head to Denali, North America’s highest peak, in Alaska.

“Mount Rainier is what a lot of people start off doing,” Dorman said. “If you want to do bigger and bigger mountains, obviously you have to go somewhere else. It’s a natural progression of mountaineering. The ultimate destination of course, is Nepal, the Himalayas. We have the capability to do some of the 8,000 meter peaks. We’ve priced out Cho Oyu, Ama Dablam, Island Peak, as well as some of the smaller peaks there. The sky is literally the limit.”

MAKING THE GRADE

For one JBLM climber, the JBLM Alpine Club is just one of the reasons that makes the installation popular.

“I thought (the Basic Alpine



SPC. SEAN HARDING 301st Maneuver Enhancement Brigade

Maj. Joseph Byrnes simulates falling into a crevasse during a Basic Alpine course at Mount Rainier National Park Sunday.

Course) was phenomenal,” said Col. Mark Deschenes, an operations officer with I Corps. “These opportunities can’t be found anywhere else that I’m aware of in my 27-year military career.”

For others, the fact that Mount Rainier stands tall in the shadows of JBLM makes it an enticing target.

“We wanted to climb Mount

Rainier,” said Maj. Jeff Wilson, an active-duty Airman with the 62nd Operations Group.

“We’re going in August,” said his wife, Kim, who also took the course.

Those attending the course recognize experience matters.

“John and Derrick (Pierson) have a very large depth of knowledge,” said Maj. Joseph Byrnes, an active-duty Soldier with I

Corps. “You can tell that they’re passionate about mountaineering and sharing their experiences.”

Mountains like Denali, Rainier and Mount Whitney require technical climbing skills. Over the next three years, a climber is going to work with the JBLM Alpine Club to achieve that goal.

“I have a gentleman who’s doing the highest peak in every state,” Dorman said.

Another member of the club is training to climb K2, the world’s second highest mountain, in 2020.

Since Family and MWR is a DOD entity, the Alpine Club is able to offer its courses and trips for significantly less than equivalent offerings from civilian recreation companies — in some cases half as much.

“If you’re interested in mountaineering, and it’s hard not to when you stare at Rainier every day from where we work, then you should absolutely go for it,” Deschenes said.

For more information about the Alpine Club, visit jblmalpineclub.blogspot.com, or email jblmalpineclub@gmail.com.

FROM PAGE 1B

HOOPS

were outscored in the first quarter 20-5. It wasn’t until 3:30 left in the period when they made their first field goal off of a three-pointer by Cory Fortune.

It continued as players were struggling to generate points through the first part of the second quarter when they only had two made field goals — a three-pointer from Bailey McKoy and a layup by Jaqui Jones. At halftime, the First Responders were leading 36-15.

JBLM had three out of 19 from the field for just 15 percent shooting from the field. Team members were also having a hard time stopping the First Responders like Rory Hawkins with 11 points and a near double-double by Jordan Rasmussen — 10 points, nine rebounds.

Clardy remembered how the JBLM team trailed by 18 points at one point in last year’s game before coming back to win 60-53. Clardy said he used the same halftime speech as last year’s game. John Cheesman, coach for the First Responders, also felt déjà vu before the second half.

“It’s something we talked about from last year,” Cheesman said. “It was a great game (last year), and they never quit.”

The third quarter saw almost a complete switch with JBLM going on a 19-7 run to cut the 21-point halftime lead to just nine points. The First Responders went on another run to make it a 12-point game in the final four minutes.

The JBLM team continued to fight as it maintained a full-court press that led to long passes that were picked off or thrown out of bounds by the First Responders. Little by little with fouls to extend the clock, the JBLM team made quick plays off of the pick and roll between Michael Smith with 19 points and 13 rebounds and



SCOTT HANSEN Northwest Guardian



ABOVE: The Soldiers’ Ariayleonard Arevalo, right, drives past the First Responders’ Nile Teclerariam during the Hoops 4 Heroes Saturday.

AT LEFT: Soldiers coach Jerry Clardy, middle, talks strategy with team members during a timeout at the Hoops 4 Heroes game.

exhibition between JBLM service members and local first responders who come from neighboring communities to the military installation — including Lakewood, Tacoma, Puyallup and DuPont.

Hundreds of fans were watching and cheering for both sides. The atmosphere was heated between coaches down the stretch, although they laughed about it after the game.

“We’re all competitors,” Clardy said. “In our jobs — whether service members, police officers or paramedics — we’re all Type-A personalities.”

The win for the First Responders officially ties the series at

Jaqui Jones with 15 points and five rebounds.

In the final two minutes, Jones had six points, two assists and a rebound. Smith had seven points in the same amount of time.

“Our chemistry wasn’t there in the first half,” Smith said. “Once we got settled in, you saw how we played.”

Jones got an easy layup to bring the score to 59-57 with less than 10 seconds left, but a

deep pass to a wide-open Jordan Rasmussen made it 61-57 with only two-and-a-half seconds left. JBLM was not able to get the ball down the court to get a final shot as the game ended.

“It was a good comeback,” Jones said. “We just had to play more aggressively. Ultimately we played hard, but some of the baskets just weren’t falling like last year.”

It was an exciting basketball

FROM PAGE 1B

INJURY

a positive outcome. Jasso and Patel have assembled quite the team to make this happen.

A physical therapist, physical therapy technicians, a chiropractor, medics and trained instructors support the recovery of injured Soldiers who are used to being high performance athletes.

Jasso and the support team start their day at 5:30 am, preparing to host dozens of Soldiers during a daily workout that offers a completely tailored recovery plan for every injured Soldier in the unit.

“Our Injured Reserve Physical Readiness program is for the Soldiers’ benefit,” Jasso said. “We want to show them that they are still part of the team and help them have a successful recovery. During their time in the IR PRT program, Soldiers are allowed to heal, receive education on health and fitness topics and participate in tailored exercise plans.”

On an injured Soldier’s first day in the program, they meet with a member of the recovery team. Together they will identify a recovery group for the Soldier based on the injury and begin an education tack that outlines recovery-supporting exercises,



CAPT. PETER MRVOS 17th Field Artillery Brigade Public Affairs

Sgt. 1st Class Hector Jasso Jr., left, and Maj. (Dr.) Tanvi Patel, both from 17th Field Artillery Brigade, provide over-watch during injured reserve workouts on Joint Base Lewis-McChord Feb. 22.

general wellness and ways to avoid a repeat injury.

“We want to help the healing process by finding the best recovery program for the injured Soldier,” Jasso said. “They work with a medic to look at how we are going to help their healing process.”

This starts off a focus on what Jasso believes to be the two keys to helping the Soldier-athletes recover.

“Two keys that I see for recov-

ery are taking steps to change how Soldiers approach the type of activity that caused the injury and building up the supporting tissue to prevent reinjury,” Jasso said. “Our program uses education and tailored fitness plans to help Soldiers make that happen.”

Jasso encourages the recovery team to create as many opportunities for education as they can. They work to reinforce learning about nutrition and wellness

topics and guide recovering Soldiers as they continue their fitness education.

“Overall, we approach education during the recovery process using the Army’s Performance Triad,” Jasso said. “One third of it is physical fitness, one third is nutrition and one third is sleep. Improving in each of these categories will support healthy living and promote recovery.”

Inside of a recovery group, Soldiers find an exercise routine customized to their injury type. This means the best practices are all in front of them and they are easy to do. Because the exercises are done consistently, the odds of a positive recovery go up.

Jasso said the regimented exercise programs cut down the chances of further injury and help to maintain a participant’s fitness level while recovering.

When a Soldier’s recovery progresses to the point where they can return to normal physical activity with little risk of reinjury, they go through another screening before leaving the recovery program.

During one of their last touch points with a member of Jasso’s team, the Soldier completes a range of physical activities to assess any lingering effects of the injury and make sure there has been a successful recovery.

In the months since the start

one game apiece. Clardy jokingly pointed out that the team didn’t get a trophy last year like the one the First Responders took hoisted in the center of the court. Still, both teams are already looking forward to the rubber match in next year’s Hoops 4 Heroes exhibition.

“It’s a long offseason, I guess you could say,” Smith said. “I’ll definitely be in the gym practicing.”

Dean Siemon: 253-477-0235, @deansiemon

Scoring Summary

JBLM 5 10 19 23 – 57

First Responders 20 16 7 18 – 61

INDIVIDUAL SCORING

JBLM – Michael Smith, 19; Jaqui Jones, 15; Cory Fortune, 5; Ryan Tomsic, 4; Bailey McKoy, 4; Rueben Jackson, 3; Patrick McDonald, 3; Carlos Garcia, 2; Tyler Main, 1; Fonzo Betts, 1.

FR – Rory Hawkins, 11; Noah Dier, 10; Jordan Rasmussen, 10; Nile Teclerariam, 9; Brian Kelley, 7; Terrell Smith, 4; Kris Hampton, 2; Dave McDonald, 2; Eric Scripps, 2; Russell Ivy, 2; Bryce Clother, 1.

TEAM STATISTICS

Rebounds – JBLM, 30 (Smith 13, Jones 5, Betts 4, Fortune 3, McKoy 3, Jackson 1, Tomsic 1); FR 36 (Rasmussen 9, Hawkins 6, Smith 1, Kelley 5, Dier 4, Teclerariam 2, Hampton 2, Bob Deal).

Assists – JBLM, 7 (Smith 2, Jones 2, Tomsic, Betts, Terry Freeman); FR, 8 (Hawkins 4, Kelley 2, Smith, Rasmussen).

Steals – JBLM, 6 (Betts 2, Arjay Arevalo 1, McKoy 1, McDonald 1, Freeman 1). FR, 5 (Rasmussen 2, Smith, Kelley, Ryan Larson).

Blocks – JBLM, 1 (Smith); FR, 2 (Dier, Rasmussen).

Joint Base Lewis-McChord 2017 SHAMROCK 'N' RUN

A Wee Bit O' Ireland!

Saturday, March 11
MWR FEST TENT
2200 Liggett Ave. at Lewis Main

- **Costume Contest • Giveaways**
- **Bounce Houses • Popcorn & Cotton Candy • Beer Garden**
- **1K starts 11AM**
- **5K starts 11:30AM**

Online registration is now closed.
Register day of, at the event.

