



GUARDIAN WEEKEND

Plenty to see at the Museum of Flight, c3

ALSO INSIDE

JBLM Airman survives rare cancer, A3

JBLM NORTHWEST

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CHANGE OF RESPONSIBILITY

I Corps CSM bids farewell to Army

SGT. DANIEL SCHROEDER
5th Mobile Public Affairs
Detachment

I Corps Soldiers, civilians and families bid farewell to Command Sgt. Maj. James Norman III as he transferred his duties as I Corps command sergeant major during a change of responsibility ceremony at Joint Base Lewis-McChord Tuesday.

As Norman passed the I Corps colors to the incoming command sergeant major, Command Sgt. Maj. Michael Grin-

ston, he also said goodbye to the Army after 35 years of service.

During his speech, Norman reflected on a career that started at the same place it ended — JBLM — coming full circle from a private in the 109th Military Intelligence Battalion witnessing the activation of I Corps in 1981.

“Not only am I changing out as I Corps command sergeant major, but this is my last formation,” Norman said. “It is a bittersweet day, but one that comes for everyone. I can rest

➔ MORE INSIDE

- I Corps CSM reflects on time at JBLM, **A4**
- PHCR-West’s inactivation begins, **A10**

assured and be proud knowing the troopers I leave ‘saddled up’ are the best I could have hoped for, because missions never stop.”

Norman is the fourth generation of his family to serve in the military — his nephew, assigned to 1st Brigade, 82nd Airborne Division, begins the family’s

fifth generation of Army service.

Norman’s career included positions in 16 different units spanning the continental United States, three countries and numerous deployments.

Lieutenant General Stephen Lanza, I Corps commanding general, said Sgt. Maj. of the Army Daniel Dailey was one of the many senior Army leaders from around the world to reach out to Norman, as well as the

SEE CSM, 10A



SGT. DANIEL SCHROEDER 5th MPAD

I Corps Command Sgt. Maj. James Norman III, right, is retiring after 35 years of Army service.

A SHOW OF SUPPORT



STAFF SGT. BRYAN DOMINIQUE I Corps



TOP: A local retired Army veteran shows fans what his celebratory touchdown dance would look like during a competition Jan. 8 during a “Blue Flag Rally” in DuPont. The rally showed support for the team’s playoff game against the Minnesota Vikings Sunday. The Seahawks won 10-9 and will play Carolina Sunday at 10 a.m.

ABOVE: Fans cheer the arrival of the Sea Gals cheerleaders, Blue Thunder drumline and Blitz, the team mascot.

AT RIGHT: Lt. Gen Stephen R. Lanza, right, poses for a selfie with a Seahawks fan during the rally in DuPont.



627TH FSS

Airman rescues girl from icy lake

BY SENIOR AIRMAN
DIVINE COX
62nd Airlift Wing Public Affairs

Whether in uniform or not, the Air Force requires Airmen to uphold to its core values and encourages Airmen to be aware of their surroundings at all times.

Staff Sergeant Matthew Siegele, 627th Force Support Squadron sports and fitness noncommissioned officer in charge, had his situational aware-



Siegele

ness tested Jan. 1 when a little girl fell through the ice on Carter Lake on McChord Field.

Siegele was at the park next to Carter Lake with his daughter. While there, his daughter spotted three girls playing and asked if she could play with them.

“Yes you can go play,” Siegele said. “As long as you stay off the ice, I’m OK with that.”

Siegele said as he watched the girls play, the oldest girl would try and talk the other girls into seeing how far they could walk across the ice. He advised them not to do that, because it might not be safe.

“I took control of my daughter,” Siegele said. “The other girls shrugged me off and proceeded onto the ice.”

Siegele said later that afternoon, before sunset, one of the girls yelled “It’s time to go home.”

“As soon as I looked up, I

SEE AIRMAN, 10A

455TH EXPEDITIONARY LOGISTICS READINESS SQUADRON

McChord Airman assists after IED blast in Kabul

Four 455th ELRS Airmen at Hamid Karzai International Airport in Kabul sprang to action when a vehicle-borne improvised explosive device detonated.



CAPT. BRYAN BOUCHARD U.S. Air Force Photo

BY CAPT. BRYAN BOUCHARD
455th Air Expeditionary Wing
Public Affairs

BAGRAM AIRFIELD, Afghanistan — Four Bagram Airmen from the 455th Expeditionary Logistics Readiness Squadron sprang into action following a terrorist attack on a compound in Kabul, Afghanistan, Jan. 4. One of the four Airmen was Airman 1st Class John Michael Aradanas, deployed from the 62nd Aerial Port Squadron from Joint Base Lewis-McChord.

Reports said one person was killed and more than two dozen others were injured in the blast.