JBLMmwr.com/races





★ JOINT BASE LEWIS-McCHORD ★

OPEN SPRING SOFTBALL

Competitive, Rec & Women's Leagues

Season begins April 1 at the Lewis North Athletic Complex

Sign-up Meeting March 15 @ 6PM
Nelson Recreation Center

Registration Cost \$250 per team

League Tournament May 6

Players without teams encouraged to attend coaches meeting for team placement.
Open to JBLM Community ID cardholder ages 18+

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

NO BLARNEY HERE!

Enjoy a green beer for St. Patrick's Day!
Friday, March 17--starting at 3 p.m.

Wear green & get \$1 off any Sam Adams Draft Beer.

Try our featured cocktail: Angry Irishman

Please drink responsibly.

2400 Blair # Division
JBLM Main
253-967-2012

Joint Base Lewis-McChord | Armed Forces Community Service
Exceptional Family Member Program (EFMP)

Hero-Con

March 24
Tour 1: 4:15 p.m.
Tour 2: 5:15 p.m.
CYSS SKIES, 6398 Garcia Blvd.
JBLM-Lewis Main

A call to adventure featuring live performances and role play for EFMP Families!

REGISTER: jblm-efmp-hero-con.eventbrite.com

Special Olympics youth sports

Open to youth ages 8-18 with and without special needs for \$55 each. Enroll by March 20 at Parent Central or JBLMmwr.com

253-966-2977, option 4

Parent meeting & first practice March 21; season ends April 30




COSMIC BLACK LIGHT BOWLING

SATURDAYS 7-11 PM

\$12 PER PERSON FOR 2 HOURS OF COSMIC BOWLING
SHOES INCLUDED

737 Jackson Blvd
JBLM McChord Field
253-982-5954

JBLMmwr.com/bowling

COMMANDER'S CUP SOCCER

REPRESENTATIVE MEETINGS:
Mar. 22 at 6PM Nelson Rec Center | Mar. 23 at 12PM McChord Fitness Center

SEASON BEGINS APRIL 10

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

Open to active duty service members attached to JBLM only

WORLD WAR I BOOK CLUB

Commemorate the centennial of the US entering WWI with the Remember WWI project. JBLM Libraries will be hosting a quarterly Book Club from March 2017 through December 2018.

Join us for our first selection "Sleepwalkers" by Christopher Clark

McCHORD LIBRARY Tuesday, March 21 at 12pm
GRANDSTAFF LIBRARY Wednesday, March 22 at 12pm

Limited copies will be available at both Libraries and on E-book.

Please contact either library with questions.
McChord Library: 253-982-3454
Grandstaff: 253-967-5889

JBLMmwr.com/libraries

TEAM NO-TAP TOURNAMENT

Saturday, Mar. 11

Check-in: Noon
Practice: 12:30 p.m.
Start: 12:45 p.m.

4 person teams
\$100 per team
Cash Only
Handicap 90% of 220.

2272 Liggett Ave.
JBLM Lewis Main
JBLMmwr.com

Call 253-967-4661 to reserve your spot today!

BOOK PATCH LIBRARY PRESENTS

Come Craft, Create and Conversate Girls Club!

Ages 8 - 15

RING IN THE NEW YEAR: BRING ON THE BLING!
January 13 | 6-7:30 p.m.

CROCHET! IT'S OFF THE HOOK!
February 17 | 6-7:30 p.m.

INSTEAD OF CROCHET LETS MACRAME A BEAUTIFUL GEM NECKLACE!
March 17 | 6-7:30 p.m.

LET'S GET CORKY WITH A COOL NECKLACE!
April 14 | 6-7:30 p.m.

ZEN WEAVING!
May 19 | 6-7:30 p.m.

No registration required!
For more information, call 253-967-5533.

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JBLMmwr.com

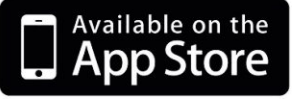
Learn Kokanee fishing on American Lake

Saturday, April 8 • 1PM
Russell Landing Marina
8981 American Lake Blvd. at Lewis North

Workshop fee: \$5
The first 15 to register are entered to win a chance for one session on a free fishing pontoon rental.

To register, call 253-967-2510

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The South Sound's Best Wine & Beer Selection!

Beer to Drink Music To 2017 \$15.99
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Sangiove & Pinot Grigio \$9.99
Cavatappi Winery
These two wines are perfect to kick off Washington Wine Month, as they showcase the ability of winemakers in our state to produce wines at an approachable price point with layers of depth and complexity! Try the Sangiove with a Kobe Petite Sirloin. You'll love it!

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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.

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\$43

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SECTION C

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



COVER STORY

IT'S GOOD TO BE GREEN

Start the race calendar
off right with the JBLM
Shamrock 'n Run 5K, 3C

FOR THE WEEK OF MARCH 10-16

10

THE CLUB AT McCHORD FIELD 4 to 9 p.m. Stop in the new McChord Pub to relax after work. Enjoy programs on four overhead TVs and challenge your friends to a game of darts or poker. Order appetizers, chili and hearty sandwiches from the pub menu to go along with your favorite drinks.

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

SAMUEL ADAMS BREWHOUSE 4 p.m. to midnight. Enter the free March Bracket Challenge. Come in, pick up a 2017 bracket and turn in by Monday at 7 p.m. for a chance to win prizes. Happy hour specials are from 6 to 8 p.m.

11

SOUNDERS LANES 11 a.m. to midnight. Cosmic black light bowling from 5:30 to 11 p.m. Two hours plus shoe rental for \$12 per person, plus the Laser Maze, a PAC-Man standup console with 12 different games, a photo booth and play area.

12

WHISPERING FIRS HABAÑERO MEXICAN GRILL 7 to 10:30 a.m. breakfast and 11 a.m. to 2 p.m. lunch. Order a hearty breakfast burrito or traditional breakfast.

WARRIOR ZONE 10 a.m. to 11 p.m. Tasty flatbread pizza, gourmet sandwiches, wraps and quesadillas. Ages 18 and older only.

13

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

WHISPERING FIRS HABAÑERO MEXICAN GRILL Buy one lunch burrito and get the second half price.

WARRIOR ZONE 10 a.m. to 11 p.m. The first five people to sign up for tourney get \$2 off a food order.

STRIKE ZONE AT SOUNDERS LANES 9 a.m. to 9 p.m. Chicken club combo for \$8.25.

14

WARRIOR ZONE 10 a.m. to 11 p.m. Grab food specials during the college basketball games. Loaded potato skins are \$8.50, jalapeño poppers are \$6.50, 18-piece wing special is \$20. Ages 18 and older only.

STRIKE ZONE AT SOUNDERS LANES 9 a.m. to 9 p.m. Swedish meatballs over rice for \$8.25.

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

WHISPERING FIRS HABAÑERO MEXICAN GRILL During college basketball games, get \$2 off beer pitchers and 20 percent off all appetizers.

15

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 10 p.m. BBQ pork sandwich with potato salad for \$8.25. From 11 a.m. to 3 p.m., get a whole cheese, pepperoni or sausage pizza for \$10 or a corn dog and fries for \$2.50.

STRIKE ZONE AT BOWL ARENA LANES All-you-can-eat pizza and bowling from 5 to 8:30 p.m.

WHISPERING FIRS HABAÑERO MEXICAN GRILL 7:30 to 10:30 a.m. breakfast and 11 a.m. to 2 p.m. lunch. Order vegetarian dishes at Habañero. Any burrito or salad can come with grilled onions, peppers, guacamole, rice, salsa and sour cream.

16

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

WHISPERING FIRS HABAÑERO MEXICAN GRILL 11 a.m. to 2 p.m. Get three ground beef tacos and a soda for only \$6.50.

SAMUEL ADAMS BREWHOUSE 4 to 10 p.m. Try new menu featuring Sam Adams classic wings, chicken-bacon-ranch flatbread, ham and bacon wrap, chicken chipotle wrap and fries.

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.	

AT THE MOVIES

Carey Theater
on Lewis Main

A Dog's Purpose (PG)

Friday at 7 p.m.

A Dog's Purpose (PG)

Saturday at 3 p.m.

The Space Between Us (PG-13)

Saturday at 7 p.m.

A Dog's Purpose (PG)

Sunday at 3 p.m.

The Space Between Us (PG-13)

Sunday at 7 p.m.

MOVIE TIMES

FRIDAY

TACOMA AREA

BLUE MOUSE THEATRE: 253-752-9500

Sing (PG) 7

GRAND CINEMA: 253-593-4474

A United Kingdom (PG-13) 2, 4:25,

6:50, 9:15 Moonlight (R) 3:40, 8:40

Am Not Your Negro (PG-13) 1:45, 4,

6:30 La La Land (PG-13) 2:40, 5:45,

8:30 Lion (PG-13) 1, 6:15, 8:50

LAKEWOOD TOWNE CENTER
CINEMAS: 888-262-4386

Kong: Skull Island 3-D (PG-13) 9:45,

12:30, 3:15, 8:45 Kong: Skull Island

(PG-13) 11, 1:45, 4:45, 6, 7:45, 10:45, 11:30

Before I Fall (PG-13) 12:50, 3:20, 5:45,

8:20, 10:45 Logan (R) 9:25, 10, 1:25,

noon, 1:20, 3, 4:20, 5:25, 6:15, 7:30, 8:40,

9:30, 10:10, 10:40, 11:45 Table 19

(PG-13) 11:50, 5, 10 The Shack (PG-13)

10, 1, 4, 7, 11:10 Get Out (R) 9:40, 11,

12:15, 2:45, 5:30, 8:10, 10:45 Rock Dog

(PG) 9:30, 12:40, 3:05 Fist Fight (R)
10:10, 5:40, 10:30 The Great Wall 3-D
(PG-13) 3 The Great Wall (PG-13) 9:30
a.m., 8 p.m. Fifty Shades Darker (R)
2:15, 7:15 John Wick: Chapter 2 (R) 1:45,
4:30, 7:20, 10:25 The Lego Batman
Movie (PG) 10:20, 1, 3:30, 6, 8:35REGAL LAKEWOOD STADIUM 15:
844-462-7342

Kong: Skull Island 3-D (PG-13)

1:30, 2:30, 4:30, 5:30, 7:30, 8:30, 10:30

Kong: Skull Island (PG-13) 1:30, 3:30,

6:30, 9:45 La La Land Singalong

(PG-13) 2:30, 8:45 Before I Fall (PG-13)