The Airmen were in Kabul as part of U.S. Central Command’s materiel recovery element, inspecting equipment for air transport out of Afghanistan. While eating dinner at an eatery on the military side of the Hamid Karzai International Airport, they heard and felt a blast.

“We were done eating and

SEE BLAST, 10A



U.S. Army Photo

A 16th CAB aircrew hovers at Wheeler Army Airfield, Hawaii, before landing Jan. 6.

ALOHA ‘GUARDIANS’

Four AH-64E Apache Guardians from JBLM’s 16th CAB arrived in Hawaii Jan. 6 to start a six-month training partnership with the 25th Inf. Div. See page, A3

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

Camp offers brief respite for grieving military families

BY ALEXANDRA KOCIK
Northwest Guardian

Tragedy Assistance Program for Survivors turned American Lake Conference Center on Joint Base Lewis-McChord into a place of healing Saturday. The Northwest Regional Survivor Seminar and Good Grief Camp gave survivors of service members who passed away a weekend to seek help.

The weekend was spent eating meals together, attending seminars and going to workshops.

Tragedy Assistance Program for Survivors began in 1994 when Bonnie Carroll founded the program to help survivors of fallen heroes. Her husband passed away in a helicopter crash in Alaska. She received the Presidential Medal of Freedom in November 2015 for her efforts in helping survivors.

“This is a place none of us wanted to be at on a Saturday morning,” Carroll said. “This is a place that we would rather not have reason to come to. But it is a place that I am so glad we have. It’s a safe place that is full of love and hope and connection.”

I Corps Commanding General Lt. Gen. Stephen Lanza spoke briefly at the event. He thanked Carroll and the rest of the staff from TAPS for putting the event together. He also thanked those who attended the event and sat in the audience.

“Today is about celebrating the life of your loved one because you all have something in common that most people in this nation will never experience — the loss of a loved one while they are in service to their country,” Lanza said. “That’s profound. First of all, that your loved one stepped up and said, ‘I want to serve my nation,’ and then when we lost them. I hope today you can find some comfort and healing while coming together today and tomorrow.”

Carroll went on to talk about the importance of coming together and sharing with those who’ve had similar experiences. She said it helps survivors through feelings of loneliness and also gives them a space to share and remember those they lost.

Tragedy Assistance Program for Survivors member Emily Munez used the story of the Soldiers who stormed the beaches at Normandy as a metaphor for dealing with loss. Grief does not follow a simple line or plan,



ALEXANDRA KOCIK Northwest Guardian
TAPS president and founder Bonnie Carroll speaks to the Joint Base Lewis-McChord Good Grief Camp participants Saturday.

she said, similar to how battles rarely stick to what each side wants to happen. Instead, it is important to understand that everyone deals with grief differently and goes through the processes to find a new normal, Munez said.

“I’m sure at least one person has heard, ‘You should be over it,’ or ‘It’s over.’ But it doesn’t work that way,” she said.

Workshops focused on doing activities together in small groups to share stories. People wrote down on post-it notes what they wanted to say during the meetings for each group to ensure it was said. Resources including hotlines, nonprofits and where to go to handle financial issues after loss were available. Every participant was also given tools to overcome the obstacles from living with a loss.

There were also seminars for children to attend to help them express loss in their own way.

Dr. Frank Campbell spoke about how children experience crisis.

“They just feel what they feel, whether it’s happy or sad or mad or a mixture of all three,” he said. “They just get it out and then move onto play basketball. There is no acceptable mourning period or way to cope; they just feel what they need to. That’s important.”

Adults need to be able to express these feelings and find healthy ways to deal with them, according to Campbell. But first, much like putting an oxygen mask on yourself before helping

others put them on during a flight, it’s important to take care of yourself, Campbell said.

He used a four-legged stool as a metaphor. The first leg is to participate in one or more supportive communities who are there to listen or help. The second represents physical wellness, by taking care of the aches and pains that come with grief. The third means control over daily activities, such as getting up, having breakfast and having a routine. The last leg is creating a productive and healthy life full of activities you enjoy doing. This, he said, would lead to a healthy new normal for the whole family.

“So the term ‘self-care’ may sound selfish, but it is not,” Campbell said. “It’s important to show your children and others how to get themselves through this grief in order to help them.”

With all of the personal sharing and emotional energy, the room changed between morning and evening sessions. Carroll said it’s always amazing to witness a group of people silent in the morning having dinner together later.

“Everyone is much more animated and laughing, and the energy is completely different,” Carroll said. “That’s what we are aiming to do — create that family of support for those who have lost heroes.”

For more information, visit TAPS.org. The number for the 24-hour helpline is 800-959-TAPS (8277).