2:15, 5:15, 8, 10:30 Logan (R) 1:45, 12:45,

1:15, 2:45, 3:45, 4:45, 6, 7, 8:15, 9:30,

10:15 The Shack (PG-13) noon, 3:15,

6:45, 10 Get Out (R) 1, 4, 6:15, 7:15, 9,

10:30 Fist Fight (R) 1:45, 4:15 The Great

Wall 3-D (PG-13) 5, 10:15 The Great

Wall (PG-13) 2, 7:40 John Wick: Chap-

ter 2 (R) 12:15, 3:30, 6:45, 9:45 The

Lego Batman Movie (PG) 12:30, 3:30,

7:20, 10 A Dog's Purpose (PG) 12:15

Split (PG-13) noon, 3, 6:15, 9:15 La La

Land (PG-13) 11:30, 5:45

CENTURY POINT RUSTON AND
XD: 800-246-6215 33238

Kong: Skull Island 3-D (PG-13) 11:35,

1:30, 5:55, 10:30 Kong: Skull Island

(PG-13) 10:30, 2:45, 4:30, 7:30, 9:05

Logan (R) 10:15, noon, 1:45, 3:30, 5:15, 7,

8:45, 10:30 Table 19 (PG-13) 1:15, 10:05

The Shack (PG-13) 12:40, 4, 7:20, 10:40

Get Out (R) 11, 1:55, 4:50, 7:45, 10:40

John Wick: Chapter 2 (R) 10:10, 1:20,

4:35, 7:40, 10:50 The Lego Batman

Movie (PG) 10:35, 1:25, 4:15, 7:05, 10

Moonlight (R) 10:25, 4:20, 7:10

PUYALLUP

LONGSTON PLACE: 253-770-9901

Kong: Skull Island 3-D (PG-13) 12:45,

2:15, 3, 3:45, 6, 6:45, 9, 9:45, 10:15 Kong:

Skull Island (PG-13) 1:30, 4:30, 5:15,

7:30, 8:15 Logan (R) noon, 1, 2, 3, 4, 5, 6,

7, 8, 9, 10, 10:30 The Shack (PG-13)

12:45, 4, 7:15, 10:15 Get Out (R) 12:30,

3:15, 6:15, 8:45 Fist Fight (R) 12:15, 2:45,

8:30 The Great Wall (PG-13) noon, 5:30

Fifty Shades Darker (R) 3:30, 6:30,

9:30 John Wick: Chapter 2 (R) 1:45,
4:45, 7:45, 10:30 Split (PG-13) 1:15, 7:15,
10:45 Sing (PG) 12:15 Rogue One: A
Star Wars Story (PG-13) 12:30, 4:15, 10
SOUTH HILL MALL SIX: 253-445-
8801

La La Land Singalong (PG-13) 2:45,

8:45 Before I Fall (PG-13) 12:45, 4:15,

6:45, 9:15 Table 19 (PG-13) 12:15, 2:30,

4:45, 7, 9:30 Rock Dog (PG) 12:15 The

Lego Batman Movie (PG) 1, 3:45, 6:30,

9 A Dog's Purpose (PG) 3:30, 6, 8:30

Hidden Figures (PG) 1:15, 3:15, 6:15,

9:15 La La Land (PG-13) 12:30, 5:45

BONNEY LAKE

REGAL TALL FIRS 10: 253-891-5445

Kong: Skull Island 3-D (PG-13)

noon, 4, 6, 9, 10 Kong: Skull Island

(PG-13) 1, 3, 7 La La Land Singalong

(PG-13) 3:30, 9:50 Before I Fall (PG-13)

1:45, 4:30, 7:15, 9:50 Logan (R) 11:50,

1:30, 3:10, 4:50, 6:50, 8:30, 9:10, 10:20

The Shack (PG-13) 12:10, 3:15, 6:20,

SEE MOVIES, 7C



SCOTT HANSEN Northwest Guardian



The 2016 Shamrock 'n Run 5K attracted more than 750 participants. The field for this year's event is expected to be large as well.

JBLM SHAMROCK 'N RUN

Dress your best for annual JBLM Shamrock 'n Run

Judges to select costume winner

BY DEAN SIEMON
Northwest Guardian

March brings a couple of events on Joint Base Lewis-McChord. For one, spring is just around the corner. So is the first race of the year, hosted by the JBLM Family and Morale, Welfare and Recreation staff.

The Shamrock 'n Run is Saturday just outside Family and MWR's Fest Tent on Lewis Main. The 1K kids' run will begin at 11 a.m., followed briefly by the 5K fun run. The annual fun run is generally a heavily-attended event by service

If you go

What: JBLM Shamrock 'n Run

When: Saturday at 11 a.m.

Where: Family and MWR's Fest Tent, 2200 Liggett Ave., Lewis Main

To learn more:
jblmmwr.com/races.

members, families, retirees and other community members.

Last year's event included more than 750 total runners who preregistered for the event.

JBLM Shamrock 'n Run 5K participants are encouraged to come dressed for the occasion Saturday.

SEE RUN, 11C

MARCH 9-12

CLIMBING THE RED ROCKS OF LAS VEGAS

Escape the gray weather with a sunny trip to Red Rocks.

Guided rock climbing in the Red Rocks of Las Vegas, Nev., offers thousands of varied rock climbs, from small cliffs to thousand-foot multi-pitch outings with comfortable ledges, lofty summits and great views.

The sandstone formations in the area are highly featured.

This makes for great handholds with plenty of edges and holes on which to rock climb.

The best easy-to-moderate multi-pitch rock climbing routes in the world, combined with Nevada's mild winters, great fall and spring temperatures and proximity to the Las Vegas strip, make for a world-class, year-round international climbing destination for beginners and experts alike.

Airfare, ground transportation, technical climbing gear and camping are included. Minimum age: 18. **\$975.**

MARCH 11

SNOW TUBING VACATION FOR THE FAMILY

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. Tubing is a blast for all ages, so bring the entire family. Snow tubes and transportation are 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. Reasonable accommodations can be made for persons with special needs; popular family trip. **\$45** per person. **\$25** for ages 6 to 12; **\$5** for ages 5 and younger.

MARCH 13-17

A SPECIAL SNOW SKI VACATION IN JAPAN

If you've ever seen a picture of the snow in Japan, then you know it's one of the most sought-out places to ski in the entire world.

This is an amazing area for any avid backcountry skier to explore. Join us on a trip that offers a little something for

everyone.

Stay in a rustic cabin with access to front and backcountry skiing, visit the famous mountain of Niseko on the northern Hokkaido Island.

With an average of 15 meters of annual snowfall and plenty of natural hot springs to soak in and excellent food to enjoy. Use our top-of-the-line BC ski and snowboard equipment, or bring your personal favorite set of sticks.

Two meals a day are included in the trip fee. Baggage fees more than \$100 are not provided. A passport is required. Minimum age: 16.

Children younger than 18 must be accompanied by an adult. **\$4,300.**

MARCH 18

SKI/SNOWBOARD AT PINEAPPLE PASS

Pineapple Pass at Snoqualmie Pass is an exceptional backcountry area where you can choose the terrain dependent on your skill. Whether it's open glades, steep drops or wide-open chutes, Pineapple has it. For the more confident skiers or

boarders, nearby peaks offer a great ride on true alpine terrain. Let our guides lead you on an adventure. Ground transportation, backcountry ski or split snowboard, avalanche beacon, shovel, probe and airbag included. **\$95.**

SNOWSHOE TRIP AT ANCIENT APE CAVE

Snowshoe through the epic winter landscape of Mount St. Helens to the second longest lava tubes in North America. Then journey into the ancient subterranean depths of the Ape Cave as we travel deep into the underside of a 2,000-year-old lava flow to travel under and climb over volcanic formations. In this subterranean environment, the average year-round temperature remains a constant 45 degrees, so dress warmly. Minimum age: 12. Difficulty: moderate; distance: 3 miles; time: three hours. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. **\$50.**

KAYAK SKILLS CLASSES AT KIMBRO

JBLM Outdoor Recreation offers five levels of two-hour

kayak skills classes.

- 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. Start at any time and master as many levels as you'd like. Meet at Kimbro Pool inside McVeigh Sports and Fitness Center at 7:30 p.m. Minimum age: 12 **\$25.**

WATERFALL TOUR IN OREGON STATE

Explore the greatest concentration of waterfalls in the continental United States with a waterfall tour. One stop is the world-famous Multnomah Falls, which plunges more than 620 feet from its origins. Enjoy a pitstop at Hood River, Ore., for lunch — not included in the trip fee. Depart from the Northwest Adventure Center at Lewis North at 8:30 a.m. **\$65**; ages 5 to 12:

SEE OUT, 8C



TUESDAY:
Spaghetti &
Meatballs
\$10.99

WEDNESDAY:
1/2 off
bottled wine

THURSDAY:
Dessert free
with entree

NEW DAILY LUNCH SPECIAL:
1/2 sandwich with
salad or soup \$9.95

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RAGS

23RD ANNUAL WEARABLE ART SALE & SHOW



HAPPENING THIS WEEKEND! FREE ADMISSION!

MERCEDES-BENZ OF TACOMA

1701 ALEXANDER AVE. E.

MARCH 10 & 11, 10AM-6PM MARCH 12, 10AM-4PM

RAGSWEARABLEART.ORG

MUSEUM OF GLASS
presents

MARCH 25, 2017

SLIDER

6:30 — 10:30 PM

Cook-off

TICKETS at museumofglass.org

★ SLIDERS FROM 7 SOUTH SOUND RESTAURANTS

★ FIREY GLASSBLOWING BY JOHN MILLER

★ LIVE MUSIC FROM THE DUSTY 45S



EVENTS
COMMUNITY

Tacoma Alumnae Chapter of Delta Sigma Theta Sorority Founders Day Luncheon Noon Saturday, Courtyard by Marriott, 1515 Commerce St., Tacoma. With keynote speaker Dr. Paulette Walker, national president. Open to the public. 614-483-8028.

Dino Weekend 10 a.m. to 4 p.m. Saturday and Sunday. Burke Museum, 17th Avenue Northeast and Northeast 45th Street, Seattle. See and touch hundreds of dinosaurs and other fossils, meet paleontologist scientists as they work on the newly discovered T. Rex \$10. 206-616-3962, burkemuseum.org.

Film Focus: "Tron" 3 p.m. Sunday. Theatre on the Square, 915 Broadway, Tacoma. \$12. 253-591-5894, broadwaycenter.org.

Grit City Think and Drink: The Healing Power of Music 6:30 to 8 p.m. Tuesday. The Swiss Pub, 1904 S. Jefferson Ave., Tacoma. Dr. Blair will give a short talk and then perform original songs. Free. 253-572-2821.

Historic 1625 Annual Open House 5 to 8 p.m. Thursday. Historic 1625, 1625 South Tacoma Way, Tacoma. See the venue, meet event professionals, including catering partners. We will be raffling off several items throughout the night. Free; Must RSVP. 253-441-6537 or info@historic1625.com.

Housing is the Foundation for Wholeness 4 to 6 p.m. Thursday. St. Andrew's Episcopal Church, 7410 S. 12th St., Tacoma. Associated Ministries' Community Quarterly Meeting. Learn how people of faith and goodwill can impact homelessness. For more information or to RSVP, please contact Valorie Crout at valoriec@associatedministries.org or 253-383-3056 ext. 108. Free. associatedministries.org.

Crossroads Doll and Teddy Bear Show and Sale 10 a.m. to 4 p.m. March 18 and 10 a.m. to 3 p.m. March 19. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. Adults \$8 children under 12 \$4. Free parking. 253-961-8131, dolls4all.com.

Almost Spring Swap Meet and Car Show 8 a.m. to 5 p.m. March 18 and 9 a.m. to 3 p.m. March 19. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. \$3-\$5. 206-300-3708.

Women's League Flea Market 8 a.m. to 4 p.m. March 18. University of Puget Sound Fieldhouse, North 10th Street and Union Avenue, Tacoma. Antiques, local artisan crafts, books, and bargains. Admission fees benefit UPS student scholarships. \$5.

Sarah Koenig and Julie Snyder 8 p.m. March 18. The Paramount Theatre, 911 Pine St., Seattle. Co-creators of the podcast "Serial" talk about their work on Season 2. \$25.50-\$45.50. stgpresents.org.

National Geographic Live: Beauty and the Bizarre 2 p.m. March 19. Benaroya Hall, 200 University St., Seattle. Photographer Anand Varma shares images that reveal the secret life cycle of the honeybee. \$26-\$46. seattlesymphony.org.

Trapped: Escape Fort Nisqually 6:30 to 10:30 p.m. March 23-24. Fort Nisqually Living History Museum, Point Defiance Park, Tacoma. Enter the fort by candlelight and embark on an epic adventure through time in Tacoma's newest escape room experience. fortinisqually.org.

"Fatigue Society — Byung-Chul Han in Seoul/Berlin" 5 p.m. March 23. University of Puget Sound, Rausch Auditorium, 1500 N. Warner, Tacoma. Film screening and discussion with director Isabella Gresser. Free. 253-879-3555.

Master Sommelier Dinner 6 p.m. March 23. Pacific Grill, 1502 Pacific Ave., Tacoma. Featuring Thomas Price, one of 236 Master Sommeliers in the World. Five Courses, premier wines. \$150 per person (not including tax + gratuity). Reserve your seat by calling 253-627-3535. pacificgrilltacoma.com.

The Harlem Renaissance - a Decade of Black Culture 10:30 a.m. to 12:30 p.m. March 23. Pacific Lutheran University, Morken Center, Room 103, 12180 Park Ave. S., Tacoma. Talk by Sharon Russell, will look at how The Renaissance changed from imitation of white American art to the distinctive voices of the inhabitants of Harlem circa 1920-1930. \$15. Parking Pass and more details can be found at plu.edu/liferoadscholar or by contacting LIFE's Program Coordinator at steward-la@plu.edu, 253-241-4166.

TALKS

Grit City Think and Drink 8 p.m. Tuesday. The Swiss Pub,

1904 S. Jefferson Ave., Tacoma. Dr. Lauren Motgomery of UW Tacoma talk about becoming a honeybee guardian. Free. tacoma.uw.edu/sias/thinkndrink.

Travel Talk: Travel with Restriction: Iran 7 to 8:30 p.m. Wednesday. Annie Wright School, 827 N. Tacoma Ave., Tacoma. Guest speakers Deborah Hammond and Florence Sandler will talk about the beauty and legacy of Iran's culture. Free. 253-279-5931, wactacoma.com/event-2464406.

Our Town Rewind: Ireland 2 to 3 p.m. March 17. Harbor History Museum, 4121 Harborview Drive, Gig Harbor. With educator Leann O'Neill. Seats are limited, to reserve your place today, contact Elizabeth Langford at elizabeth@harborhistorymuseum.org or 253-858-6722 ext. 6.

Historic Fort Steilacoom presents: The Pig War 2 to 4 p.m. March 19. Historic Fort Steilacoom, Quarters 2, 9601 Steilacoom Blvd. SW, Lakewood. Historian Erich Ebel explores this event including the role Fort Steilacoom played. Free. Donations accepted. 253-582-5838, historicfortsteilacoom.org.

VOLUNTEER

Alzheimer's Association Early Stage Zoo Walk Offering individuals living with mild memory loss and related changes an opportunity for regular, light exercise and friendship. Care partners welcome. Walk meets weekly on Monday or Friday mornings at Point Defiance Zoo and Aquarium through December. Registration is required. For more information call Katherine Painter at 206-529-3868 or email at kpainter@alz.org. In partnership with Lutheran Community Services Northwest.

WORKSHOPS

South Sound Wedding Workshop 2 to 4 p.m. Saturday. Titlow Lodge, 8425 Sixth Ave., Tacoma. An opportunity for engaged couples to learn helpful tips from premier South Sound wedding professionals. For details and to register, visit southsoundweddingshow.com. Free. 360-480-5095.

Understanding Your Medicare Options 10:30 a.m. to noon Saturday. Tacoma Public Library — Moore Branch, 215 S. 56th Ave., Tacoma. An overview of Medicare options presented by a licensed insurance broker, a

strictly informational presentation by John Kuehnle. Free. 253-341-4848, tacomalibrary.org.

Essential Legal Documents 6:30 to 8:30 p.m. Tuesday, Sumner Library, 1116 Fryar Ave., Sumner; 10 a.m. to noon. March 18, Pierce County Community Connections, Sound View Building, 3602 Pacific Ave., Tacoma; 6:30 to 8:30 p.m. March 22, Parkland/Spanaway Library, 13718 Pacific Ave. S., Tacoma; 6:30 to 8:30 p.m. March 23, University Place Library, 3609 Market Place W., University Place. Learn about the most essential legal documents — will, power of attorney and advance directives for finances and health care. Free, no RSVP required. 253-798-4600, PierceADRC.org.

MUSIC

ACOUSTIC

Second Saturday Sounds Presents Niko Johnson 7 p.m. Saturday. Vino Aquino Winery, 4417 Sixth Ave., Tacoma. \$5. 253-272-5511.

CLASSICAL

Classical Sundays 3 p.m. Sunday: Classical trio, violin, flute cello. Continues on March 19: Chamber Ensemble; March 26: Ken Jacobsen, guitar. Antique Sandwich Company, 5102 N. Pearl St., Tacoma. Open donation. 253-752-4069.

Northwest Sinfonietta presents Havana Heat II With Aldo Lopez-Galivan Cuban pianist and composer. 7:30 p.m. Friday, Benaroya, 200 University St., Seattle; 7:30 p.m. Saturday, Rialto Theater, 310 Ninth St., Tacoma and 2 p.m. Saturday, Pioneer Park Pavilion, 330 S. Meridian, Puyallup. \$20-\$50. 253-383-5344, northwestsinfonietta.org.

Organ at Noon 12:05 p.m. Friday. University of Puget Sound — Kilworth Memorial Chapel, 1500 N. Warner St., Tacoma. Joseph Adam, organist, presents an All-Bach program Free. 253-879-3555, puget-sound.edu/calendar.

Timothy and Nancy LeROI Nickel Duo organists 12:10 to 1 p.m. March 17. Christ Episcopal Church Tacoma, 310 N K St., Tacoma. Donation. 253-383-1569 ccptacoma.org.

Jacobsen Series: No Passport Required 7:30 p.m. March 24. University of Puget Sound — Schneebeck Concert Hall, 1500 N. Warner St., Tacoma. Jennifer

Nelson, clarinet; Karla Flygare, flute; guest artist Shannon Spicciati, oboe; Francine Peterson, bassoon; Rodger Burnett, horn. \$10-\$15. 253-879-3100, tickets.pugetsound.edu.

CONTEMPORARY
CHRISTIAN

The Prodigal Tour featuring Sidewalk Prophets 7 p.m. Saturday, Grace Community Church, 1320 Auburn Way S., Auburn. Immersive concert with short film, \$10, \$25 early entry, \$100 VIP. 615-775-0731, tinyurl.com/auburn-wash.

COUNTRY

Eric Church "Holdin' My Own Tour" 8 p.m. March 18. Tacoma Dome. Tickets start at \$77. Ticketmaster.

JAZZ

Black Box Jazz: Nathan Breedlove 8 p.m. Friday. Washington Center for the Performing Arts, 512 Washington St. SE, Olympia. \$27. 360-753-8586, washingtoncenter.org.

Manhattan Transfer 7 p.m. and 9:30 p.m. Saturday. Triple Door — Mainstage, 216 Union St., Seattle. \$55-\$65. 206-838-4305.

Jazz LIVE at Marine View 5 to 7 p.m. Sunday. Marine View Presbyterian Church, 8469 Eastside Drive NE., Tacoma. Featuring Earshot Jazz Vocalist of the Year Eugenie Jones Admission free to all ages. marine-viewpc.org.

Jane Monheit 7:30 p.m. Thursday. Dimitriou's Jazz Alley, 2033 Sixth Ave., Seattle. \$31.50. 206-441-9729, jazzalley.com.

Chris Botti 8 p.m. March 17. Tacoma Dome, 2727 E. D St., Tacoma. \$26-\$196. Ticketmaster.

Starbucks Annual Hot Java Cool Jazz 7 p.m. March 17. The Paramount Theatre, 911 Pine St., Seattle. \$22. starbucks.com/seattle/events/hot-java-cool-jazz.

POP

Burt Bacharach 7:30 p.m. Friday. Dimitriou's Jazz Alley, 2033 Sixth Ave., Seattle. 206-441-9729, jazzalley.com.

Michael Bolton 6:30 p.m.



BLUE MOUSE THEATRE
2011 N. Precator

SING

Nightly at 7:00pm • Rated PG
Sat & Sun Matinee at 4:00pm

Rocky Horror Picture Show Saturday at 11:30pm
253-752-9500 www.bluemousetheatre.com

Thursday. Snoqualmie Casino, 37500 SE North Bend Way, Snoqualmie. \$55-\$100. snocasinocom/entertainment.

Ariana Grande 7:30 p.m. March 23. KeyArena, 305 Harrison St., Seattle. \$25.95-\$194.95. Ticketmaster.