NEWS IN BRIEF

Washington National Guard Soldier killed in Afghanistan

The Washington National Guard Special Forces Soldier who was killed in Helmand province Jan. 5 was doing something important to help protect Americans and secure Afghanistan, Pentagon Press Secretary Peter Cook said Jan. 7.

Staff Sergeant Matthew McClintock, 30, from Des Moines, Wash., was with Afghan forces as part of a “Train, Advise and Assist” mission in Marjah when his unit came under fire.

“Staff Sergeant McClintock was one of the best of the best,” said Maj. Gen. Bret Daugherty, commander of the Washington National Guard. “He was a Green Beret who sacrificed time away from his loved ones to train for and carry out these dangerous missions. This is a tough loss for our organization, and a harsh reminder that ensuring freedom is not free. We stand with Staff Sergeant McClintock’s family, and will provide ongoing support during the grieving and healing process.”

McClintock was a native of Albuquerque, N.M., and a veteran Green Beret Soldier on his third tour of duty, Cook said. He was a member of the Washington National Guard’s 1st Battalion, 19th Special Forces Group (Airborne) in Buckley, Wash., and is survived by a wife and infant son.

Two service members injured in the attack were safely evacuated to Kandahar, Cook said.

U.S. military personnel in Afghanistan are supporting the Afghan government and Afghan security forces to help the nation secure and defend itself, Cook said.

Approximately 350 members of the Washington National Guard are currently serving in locations around the world.

— DOD NEWS SERVICE AND WASHINGTON NATIONAL GUARD

1st Special Forces Group kicks off Vajra Prahar exercise Monday

The 1st Special Forces Group (Airborne) will hold the opening ceremony for Exercise Vajra Prahar 16 Monday at 10 a.m. at the 1st SFG (A) Coleman compound in the multipurpose facility.

Vajra Prahar is a bilateral exercise between 1st Special Forces Group (Airborne) and an Indian Special Forces unit taking place from Monday to Jan. 29. The mutually beneficial training improves the special operations capabilities of both units and maintains the strong relationship between 1st Special Forces Group (Airborne) and their Indian Special Operations counterparts.

India represents one of the largest countries in the Pacific Theater, which is the area of operation for 1st Special Forces Group (Airborne). This exercise was last held in 2012.

Scheduled to attend the ceremony is Lt. Gen. Stephen R. Lanza, I Corps commanding general, Colonel Steven Johnson, 1st Special Forces Group (Airborne) Deputy Commander, as well as Ambassador Arun Kumar Singh, the Indian Ambassador to the United States.

— 1ST SPECIAL FORCES GROUP (AIRBORNE)

Additional \$2.5M awarded to help transitioning service members

An additional \$2.5 million in grant money has been awarded to provide reemployment services to transitioning service members at Joint Base Lewis-McChord, according to a U.S. Department of Labor news release Monday.

About 1,350 workers will be served by the supplemental amount awarded to the Pacific Mountain Workforce Consortium.

The department approved this National Dislocated Worker Grant in 2013 for up to \$5.5 million and released \$2.9 million initially to serve 900 of the more than 4,500 service members with military exit notices at JBLM. In 2015, the department awarded incremental funding of \$2.6 million — the remaining balance of the 2013 initial grant.

This is a supplemental award to fund continuation of reemployment services to members transitioning from military service at JBLM. With a growing number of service members at JBLM transitioning out of the military, the planned amount of participants for this project has increased from 900 to 1,350.

For more information, contact Joel Versen at versen.joseph.h@dol.gov or call 202-693-4696.

— NORTHWEST GUARDIAN STAFF

TAX SEASON BEGINS

Tax Center set to open in new location

BY ALEXANDRA KOCIK
Northwest Guardian

Service members and their families do not have to file taxes without help.

The Joint Base Lewis-McChord Tax Center opens Thursday to provide free help to active-duty service members, activated reservists and national guardsmen, retirees and family members. The center has moved to the old Clarkmoor Elementary School, on the corner of South Division and Bitar Avenue on Lewis Main.

For the second year in a row, self-service kiosks are available for use. Certified tax preparers are nearby to help if needed with more complicated filings. These kiosks are helpful for those with simple returns involving wages, interest and dividend statements. Those with simple filing needs can use one of the kiosks at the JBLM Tax Center.

Captain Stephanie J. De Jesus, Tax Center officer in charge, said it is important for taxpayers to bring all necessary and relevant documents to the JBLM Tax Center.

Those filing taxes should also bring:

- valid military ID
- Social Security cards for themselves, spouse and dependents
- proof of insurance — 1095-A, -B or -C
- birth dates
- wage and earning statements — W-2s, not Leave and Earning Statements
- interest and dividend statements



SCOTT HANSEN Northwest Guardian
The JBLM Tax Center has moved to the old Clarkmoor Elementary School location, at the corner of South Division and Bitar Avenue on Lewis Main.