R&B

Soul Revue - The 70's Edition 7:30-9:30 p.m. Thursday. Pantages Theater, 901 Broadway, Tacoma. \$30 General, \$45 Balcony, \$55 Premier, \$70 VIP, \$150 Box Seat. 253-298-5961, broadwaycenter.org.

Babyface 8:30 p.m. March 24. Emerald Queen Casino, 2024 E. 29th St., Tacoma. Ticketmaster.

ROCK

Band of Lovers album release, 7 p.m. Friday. Immanuel Presbyterian Church, 901 N. J St., Tacoma. Recommended donation \$10-\$20. bandoflovers.net.

Blue Oyster Cult 8 p.m. Saturday. Emerald Queen Casino,

SEE EVENTS, 9C



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

A United Kingdom (PG-13)
Fri: 2:00, 4:25, 6:50, 9:15
Sat-Sun: 11:30 AM, 2:00, 4:25, 6:50, 9:15
Mon-Wed: 2:00, 4:25, 6:50, 9:15
Thu: 2:00, 4:25

Moonlight (R)
Fri-Sun: 3:40, 8:40; Mon: 3:40, 9:00
Tue: 3:40, 8:40; Wed: 3:40
Thu: 3:40, 8:40

I Am Not Your Negro (PG-13)
Fri: 1:45, 4:00, 6:30
Sat-Sun: 11:35 AM, 1:45, 4:00, 6:30
Mon: 1:45, 4:00; Tue: 1:45, 4:00, 6:30
Wed: 1:45, 4:00; Thu: 1:45, 4:00, 6:30

La La Land (PG-13)
Fri: 2:40, 5:45, 8:30
Sat-Sun: 11:45 AM, 2:40, 5:45, 8:30
Mon: 2:40, 5:45, 8:30
Tue-Thu: 5:45, 8:30

Lion (PG-13)
Fri-Mon: 1:00, 6:15, 8:50; Tue: 1:00, 8:50
Wed: 1:00, 6:15, 8:50; Thu: 1:00, 6:15

Sophie & The Rising Sun (R)
TUESDAY FILM SERIES: Tue: 2:15, 6:20

Hot Fuzz (R)
WEIRD ELEPHANT SERIES: Sat: 11:00

Cool & Crazy (NR)
SISTER CITIES FILM FESTIVAL
Mon: 6:30

West Side Story (NR)
CLASSIC FILM SERIES: Wed: 1:45, 6:45

Now serving local beer & wine
Friday-Sunday evenings!
Tacoma's only nonprofit movie theater.

ON SALE THIS WEEK

DEPECHE MODE, the English electronic band, will perform at 7:30 p.m. Oct. 21 at KeyArena, Seattle. Tickets are \$45.50-\$124.50 and go on sale at 10 a.m. Friday.

The King of the Waltz, **ANDRE RIEU** and his Johann Strauss Orchestra will perform at 8 p.m. Oct. 28 at the Tacoma Dome, 2727 E. D St., Tacoma. Tickets are \$39-\$99 and will go on sale at 10 a.m. Friday.

Rising country star **THOMAS RHETT** will play at the Washington State Fair, Puyallup, with a 7:30 p.m. concert Sept. 20. Tickets are \$70-\$90 and go on sale at 10 a.m. Saturday.

Pop star **ED SHEERAN** will perform at 7:30 p.m. July

29 at the Tacoma Dome. Tickets are \$36.50-\$86.50 and will go on sale at 10 a.m. March 17.

ALREADY ON SALE

DANCE THEATRE OF HARLEM Saturday-Sunday, Paramount Theatre, Seattle. \$24.25-\$64.25.

RED HOT CHILI PEPPERS 8 p.m. March 17, KeyArena, Seattle. \$49-\$99.

ARIANA GRANDE 7:30 p.m. March 23, KeyArena, Seattle. \$25.95-\$194.95.

ELVIN BISHOP March 23-26, Dimitriou's Jazz Alley, Seattle. \$33.40.

CHRIS STAPLETON 7 p.m. March 28, KeyArena, Seattle. \$35-\$60.

GAME OF THRONES EXPE-

RIENCE 8 p.m. March 31, KeyArena, Seattle. \$35.50-\$95.50.

RADIOHEAD 7:30 p.m. April 8, KeyArena, Seattle. \$65.50-\$99.50.

PROFESSIONAL BULL RIDERS 2 p.m. April 23, Tacoma Dome. \$15-\$350.

THE WEEKND 7:30 p.m. April 26, KeyArena, Seattle. \$35.50-\$121.

KANSAS 8 p.m. April 29, Moore Theatre, Seattle. \$37-\$122.50.

KEITH SWEAT 8:30 p.m. May 6, Emerald Queen Casino, Tacoma. \$30-\$70.

U2 6:30 p.m. May 14, CenturyLink Field, Seattle. \$35-\$280.

STARS ON ICE 7:30 p.m. May 20, KeyArena, Seattle. \$25-\$155.

DEF LEPPARD 7 p.m. June 9, White River Amphitheatre,

Auburn. \$29.50-\$139.50.

STYX and **REO SPEEDWAGON** 7 p.m. June 21, White River Amphitheatre, Auburn. \$27.50-\$99.50.

ROGER WATERS 8 p.m. June 24, Tacoma Dome. \$55-\$199.50.

SASQUATCH May 26-28, Gorge Amphitheatre, George. \$295.

TIM MCGRAW and **FAITH HILL** 7:30 p.m. May 27, Tacoma Dome, Tacoma. \$66.50-\$116.50.

NEW KIDS ON THE BLOCK with **BOYZ II MEN** and **PAULA ABDUL** June 7, KeyArena, Seattle. \$25.95-\$194.95.

CARLOS SANTANA June 23-24, Chateau Ste. Michelle, Woodinville. \$67-\$146.

DEFTONES and **RISE AGAINST** 6:30 p.m. July 3,

White River Amphitheatre,

Auburn. \$25-\$75.

SHAWN MENDES 7:30 p.m. July 9, KeyArena, Seattle. \$43.50-\$63.50.

J. COLE 8 p.m. July 17, KeyArena, Seattle. \$25.50-\$121.50.

JOHN MAYER 7 p.m. July 21, Gorge Amphitheatre, George. \$28-\$117.

BRUNO MARS 7:30 p.m. July 24, Tacoma Dome. \$41-\$121.

GREEN DAY 7 p.m. Aug. 1, White River Amphitheatre, Auburn. \$22-\$81.50.

LADY GAGA 7:30 p.m. Aug. 5, Tacoma Dome, Tacoma. \$45-\$250.

METALLICA 6 p.m. Aug. 9, CenturyLink Field, Seattle. \$55-\$155.

STEVE MILLER BAND 7:30 p.m. Aug. 5, White River Amphitheatre, Auburn. \$20.25-\$101.

TOM PETTY AND THE HEARTBREAKERS 7:30 p.m. Aug. 19, Safeco Field, Seattle. \$49-\$149.

NICKELBACK 7:30 p.m. Sept. 1, Washington State Fair, Puyallup. \$80-\$100.

GUNS N' ROSES 7:30 p.m. Sept. 3, Gorge Amphitheatre, George. \$90-\$275.

FOREIGNER and **CHEAP TRICK** 7 p.m. Sept. 9, White River Amphitheatre, Auburn. \$29.95-\$99.95.

JIM GAFFIGAN 8 p.m. Sept. 16, KeyArena, Seattle. \$31.75-\$65.75.

COLDPLAY 7 p.m. Sept. 23, CenturyLink Field, Seattle. \$25.50-\$185.50.

JASON ALDEAN 7:30 p.m. Sept. 24, Washington State Fair, Puyallup. \$100-\$150.

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FROM PAGE 2C
MOVIES

9:30 **Get Out** (R) 1:15, 3:50, 5:10, 7:45 **John Wick: Chapter 2** (R) 6:30, 9:40 **The Lego Batman Movie** (PG) 12:30, 3:30, 6:30, 10:10 **A Dog's Purpose** (PG) noon, 2:40 **La La Land** (PG-13) 12:20, 6:40

GIG HARBOR GALAXY UPTOWN THEATRE: 253-857-7469

Met Opera Live: La Traviata (Not Rated) 9:55 a.m. **Kong: Skull Island** (PG-13) 10, 10:30, 1, 1:30, 3:30, 4:30, 7, 7:30, 9:45, 10, 10:30 **Kong: Skull Island 3-D** (PG-13) 12:30, 4, 6:45 **Logan** (R) 10:15, 11, 11:45, noon, 1:30, 2:30, 3:15, 3:45, 4:45, 6, 6:30, 7:15, 8:15, 9:30, 10:15, 10:35 **The Shack** (PG-13) 10:10, 1:10, 4:10, 7:10, 10:10 **La La Land** (PG-13) 11:45, 3, 6:15, 9:15 **Get Out** (R) 11:15, 2:15, 5, 7:45, 10:25

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

Kong: Skull Island 3-D (PG-13) 3:45, 10:30 **Kong: Skull Island** (PG-13) noon, 2:15, 5:30, 7, 9 **La La Land Singalong** (PG-13) 3:30 **Before I Fall** (PG-13) 12:45, 10 **Logan** (R) 11, 12:30, 2:30, 4, 6, 7:30, 9:30, 11 **The Shack** (PG-13) 11:30, 3:15, 6:30, 9:45 **Get Out** (R) 1:30, 4:30, 8, 10:45 **Rock Dog** (PG) 11:15 a.m. **The Great Wall 3-D** (PG-13) 4:15, 10:45 **The Great Wall** (PG-13) 1:15, 7:45 **The Lego Batman Movie** (PG) 1, 4:15, 7:15, 10:15 **Hidden Figures** (PG) 11:45, 3, 6:15, 9:15 **La La Land** (PG-13) 6:45

EATONVILLE ROXY THEATRE: 360-832-6799

Split (PG-13) 7 **SOUTH KING COUNTY AUBURN STADIUM 17: 253-735-6721**

Kong: Skull Island 3-D (PG-13) 11, 1:45, 2, 3:30, 5, 5:45, 6:30, 8, 9:30, 11 **Kong: Skull Island** (PG-13) 10:15, 1:15, 2:45, 4:15, 7:15, 8:45, 10:15 **La La Land Singalong** (PG-13) 1:45, 10:30 **Before I Fall** (PG-13) 11:15, 1:45, 4:45, 7:45, 10:15 **Logan** (R) 10, 10:45, 11:30, 12:15, 2:15, 3, 3:45, 4:30, 5:45, 6:30, 7:15, 8:15, 9:15, 10, 10:45 **Table 19** (PG-13) 1:40, 4, 6:45, 9 **The Shack** (PG-13) 10:30, 1:30, 4:30, 7:45, 9:45 **Get Out** (R) 10:45, 1:30, 4:5, 7, 10:50 **Rock Dog** (PG) 10 a.m. **Fist Fight** (R) 12:20, 3:15, 6, 8:30,