- a copy of last year’s return, if applicable

- direct deposit information — bank routing and account numbers

- total amount paid to day care, with provider’s identification number.

A special power of attorney, and any other income forms, should be included, if applicable.

De Jesus said last year there was confusion about bringing Social Security cards.

“Many claimed that because they did their return at the JBLM Tax Center last year, they did not need to have their actual card,” she said. “That is incorrect. Per (Internal Revenue Service) regulation, we must check all Social Security cards, or Individual Taxpayer Identification Numbers, and verify the

tax payer’s identity before providing services,” she said.

This includes the Social Security cards of all family members being claimed on the tax payer’s return.

“Additionally, beginning this filing season, tax payers must report health insurance coverage required under the Affordable Care Act. So tax payers must also bring in their Form 1095-A, -B, or -C,” she said.

The JBLM Tax Center is located in Building 2090 on Lewis Main. Business hours are weekdays, from 8 a.m. to 7 p.m., and Saturdays, from 9 a.m. to 5 p.m.

To reduce wait times, make an appointment in person or by calling 253-967-1040. For more information, visit lewis-mcchord.army.mil and look for the link for the JBLM Tax Center.

Army holds All-American Bowl football game in San Antonio

SAN ANTONIO — Tens of thousands of people made their way to the Alamodome to watch the 2016 U.S. Army All-American Bowl in San Antonio, Saturday.

For 16 years, the U.S. Army All-American Bowl has been the nation’s premier high school football game, bringing together the nation’s top high school players, which many have gone on to have successful college and professional careers. The bowl also highlights the top high school band members as well, who have gone on to receive ROTC scholarships.

This year, the West Team managed to hold on to an early lead and win the game 37-9.

The lone player from Washington in the game was Jacob Eason, a quarterback from Lake Stevens High School. To even out the quarterbacks, Eason played for the East Team and completed six of 13 passes for 71 yards.

Before the game, the 6-foot-5, Eason, who committed to play at the University of Georgia, was named the 2016 U.S. Army Player of the Year, given to the nation’s most outstanding senior in high school football.

The All-American Bowl players and Army Soldiers share key attributes including adaptability and versatility, which enables them to prevail in challenging situations.

“There is a correlation between the Army and football — you’re counting on the man beside you for your own success and ask him to trust you whole-heartedly to accomplish the common goal of winning,” said Shannon Sharpe, captain of the East Team and NFL Hall of Fame member, who played for the Denver Broncos and Baltimore Ravens.

— ARMY NEWS SERVICE

Military community asked to complete antiterrorism survey

The Department of the Army’s antiterrorism branch has released an anonymous and voluntary “micro” survey to broadly measure antiterrorism awareness across the Army.

The five-question survey should take less than two minutes to complete. Antiterrorism experts encourage everyone to participate to gain as much data as possible, which will help gauge overall antiterrorism awareness.

The survey, which ends Feb. 3, is available at AntiterrorismAwarenessSurveys.ANSER.org.

— ARMY NEWS SERVICE

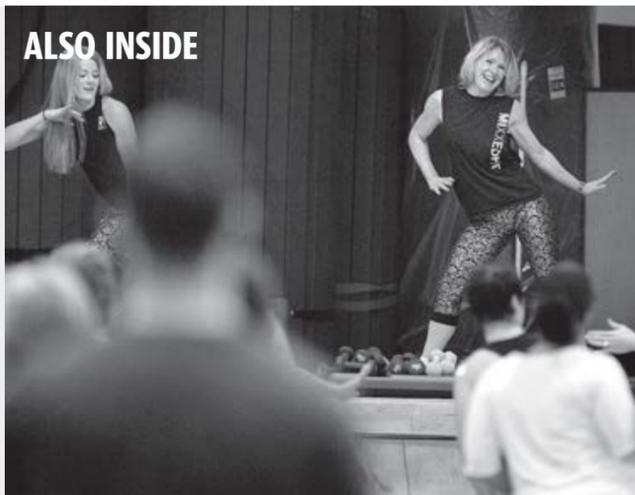
Page Three

QUOTE OF THE WEEK

"The point is America can do anything. Even in times of great challenge and change, our future is entirely up to us."

Barack Obama
President of the United States

ALSO INSIDE



SCOTT HANSEN Northwest Guardian

HEALTH AND FITNESS: Instructors Jillian Smith, left, and Jayme Hahn lead a workout Saturday during a Fitness Resolution Fair at Soldiers Field House on Lewis Main. **SEE STORY, B1.**

NWGUARDIAN.COM

● **M47 Patton tanks:** Soldiers assigned to 3rd Battalion, 66th Armor Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, began restoration of two M47 Patton tanks Saturday on Fort Riley, Kan. Assisting with and advising the "Black Knight" Soldiers with the restoration were members from the U.S. Army Brotherhood of Tankers and the Military Vehicle Preservation Society. The M47 saw limited service with the U.S. Army and was quickly replaced by the M48, according to USABOT.

● **Reviewing awards:** Four service members received the Medal of Honor — the highest military award of the United States — for heroism in Iraq. As part of a deliberate review of the awards and decorations policy



announced last week, Defense Secretary Ash Carter directed the departments of the Army, Navy and Air Force to review all recommendations for service cross awards and Silver Star Medal awards since Sept. 11, 2001. Gen. Joseph F. Dunford Jr., chairman of the Joint Chiefs of Staff and the highest-ranking person in the military, said he is all in favor of the review.

5TH AIR SUPPORT OPERATIONS SQUADRON

Airman survives rare cancer

BY AIRMAN 1ST CLASS CASSANDRA WHITMAN
354th Fighter Wing Public Affairs
Eielson Air Force Base, Alaska

Count Tech. Sgt. LaPaul Williams as a survivor.

Williams, a 5th Air Support Operations Squadron fighter duty technician stationed at Joint Base Lewis-McChord, was diagnosed with a rare type of cancer. Dermatofibrosarcoma protuberans affects the lower back and is typically seen in people under the age of 18 and over the age of 45. Williams was 29 when diagnosed.

Dermatofibrosarcoma protuberans looks like a bump on your back, then it grows and starts to get taller and pink at the top, Williams said.

"I thought it was nothing," he said. "I thought it was just a bump."

Williams returned from a temporary duty assignment to Hawaii in 2014 and went to the doctor and then to a dermatologist to check on the growing bump. The dermatologist decid-



Williams

ed surgery was the best option to remove the bump. Williams headed in for surgery at Madigan Army Medical Center with his wife, Chineka, who was with him the entire time. Everything was going as planned. He was making light of the situation, joking with the intern who was learning how to cut peoples backs open, commenting on the giant needle they used to numb his back.

Williams said once they cut most of it out, the doctor stopped and made a statement that there was something wrong. "(They're) tumors," the doctor said. "I don't know what kind, but there are tumors deeper in your back."

They stopped the operation, stitched up Williams and sent him to get X-rays. He waited until the doctors confirmed it was dermatofibrosarcoma protuberans until he told his family.

"The afternoon I told my parents, as most mothers would be, she was freaked out," Williams said. "We're a very close knit Christian family. They asked if I was alright, if I needed them here."

Williams wife was there supporting him every step.

"I don't sit down," Williams said. "She would tell me to rest, but I was a pain in the butt."

Williams wasn't scared with his diagnosis. He was a little shocked, but he wanted to know what he did to cause it and how he could fix it. The doctor told Williams there was nothing he could have done to prevent it. Williams was extremely hopeful during the entire ordeal.

About a month after his first surgery, Williams went back to Madigan for another surgery so the doctors could remove more of the tumors. They cut a diamond shape out of his back to remove them.

For six weeks, he had a tube from his back to his chest as his back was healing from the fluid

that was being drained. He healed quicker than normal.

Because of the nature of Williams' job, he was immediately moved off duty and sent to see if he was allowed to stay in the Air Force. But, Williams said he had an extremely supportive Air Force family.

His supervisor, peers and commander were all hopeful for him, offering their support through it all. They let him know if there was anything he needed, he just had to ask.

"They didn't bother me or limit me," Williams said of his chain of command. "They watched my back and let me take care of myself."

During his diagnosis, Williams said his family helped him most. They never looked at him with sad eyes or blamed anything or anyone for what happened. They told him they would help him get through it, if he needed anything to call and they would stop and make time.

"There are a lot of things you can buy and replace," Williams

said. "But time spent with a person is something you can't. When people decide to use some of their time for you, it's humbling."

Williams also said a positive attitude was key to facing this type of diagnosis.

"Positive thoughts have absolute results when it comes to healing," Williams said. "Those who are hopeful and have positive thoughts regardless of the situation, they turn out the best."

A month after his second surgery, Williams was in remission. He said there is always a chance for the cancer to return, and if it does, it will be worse and more aggressive. He still goes to the doctor every six months to make sure it hasn't returned, and that will continue for the rest of his life.

"I understand I am playing on borrowed time," Williams said. "I'm still able to serve, and I'm thankful for that. I'm still ranking up and making friends. Anything that's worth it is worth the effort."

16TH COMBAT AVIATION BRIGADE

Hawaii says aloha to JBLM Apaches

BY SGT. DANIEL JOHNSON
25th Combat Aviation Brigade

WHEELER ARMY AIRFIELD, Hawaii — Soldiers of Hawaii's 25th Combat Aviation Brigade welcomed the Soldiers of 16th Combat Aviation Brigade, from Joint Base Lewis-McChord, and their four AH-64E Apache Guardians, Jan. 6 at Joint Base Pearl Harbor-Hickam, Hawaii.