10:50 **The Great Wall** (PG-13) 11:45, 5:15 **Fifty Shades Darker** (R) 2:30, 10:30 **John Wick: Chapter 2** (R) 10:15, 1:10, 4, 7, 10 **The Lego Batman Movie** (PG) 10:30, 1, 2:45, 5:25, 8 **A Dog's Purpose** (PG) 10:15, 12:45 **Hidden Figures** (PG) noon, 3:15, 6:15, 9:30 **La La Land** (PG-13) 10:45, 7:30

CENTURY FEDERAL WAY 16: 253-946-0942

Kong: Skull Island 3-D (PG-13) 11:15, 12:15, 3:10, 6:05, 9, 10:55 **Kong: Skull Island** (PG-13) 10:15, 1:10, 2:10, 4:05, 5:05, 7, 8, 9:55, 11:45 **La La Land Singalong** (PG-13) 4:15, 10:15 **Before I Fall** (PG-13) 10, 12:30, 3, 5:30, 8, 10:40 **Logan** (R) 9:45, 10:35, 11:25, 12:15, 1, 1:50, 2:40, 3:30, 4:15, 5:05, 5:55, 6:45, 7:30, 8:20, 9:10, 10, 10:45, 11:35 **The Shack** (PG-13) 10, 1:05, 4:20, 7:25, 10:30 **Get Out** (R) 10:55, 12:15, 1:30, 2:50, 5:25, 6:45, 8, 10:35 **Fist Fight** (R) 4:05, 9:20 **The Great Wall** (PG-13) 11:45, 2:20, 5, 7:35, 10:10 **John Wick: Chapter 2** (R) 10:55, 1:50, 4:45, 7:45, 10:45 **The Lego Batman Movie** (PG) 11:15, 1:55, 4:35, 7:15, 9:55 **Hidden Figures** (PG) 10:10, 1:15, 4:20, 7:30, 10:30 **La La Land** (PG-13) 10:15, 1:15, 7:15

FEDERAL WAY GATEWAY 8:

253-946-5289

Resident Evil: The Final Chapter (R) 1:40, 7:15 **xXx: The Return of Xander Cage 3-D** (PG-13) 4:30, 10 **xXx: The Return of Xander Cage** (PG-13) 1:50, 7:10 **Monster Trucks 3-D** (PG) 2, 7:30 **Monster Trucks** (PG) 4:20, 9:45 **Passengers** (PG-13) 4:25, 9:50 **Sing 3-D** (PG) 1:30, 6:50 **Sing** (PG) 4:10, 9:30 **Moana 3-D** (PG) 1:45, 4:40, 7:20, 10 **Moana** (PG) 12:15, 3:10, 6:15, 9:10 **Fantastic Beasts and Where to Find Them** (PG-13) 1, 4, 7, 9:55 **Arrival** (PG-13) noon, 3, 6, 9

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

Kong: Skull Island IMAX 3-D (PG-13) 1, 4, 7, 10 **Kong: Skull Island 3-D** (PG-13) 11:30, 2:30, 5:30, 8:30 **Kong: Skull Island** (PG-13) 12:15, 1:45, 3:15, 4:45, 6:15, 7:45, 9:15 **La La Land Singalong** (PG-13) 3:20, 9:40 **Before I Fall** (PG-13) 11:40, 5:10, 10:20 **Logan** (R) 11:05, 12:10, 1:15, 2:25, 3:30, 4:35, 5:45, 6:50, 8, 9:05, 10:10 **Table 19** (PG) 2:20, 7:50 **The Shack** (PG-13) 11:35, 2:55, 6:05, 9:25 **Get Out** (R) 1:10, 3:50, 6:40, 9:30 **Rock Dog** (PG) 12:25 **Fist Fight** (R) 11:15 a.m., 10:15 p.m. **The Great Wall 3-D** (PG-13) 9:50

p.m. **The Great Wall** (PG-13) 1:35, 4:20, 7:10 **Fifty Shades Darker** (R) 6:20, 9:20 **John Wick: Chapter 2** (R) 2:50, 5:50, 8:50 **The Lego Batman Movie** (PG) 11:20, 2, 4:55, 7:35 **A Dog's Purpose** (PG) 12:50, 3:40 **Hidden Figures** (PG) 11:50, 3, 6, 9:10 **La La Land** (PG-13) noon, 6:30

CENTURY OLYMPIA: 360-943-0769

Kong: Skull Island 3-D (PG-13) 10:20, 2:35, 7:20, 10:15 **Kong: Skull Island** (PG-13) 9, 11:45, 1:20, 4:20, 5:25, 8:15, 11:05 **La La Land Singalong** (PG-13) 12:50 **Before I Fall** (PG-13) 9:10, 2:45, 5:15, 7:50, 10:25 **Logan** (R) 9:10, 9:30, 10, 12:20, 12:45, 1:10, 2:30, 3:40, 4:10, 4:20, 6:55, 7:30, 7:45, 10:05, 10:40, 11 **The Shack** (PG-13) 9:05, 11:40, 1, 4, 7, 10 **Get Out** (R) 9:25, noon, 2:45, 5:40, 8:10, 11:10 **Rock Dog** (PG) 9:05 a.m. **Fist Fight** (R) 11:50, 5, 10:30 **The Great Wall 3-D** (PG-13) 2:25 **The Great Wall** (PG-13) 11:55, 4:55, 7:35, 10:10 **Fifty Shades Darker** (R) 2:10, 7:25 **John Wick: Chapter 2** (R) 9, 11:25, 2:15, 5:05, 7:55, 10:50 **The Lego Batman Movie** (PG) 9:20, 12:10, 2:50, 5:25, 8, 10:35 **Hidden Figures** (PG) 8:55, 11:50, 5:20, 8:15, 10:45 **La La Land** (PG-13) 9:45, 3:50,

7:10, 10:20

YELM YELM CINEMAS: 360-400-3456

Kong: Skull Island (PG-13) 11:30, 12:10, 2:15, 2:45, 5, 5:10, 7:40, 8, 10:20, 10:35 **Logan** (R) 11:30, 2:30, 5:30, 8:30, 10:50 **The**

Shack (PG-13) 11:30, 2:20, 5:10, 8, 10 **Get Out** (R) 11:40, 2, 4:20, 6:40, 9 **Rock Dog** (PG) 11:30, 1:30, 3:35 **The Great Wall** (PG-13) noon, 2:30, 5, 7:30 **The Lego Batman Movie** (PG) 11:30, 2, 4:30, 7, 9:30 **John Wick: Chapter 2** (R) 5:40, 8:20, 11

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FROM PAGE 4C

OUT

\$40; ages 4 and younger: **\$15**.

MARCH 19

AVALANCE AWARENESS
SKI/BOARD TRIP

If you travel in the backcountry in winter conditions, then the statistical probability of encountering an avalanche jumps dramatically. Every person who spends time in the mountains in a winter context will encounter avalanche terrain and avalanche conditions. Join us for an instructional day on skis or a snowboard to learn all about avalanche awareness. Ground transportation, backcountry ski or split snowboard, avalanche beacon, shovel, probe and airbag included. Minimum age: 18. Depart from the Northwest Adventure Center at Lewis North at 7 a.m. **\$100**.

INTRODUCTION TO
BACKCOUNTRY SKIING

Whether you're wanting to get into skiing or want to take the plunge into the backcountry with your skills, this class is for you. This is an educational day that will teach you everything from how to set up your ski kit and how to engage the avalanche float bags to perfecting your turns in deep powder. Get away from the lift lines and learn how to earn your turns anywhere the snow falls. Minimum age: 16. **\$95**.

SEA KAYAK TRIP
AT BALLARD LOCKS

Officially known as the Hiram M. Chittenden Locks, they're used to transport boats large and small from the Puget Sound to Lake Union and Lake Washington. The Ballard Locks are one of Seattle's most popular tourist attractions, but very few make it to visit the locks by water. Paddle from Lake Union to the Puget Sound, using the locks to drop us roughly 25 feet to our lunch spot at Commodore Park before we return through the locks to Lake Union. Some paddling experience is required. Difficulty: easy to moderate; paddling distance: 8 miles; paddling time: five hours. Mini-

mum age: 14. Meet at the Northwest Adventure Center at Lewis North at 8 a.m. **\$75**.

SNOWSHOE TRIP TO
REFLECTION LAKE

What better way to combat cabin fever in winter than with a trip to Mount Rainier National Park for some snowshoeing? You'll get a welcome dose of alpine elixir that includes fresh cold air, powdery snow and snowy peaks in every direction. The trek to Reflection and Louise lakes is a quintessential Mount Rainier snowshoeing experience. The bright, flat expanse of snow and ice-covered mountain lakes and subalpine meadows offer opportunities for romping. You'll enjoy the stupendous views of the mountain, the Tatoosh Range and the south end of the Mazama Ridge beckoning you to follow. Minimum age: 12; children younger than 18 must be accompanied by an adult. Depart from the Northwest Adventure Center at Lewis North at 8:30 a.m. **\$55**.

MARCH 25-26

BASIC ALPINE
CLIMBING COURSE

During this course, you'll receive hands-on climbing and climber's safety training in Washington's glorious Cascade Range. Unlike Rainier, the Cascades is part of a huge mountain range with scores of peaks topping 8,000 feet, upwards of 400 glaciers and countless permanent snowfields. This program is designed for the beginner or intermediate climber who wishes to develop strong fundamental skills in all aspects of snow and glacier climbing, as well as rock climbing. The course serves as a prerequisite for many of the Outdoor Recreation program's basic-level climbs and is a stepping stone to more technically difficult mountains, including Denali. This course has served as a springboard to many climbing careers, including numerous Everest summiteers and has developed a foundation of skills for hundreds of independent climbers. Taught over the course of two weekends, the first half is classroom-based skill sessions, while the following weekend is an overnight field skills practice April 1-2. Minimum age: 18. **\$250**.