The arrival of the aircrews and airframes mark the start of a six-month training partnership between the 25th Infantry Division and the 7th Infantry Division.

"There will be 61 total personnel associated with the (1st Attack Reconnaissance Battalion, 229th Aviation Regiment's) Bravo and Delta companies," said Chief Warrant Officer 3 Kenamer Yates, tactical operations officer, 2-6 Cavalry. "The Killer Spades will be here for six months total, with a personnel rotation expected in March. The Killer Spades are going to fill the void of attack/reconnaissance coverage for the 25th Infantry Division following the divestment of the



SGT. DANIEL K. JOHNSON 25th Combat Aviation Brigade Public Affairs

Aircrews from 16th Combat Aviation Brigade and their AH-64E Apache Guardians prepare to take off from Joint Base Pearl Harbor-Hickam, Hawaii, on their way to Wheeler Army Airfield Jan. 6.

OH-58D Kiowa Warrior."

"With 2-6 CAV's retirement of the Kiowas, the Apaches will become a vital asset not only to 2-6 CAV, but also to 25th Combat

Aviation Brigade and 25th Infantry Division," said Capt. Franklin Worsham, fire support officer, 2-6 CAV. "The AH-64 will be the only organic aerial attack

platform to (25th Inf. Div). The capabilities the AH-64 will give the division are virtually endless."

The team from 16th CAB will be providing support to not only

help train the battalion on the use of the Apache, but also to participate in multiple exercises across the Pacific.

"Their role is to support the 25th Infantry Division as the attack aviation platform through multiple upcoming training events such as Lightning Forge and 2-35IN Combined Arms Live Fire Exercise," Worsham said. "The AH-64Es are a force multiplier for 25th Combat Aviation Brigade and the 25th Infantry Division."

Inter-unit cooperation is imperative in today's military. Being able to integrate with a new unit quickly and effectively allows the Army to be more agile in executing rotational missions.

"Inter-unit cooperation is always a vital part to the success of the Army, particularly here in (Pacific Command)," Worsham said. "With 16th CAB being the closest combat aviation brigade to (25th Inf. Div), their role as a supplementary force would be vital to any military operation if one were to take place here in the Pacific area of responsibility."

COMMAND CYBER READINESS INSPECTION

Network Enterprise Center hosts security workshop

BY SENIOR AIRMAN JACOB JIMENEZ
Northwest Guardian

With inspections later this year, security programs are a point of focus at Joint Base Lewis-McChord. To prepare members for JBLM's upcoming Command Cyber Readiness Inspection, the Network Enterprise Center will have a CCRI workshop Thursday from 9 a.m. to 1 p.m. at the Mission Training Complex in Building 1240 on Lewis Main.

"We have formulated a plan of attack over the last months that we believe will be beneficial to the security community as a

whole," said Dave Goudreau, NEC information security manager. "This workshop will provide relevant training to anyone who manages physical security, cybersecurity, operations security, personnel security or information security."

The workshop will not only be open to all security managers and information management officers, but also unit leadership and other interested members. Although August's CCRI inspection will focus on Army commands, it will also entail all base agencies on JBLM.

"This workshop is to make sure the base is prepared with

the tools and programs needed to pass the CCRI inspection," Goudreau said. "This inspection will hold everyone accountable and security requirements must be met."

To help educate security managers on current security measures and practices, the workshop provides hands-on training and instruction.

"The main benefit of this will be getting everyone on the same page and making sure they know who to contact for help," said Peter Paul, NEC information technology specialist and cyberspace defense branch lead. "We're just entering 2016, and

we don't know who has come and gone in the various security positions and what areas they might need to be brought up to speed on."

The workshop will place attendees into different simulated scenarios so they can observe what areas they might be inspected on and how to properly respond.

Attendees will also receive training tools to take back to their units to make sure they're following the most current Department of Defense mandated security measures. The workshop will apply to anyone on base responsible for a security

program, Goudreau said.

"We are going to have people there to answer their questions and equip them with whatever they need," Goudreau said.

"Subject matter experts will be present and available to assist."

"This is a very important inspection for JBLM. To prepare effectively, we need to find deficiencies now so we'll have time to resolve and mitigate them before the CCRI," Paul said. "This will help identify those deficiencies and address them."

For more information about the workshop, call 253-477-0024.



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STRAIGHT TALK

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



What's the best piece of advice you've ever received?

"Have you had a döner (kabab) yet? You need to try one.' Thank you random person at the hotel on Grafenwöhr, thank you."