MARCH 25

SKAGIT VALLEY
PHOTOGRAPHY TRIP

Located in Western Washington, the Skagit Valley is home to the Skagit Valley Tulip Festival. During the months of March and April, the surrounding farmland transforms itself into an array of different colors. The surrounding fields were first planted by Dutch immigrants in the early 20th century who brought with them the knowledge of growing fields of tulips in every direction. Acres and acres of fields are planted in late fall in a variety of different tulip species, which come to life in late March into early April, making the Skagit Valley rich in photographic potential. During this workshop, you'll learn a variety of techniques — both in the field and in the classroom — that will allow you to advance both your technical skills and artistic vision. We will focus on a number of professional field techniques to help you create dramatic and powerful landscape images, such as:

- Working with dramatic light, including sunrise.
 - The fundamentals of powerful compositions.
 - Abstract techniques for creating artistic photographs.
- Minimum age: 12; younger than 18 must be accompanied by an adult.

SNOWMOBILE ACCESSED
BACKCOUNTRY SKI

Backcountry skiing and snowboarding refers to areas not covered by a resort or lifts, including terrain reached by hiking, split-boarding, touring or sledging (snowmobile). The backcountry usually has the best snow because it's not easily accessible to others and almost all of the best snowboard videos are filmed in the backcountry. Join Outdoor Recreation for a mega-fueled snowmobiling adventure where you can get dropped off at the top of a hill, shred it on skis or snowboard, then hop back on and do it all over again. Simply put, sledging and boarding is rad. Ground transportation, snowmobile, backcountry ski or split snowboard, avalanche beacon, shovel,

SEE OUT, 10C



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FROM PAGE 5C
EVENTS

2024 E. 29th St., Tacoma. Ticketmaster.

Red Hot Chili Peppers 8 p.m. March 17. KeyArena, 305 Harrison St., Seattle. \$49-\$99. Ticketmaster.

Panic! At the Disco 7 p.m. March 21. WaMu Theater, 1000 Occidental Ave. South, Seattle. \$46.50. Ticketmaster.

NIGHTLIFE
FRIDAY

Buffino's Golden West Saloon 5228 South Tacoma Way, Tacoma, Back Porch Band (9 p.m.).

253-471-9892.

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

Forza Coffee Company 1520 Wilmington Drive, DuPont, live music (6:30 p.m.). 253-964-1407.

Forza Coffee Company 2209 N. Pearl St., Tacoma, open mic (7 p.m.). 253-759-9320.

G. Donnalson's 3814 N. 26th St., Tacoma, Good Vibes Trio jazz (7:30 p.m.). 253-761-8015.

Great American Casino 10117 South Tacoma Way, Lakewood, The Phoenix (9 p.m.). 253-396-0500.

Jazzbones 2803 Sixth Ave., Tacoma, The Rusty Cleavers, The Shivering Denizens, Bolo (8 p.m.). 253-396-9169.

Louie G's 5219 Pacific Highway E, Fife, Second Sting, Fan Halen

(8 p.m.). 253-926-9700.

Muckleshoot Casino 2402 Auburn Way S., Auburn, Strange-love (8 p.m.), Harmonious Funk (10:30 p.m.). 253-333-1848.

Real Art Tacoma 5412 South Tacoma Way, Tacoma, WRVTH, Name, Witch Ripper (8 p.m.). realarttacoma.com.

Rock The Dock 535 Dock St., Tacoma, Zero Down Blues (8 p.m.). 253-272-5004.

Royal Bear 35731 West Valley Highway S., Algonia, Sin Circus, Guilty Smoke What Thou Wilt (9 p.m.). 206-628-0888.

The Swiss 1904 S. Jefferson, Tacoma, Trick Candles, Item, Asterhouse, Pyramids (9 p.m.). 253-572-2821.

Urban Timber Coffee 6621 166th Ave. E., open mic (6 p.m.). Sumner, 253-826-3936.

The Valley Pub 1206 Puyallup Ave., Tacoma, Kinski, Radio On, Old Foals (8 p.m.). 253-248-4265.

SATURDAY

B Sharp Coffee House 706 Opera Alley, Tacoma, The Tonic Blues with Joel Ashley (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 Nightclub 2024 E. 29th St., Tacoma, Pretty Twisted (9 p.m.). 253-594-7777.

Emerald Queen I-5 Showroom 2024 E. 29th St., Tacoma, Blue Oyster Cult (8 p.m.). 253-594-7777.

G. Donnalson's 3814 N. 26th St., Tacoma, Good Vibes Trio (7:30 p.m.). 253-761-8015.

Great American Casino 10117 South Tacoma Way, Lakewood, The Phoenix (9 p.m.). 253-396-0500.

Jazzbones 2803 Sixth Ave., Tacoma, Hell's Belles (9 p.m.). 253-396-9169.

Louie G's 5219 Pacific Highway E, Fife, Lust Punch, Van Eps DedSet, LocoMotive (6 p.m.). 253-926-9700.

Muckleshoot Casino 2402 Auburn Way S., Auburn, The Diamond Experience (5 p.m.), DJ Spam I Am (10:30 p.m.). 253-333-1848.

Real Art Tacoma 5412 South Tacoma Way, Tacoma, WRVTH, Name, Witch Ripper (8 p.m.). realarttacoma.com.

Rock The Dock 535 Dock St., Tacoma, Whoppi Cat (8 p.m.). 253-272-5004.

Royal Bear 35731 West Valley Highway S., Algonia, Kry (9 p.m.). 206-628-0888.

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

Stonegate Restaurant Bar and Grill 5421 South Tacoma Way, The Devils Warning, Walking Corpse Syndrome, Sin Circus (7 p.m.). 253-473-2255.

The Swiss 1904 S. Jefferson, Tacoma, The Spazmatics (9 p.m.). 253-572-2821.

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

Urban Timber Coffee 6621 166th Ave. E., Dave Hannon (7 p.m.). Sumner, 253-826-3936.

Johnny's Dock
Easy, Free Parking
RESTAURANT & MARINA

253-627-3186

COME CELEBRATE ST. PATRICK'S DAY AND OUR 6TH ANNIVERSARY IN FIRCREST
Friday, March 17 • 4 to 8 PM (Reservations Recommended)

- Corn Beef & Cabbage
- Grilled Salmon with Leeks and Tarragon
- Guinness Braised Short Ribs

\$15.75 to \$19.95
Includes Soup and Salad
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Learn from the experts on how to protect yourself from becoming a victim of:
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Counselors available to discuss personalized Medicare help

Date: Monday, March 20, 2017
Time: 9:30 a.m. breakfast provided 10 a.m. to 12 p.m. presentation 12 p.m. to 1:30 p.m. Medicare counseling/resources

Location: Pioneer Park Pavilion 330 S. Meridian, Puyallup
Registration required: 1-888-902-3011, ext. 6283 www.sendrsvp.com/6283 | Limited seating!

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MARCH 10 - APRIL 2, 2017

Fridays & Saturdays | 7:30 pm
Sundays | 2:00 pm

Tickets: \$26 Adults | \$24 Students/Seniors/Military | \$22 Children 12 & Under
Call 253.272.2281 or purchase online at tacomalittletheatre.com

TACOMA LITTLE THEATRE
210 North I Street, Tacoma, WA 98403

PAY WHAT YOU CAN PERFORMANCE
THUR MAR. 23

FROM PAGE 8C
OUT

probe and airbag included. Must have some have resort skiing abilities. Minimum age: 16. Contact Adventure Programs for details.

MARCH 26
WINTER STAND-UP PADDLEBOARD

Stand-up paddleboard doesn't wait for the summer. Paddle the many waterways of Washington and take in the beauty. When nobody else is on the water, you have a lot of room for yourself and your thoughts. The wildlife in and around the water come back in full force, making paddling in the winter simply beautiful. Equipment — board, paddle, PFD and insulated wetsuit — is included. Minimum age: 12; younger than 18 must be accompanied by an adult. Depart from the Northwest Adventure Center at Lewis North at 9 a.m. **\$65.**

TULIP FESTIVAL BICYCLE RIDE

The beauty of hundreds of acres of tulips is awaiting you.

On this guided bike journey through the Annual Skagit Valley Tulip Festival, tour the Rooengaarde gardens, view open fields and stop in the small tourist town of La Conner for a hearty lunch and to experience the festival from a local perspective. The fields might be muddy, and the weather might be chilly or rainy, so be prepared and dress in layers with a waterproof jacket. Bike, helmet and gloves are provided. Difficulty: easy; time: four hours; distance: 15 miles. Minimum age: 12. Depart from the Northwest Adventure Center at Lewis North at 6:45 a.m. or McChord Field's Adventures Unlimited at 7 a.m. **\$60.**

ENJOY HIKE AT WALLACE FALLS

A large majority of this trek follows 1,300 vertical feet of Wallace Falls with several scenic vistas. Several scenic waypoints along the falls mean several opportunities to hike as much or as little of the trail as you're able. A small picnic shelter at the middle falls provides a great place to rest up and grab a bite on the way up or down. Difficulty: intermediate; distance: 5.6 miles roundtrip; elevation gain: 1,300 feet. Minimum age: 16. Meet at the Northwest Adventure Center at Lewis North at

8 a.m. **\$50.****APRIL 1**
EXPLORE SITES OF VICTORIA, B.C.

Hop on the ferry and spend

the day exploring Victoria, B.C., by foot or bike. The downtown area has everything from antique stores to artisan chocolate shops to check out. Plus, you can stop in at the Royal B.C. Museum or watch an IMAX film. The trip fee includes walk-on

round-trip ferry ticket and transportation to and from Port Angeles. You may add a guided bicycle tour with guide, bike and helmet for only \$50 more per person. ID requirements: U.S. Passport or Enhanced Driver's License are required. Non-U.S.

citizens may require Visa. Meet at the Northwest Adventure Center at Lewis North at 4:45 a.m. or McChord Field's Adventures Unlimited at 5 a.m. **\$110;** ages 5 to 11: **\$85;** ages 4 and younger: **\$55;** bike tour, add **\$50.**

**FRIDAY, MARCH 17, 2017 • 7:30PM**City of Auburn BRAVO
Performing Arts Series**THE
GOTHARD
SISTERS****Auburn Avenue Theater,**
10 Auburn Avenue

Since forming as a Celtic band in 2006, The Gothard Sisters have become internationally recognized as multi-instrumentalist Celtic-influenced folk musicians, songwriters, and performers. Join them to celebrate St. Patrick's Day at the theater for a great evening of dancing, sing and incredible entertainment.

Ticket Info: \$23/\$20
253-931-3043
www.auburnwa.gov/arts

FRI/SAT 7:30PM & SUN 2:00PM • MAR 10-APR 2 • PAY WHAT YOU CAN THUR, MAR 23, 7:30PM

Tacoma Little Theatre
GYPSY

Tacoma Little Theatre
210 N I Street Tacoma, WA 98403
A crowning achievement in American musical theatre, Gypsy tells the story of Mama Rose, the ultimate stage mother, and her hopes and dreams for her daughters, June and Louise.
Ticket Info: \$26 (Adult) \$24 (Sr/St/Mi) \$22 (Children 12 and under)
www.tacomalittletheatre.com 253-272-2281

MAR 12 • FRI & SAT 8PM • SUN 2PM**Lakewood Playhouse**
"DOUBT"
(LAST WEEKEND!)

Lakewood Playhouse
5729 Lakewood Towne Center Blvd SW
The Pulitzer Prize and Tony-winning gripping story of suspicion cast on a priest's behavior. Judge not lest ye be judged.
LAKEWOOD: Shop, Eat, Play, Stay!
Ticket Info: Adults: \$25; Seniors/Military: \$22; Students/Educators: \$19
(253) 588-0042 or online www.lakewoodplayhouse.org

MON • MAR 13 7:00 PM**Tacoma Historical Society**
DENNIS & CIVIL RIGHTS & TACOMA & MORE

Wheelock Student Center
Murray Board Room
University of Puget Sound
N. 15th and Lawrence, Tacoma
Dennis Flannigan looks back on a career that started in 1964 with Freedom Summer in Mississippi and included years of public service in his native city.
Ticket Info: Admission: free
253-472-3738 or www.tacomahistory.org

MARCH 17 - APRIL 9, 2017 • FRI & SAT 7:30PM & SUN 2:00PM • SAT 2:00PM SHOWS - APRIL 1 & 8**Tacoma Musical Playhouse**
MONTY PYTHON'S SPAMALOT

Tacoma Musical Playhouse,
7116 6th Avenue, Tacoma WA 98406
A creative and hilarious musical rendition of the original Monty Python Production.
Ticket Info: Adult: \$31; Senior/Military/Students: \$29; Children: \$22; Groups of 10 or more: \$27 * All seating is reserved
253-565-6867 www.tmp.org

MARCH 20 • MONDAY • 7 P.M.**Pierce College Orchestra**
AN EVENING WITH MOZART, CAMELOHER, AND ARENSKY

Pierce College Puyallup's Arts and Allied Health Building
Pierce College Orchestra presents an evening with Mozart, Cameloher, and Arensky.
Join us March 20 at 7 p.m. in Pierce College Puyallup's Arts and Allied Health Building Theatre.
Ticket Info: FREE ADMISSION

**MAR 23 • THU 7:30PM****Pacific Lutheran University, Religion Program**
JEWISH STUDIES LECTURE

Pacific Lutheran University,
12180 Park Ave S, Tacoma WA 98447
Anderson University Center in the Scandinavian Cultural Center (101)
Dr. Laura Lieber
"The Garden of Earthly Delights: The Song of Songs in the Early Synagogue."
Ticket Info: Free to the Public

OCT 13 (STUDENT PREVIEW) • OCT 14, 15, 21, 22 7:30PM • OCT 23 2PM**Pacific Lutheran University**
GODSPELL BY STEPHEN SCHWARTZ AND JOHN-MICHAEL TEBELAK

Studio Theater, Karen Hille Phillips Center for the Performing Arts
A small group of people help Jesus Christ tell parables by using a variety of games, storytelling techniques, comic timing and an eclectic blend of songs

Ticket Info: \$8 GA, \$5 Senior Citizens (55+), Military and Alumni, \$3 Students and 18 and younger. Purchase at 253-535-7411 and www.plu.edu/theatre

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SCOTT HANSEN Northwest Guardian

The annual JBLM Shamrock 'n Run 5K will take place at 11 a.m. outside Family and MWR's Fest Tent on Lewis Main Saturday. A prize will be awarded for best costume.

FROM PAGE 3C RUN

"I think the Shamrock 'n Run really exemplifies that spring is here," said Aaron Jones, director of JBLM Sports, Fitness and Aquatics. "Living in the Pacific Northwest, springtime is very welcomed after what sometimes seems to be a long and gloomy winter."

The JBLM Shamrock 'n Run is also viewed as a festive event.

Although the official St. Patrick's Day is not until March 17, the fun run is a celebration that does the holiday proud. Like other holiday-themed runs, Jones said families on the base enjoy coming out for a fun-filled gathering.

"I think people really enjoy dressing up, spending some family time and it gives adults a reason to feel like kids again," Jones said.

That's why Jones and the rest of the staff coordinating races like the Shamrock 'n Run focus

on bringing more than just a fun run. Everyone who finishes the run will receive a specially-made pint glass — a perfect thing for the beer garden for ages 21 and older.

There will also be root beer available for younger runners. Kids will have the opportunity to jump around in bounce houses before and after the 1K and 5K runs. With cotton candy and popcorn being served, Jones said it's a way for the JBLM runners to get the most bang for their buck.

"(We're) adding more things for kids to do as well as giving the community itself more reason to stick around and enjoy the festivities," Jones said. "While the run itself is fun, we're making it an event for everyone from A to Z."

With all of the additions to the festivities, one aspect that will return from previous years is the costume contest. Runners of all ages will be able to dress up however they want. Creativity is rewarded and can range from simple green attire

to an elaborate pot o'gold costume.

Jones said the costume contest judges will be looking for attire that screams "St. Paddy's Day."

Online registration has now closed, but runners can still sign up the day of the event at Family and MWR's Fest Tent starting at 9 a.m. The registration fee will be \$35 for the 5K and \$25 for the 1K with a valid military ID. Those without a military ID will pay \$45 for the 5K and \$30 for the 1K.

Broadway Center

For the Performing Arts

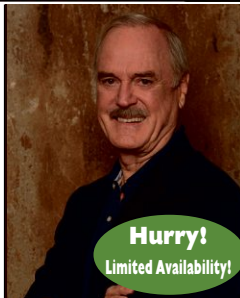
2017 Upcoming Events

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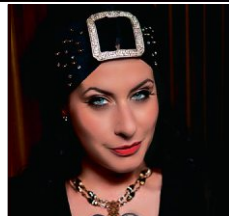
Broadway Center presents
**Futuristic Film
Focus: TRON**
**March 12
at 3:00 p.m.**
Theater on the
Square
Tickets: \$12

A cult classic film about a computer hacker absorbed in a digital gladiatorial arena where the stakes are far beyond pixels and computer chips.



Broadway Center presents
John Cleese
March 17
at 7:30 p.m.
& 9:30 p.m.
Pantages Theater
Tickets start at \$39

As one of the founding members of the legendary Monty Python troupe, known for his roles in *Fawlty Towers* and *A Fish Called Wanda* – this is your chance to see the writer, actor, and tall person in a night of “well-hone anecdotes and psychoanalytical tid-bits.”



Broadway Center presents
**Davina and
the Vagabonds**
March 25
at 7:30 p.m.
Theater on the Square
Tickets start at \$19

She has been compared to Etta James and Amy Winehouse and delivers a high-energy concert that covers 100 years of American music and originals that are bursting with charm, soul, and mystic!



Broadway Center presents
**Lila
Downs**
**March 31 at
7:30 p.m.**
Pantages
Theater
Tickets start
at \$29

This Grammy Award winner brings her soaring vocals that reflect the most personal and deep roots of Mexican and Mixtec traditions with native languages, ancient traditions, and folklore.



Broadway Center presents
**Bellydance Evolution:
Alice in Wonderland**
April 8 at 7:30 p.m.
Pantages Theater • Tickets start at \$19
A revolutionary approach to the whimsical tale, reimagining the colorful and iconic characters through mesmerizing world fusion dance. Called “wildly acrobatic” and “fierce!” Sponsors:



Broadway Center presents
Sons of Serendip
April 8 at 7:30 p.m.
Rialto Theater • Tickets start at \$29
As seen on *America's Got Talent*, hear the soulful pop music that blends beautiful vocals with guitar, piano, harp, and cello. The music will lift your spirit!



Broadway Center presents
**Garrison
Keillor:
Just Passing
Through**
**April 13 at
7:30 p.m.**
Pantages
Theater
Tickets start
at \$39



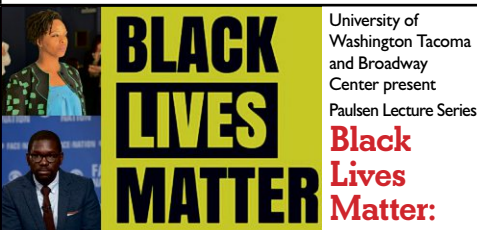
One of America's most beloved radio hosts, authors, and humorists.



Broadway Center presents
Under the Streetlamp
April 15 at 7:30 p.m.
Pantages Theater • Tickets start at \$29
With two top PBS specials, you can see America's favorite new vocal group perform an evening of classic hits from the American radio songbook.



Broadway Center presents
Arlo Guthrie: Running Down the Road
April 23 at 7:30 p.m.
Pantages Theater • Tickets start at \$29
Son of famous folk singer and folk music icon returns to Tacoma for an evening of stories and songs.



University of Washington Tacoma and Broadway Center present
Paulsen Lecture Series
Black Lives Matter:
A Conversation With Speakers Patrisse Cullors and Jamelle Bouie
May 3 at 7:30 p.m.
Pantages Theater • Tickets: \$24
A discussion with Patrisse Cullors, one of the co-founders of the Black Lives Matter movement, and Jamelle Bouie, the chief political correspondent for Slate Magazine.



Broadway Center presents
**Joan Osborne:
The Songs of
Bob Dylan**
June 3
at 7:30 p.m.
Rialto Theater
Tickets start at \$39

The soulful vocalist and emotionally evocative songwriter shares the songs of the Bob Dylan, a program that has received tremendous critical acclaim.



Broadway Center presents
**Tacoma
Wined Up**
**June 13 from
2:00 – 6:00 p.m.**
Tacoma Armory
VIP Tickets: \$75

and includes –

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- Complimentary Parking
- VIP Gift, reserve wine tastings, and grand prize entry

Advance Tickets through June 1: \$40
Spend a fund afternoon tasting 20+ Northwest wines, enjoy live music, and sample delicious food pairings of cheese, charcuterie, olive oils, and more!
MUST BE 21+ with valid ID for entry.

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