— Shannon Chad

"Don't baby talk your kids. Develop their vocabulary from the beginning. If you baby talk them, they will have to relearn the proper way to speak."

— Tariana Hendry

"My high school chemistry teacher: 'Thoroughly read every single word on any paper that someone wants you to sign.' Do it."

— Darla Crichton

"Leadership is action, not position. All an increase in rank grants is a bigger paycheck. Anyone can be a supervisor, but it takes heart to lead."

— Arius Starblood

"Believe half of what you see and none of what you hear, concerning your next duty station."

— Cathy Potter

"You can do anything for 2 minutes, in reference to working out."

— Melissa Rice

"Do it right and do it once."

— Wayne Holst

Next week's question

What is your idea of a good weekend?

VIEW FROM THE TOP

I Corps CSM bids fond farewell to installation

BY COMMAND SGT. MAJ. JAMES. P. NORMAN III

I Corps Command Sergeant Major like all good books, the final chapter is written and the story concludes. So too will our time together here on



Norman

Joint Base Lewis-McChord. For me, the story does not just end here on JBLM, but also ends my time in the service. I can say with all honesty, the last chapter of the book, that spanned 35 years of my time in the Army, has been the most reflective.

It is ironic and quite amazing that the book covering my time in service opens and closes here on JBLM. The chapters in between are filled with many adventures, colorful characters and sights to behold.

But, through all that time, there

was a constant. I was indeed fortunate to always be surrounded by the very best Soldiers and leaders. I am convinced that I could not have had the long and fruitful career that I had without them.

Here on JBLM, we have had a reputation of out-of-the-box thinking. Thinking of ways to constantly improve our capabilities as war fighters, the quality of life for our servicemen and women and their families, our civilian employees and the relationships with our surrounding communities outside the gates.

This thinking has led us to not rest on our laurels but continue to strive for increased performance and efficiencies. This makes us the best joint base in the entire Department of Defense.

Where else, in one summer, can an installation train and prepare an entire division and wing — while at the same time host the Washington State Special Olympics, multiple

other open base events, and even a bicycle ride that drew more than 12,000 riders onto JBLM. And not to forget our world class transition services that care for our separating teammates.

I can think of no better place to have served than here in the jewel of the northwest, Joint Base Lewis-McChord.

During the past several years, it has been my honor and privilege to have served alongside each and every one of you. But, all good things must come to an end.

The strive for excellence here does not come from one person. It is an attitude that permeates the entire installation and will continue.

My wife, Jay, and I wish you all the best as you continue to serve our great nation. It is time for us to ride off into the sunset and bid you all a fond farewell.

COURAGE!

COMMENTARY

Make a difference in someone's life

BY CHIEF MASTER SGT. MIKE HEATH

30th Medical Group

We have all heard someone say, "Take care of your people and their families." Have you ever stopped to think why we hear this so often?

As Airmen, our number one responsibility is to accomplish the mission. However, without smart, dedicated, hard-working people and the unconditional support of their families, the mission would not get accomplished.

This philosophy is not new. In fact, it's been a fundamental concept in our Air Force culture for many years, but are we truly putting forth our best effort on a daily basis to be involved in the lives of our people and understand the needs of our Airmen?

Genuinely caring for your Airmen is essential and helpful when providing honest and realistic performance appraisals. Mentor those whose development with which you are charged.

Make sure they can do your job someday. Teach them from your experiences — the good, the bad and the ugly.

Share your successes and failures and tell them how you handled them. Make it a teaching moment so you can make them better leaders.

Taking the time to develop Airmen is not an easy task and it's not something that can be done only online or by computer based training. It takes human interaction, patience, effort, and an ability to evolve.

Enable and motivate people to accomplish the mission. Give a sense of accomplishment and make sure they are recognized for it. If done properly, no doubt you will instill confidence in others and ensure the success of tomorrow's leaders.

It's not about you. It's about other people.

When you take care of your people, help them accomplish their goals and live up to their potential, and great things will happen. Not only will the mission get accomplished, but innovation and excellence will ensue.

These things can happen when you realize it's not about you and you take care of your people. You

and I share a common blessing in that we are members of the finest country in the world.

I have faith that you will endeavor to make our country even better in the future by making a difference in someone else's life today.

I was entrusted with the incredible responsibility to be a supervisor more than 25 years ago. I started something that first morning as I prepared for work.

As I was so proudly putting on my Air Force uniform I looked into the mirror and said, "Will you make a difference in someone else's life today?" I have asked that question every day since.

When I get home at the end of my duty day, as I take off my uniform, I look in that mirror again and ask myself, "Did you make a difference in someone else's life today?"

Sometimes the answer is no, so what do I do the next day? Try harder.

So I ask you; will you make a difference in someone else's life today? If you do, it could inspire an Airman for a lifetime.

CHAPEL SERVICES

CATHOLIC MASSES

Saturday, 4:30 p.m. — Madigan Chapel

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

Sunday, 9 a.m. — Main Post Chapel

Sunday, 9 a.m. — Madigan Chapel

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

Sunday, noon — Evergreen Chapel

Sunday, 5 p.m. — Main Post Chapel

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

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

1st Fridays, noon — McChord Chapel No. 2

PROTESTANT SUNDAY

9 a.m. — Liturgical — Soliders Chapel

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

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

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

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

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

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

11 a.m. — Gospel — Lewis North Chapel

DIVERSE WORSHIP

Jewish

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

Islamic

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

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

Pagan/Wiccan

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

JBLM SNAPSHOT



SENIOR AIRMAN DANIEL LIDDICOET 446th Airlift Wing Public Affairs

Members of the 446th Aeromedical Staging Squadron work to load patients onto a C-17 Globemaster during a monthly patient load exercise at Joint Base Lewis-McChord Sunday.

THIS WEEK IN HISTORY

Jan. 15, 1535: Henry VIII is head of the Church in England, marries Anne Boylen.

Jan. 16, 1957: Three B-52s leave California on the first nonstop world flight.

Jan. 17, 1991: Operation Desert Storm: Coalition airstrikes against Iraq.

Jan. 18, 1915: The U.S. Revenue Marine is renamed the U.S. Coast Guard.

Jan. 19, 1493: Treaty of Barcelona: France cedes Roussillon, Cerdagne to Spain.

Jan. 20, 1981: 52 Americans freed after being held hostage 444 days in Iran.

Jan. 21, 1903: Militia Act of 1903 creates the modern National Guard.

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AIR FORCE HEALTH PROMOTION MISSION

New MDS Program helps Airmen get in shape

BY STAFF SGT.
KATIE JACKSON
62nd Airlift Wing
Public Affairs

Fitness and activity trackers, such as Fitbits and Garmin Connects, have been becoming very popular among those in the fitness industry, and have become a useful tool for individuals trying to lose weight.

These trackers have capabilities which include tracking physical activity

and steps, heart rate, quality and quantity of sleep and provide tools to track food and water consumption.

To utilize these tools in conjunction with a health improvement program to help Airmen who are not successful on their fitness examinations, Dr. Danielle Knutson, 62nd Medical Squadron health promotion coordinator, brought this program to McChord Field.

"This program helps support the Air Force Health Promotion Mission: health promotion will coordinate, evaluate, and promote installation-specific, evidence-based interventions that support healthy behavior change to optimize health and resilience in Air Force communities," Knutson said.

The program, led by Knutson, began in 2014. So far, 125 Airmen at Joint

Base Lewis-McChord, have participated in the 90-day program, which is currently able to support 75 participants.

The program is only offered to Airmen who have not been successful on their fitness tests and Airmen who are struggling to maintain fitness standards.

Airmen who are unsuccessful on their fitness tests are directed to sign up, and struggling Airmen

may request to sign up through their Unit Fitness Program Manager and commander for the mandatory BE WELL Health Improvement Program.

More and more units on McChord Field and starting to use this 90-day program.

"Other squadrons and units are taking advantage of this technology, and that is outstanding," Knutson said. "My advice is to utilize a person who can

keep the fitness challenges fun and exciting but also utilize the JBLM services such as Performance Triad, Jensen Family Health and Fitness Center, 62nd MDS Health Promotions, BHOP, and Madigan Nutrition Clinic to help support the members' health and wellness goals."

For more information on this program at McChord Field, contact Knutson, at 253-982-6947.



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Joint Base Lewis-McChord Child, Youth & School Services

Enroll by Jan. 22 at Parent Central Services or JBLMcyssRegistration.com

Bumblebee soccer — ages 3–4: \$20; season runs Feb. 16–March 26
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Learn basic care for infants and children, development ages and stages, safety, first aid and CPR, character, role modeling and business practices. Youth must be CYSS-registered; 12+ to take class and 13+ to babysit at JBLM. Dates subject to change.

Call 253-967-4441 to enroll. JBLMmwr.com | fb.com/JBLMcyss | @JBLMcyss

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Register online Jan. 1–Feb. 1 at 6 p.m. at www.wahomebrewers.org/mcchord

Entries will be judged by certified experts on February 6. Winners will be announced at the JBLM Brewfest on February 26.

Homebrewers can compete for "Best of JBLM" & "Best of DOD"

Hosted by Joint Base Lewis-McChord MWR & Homebrewers of Puget Sound.

The JBLM Brewfest is an AHA/BJCP sanctioned competition. The 2015 Beer Judge Certification Program Guidelines are used for this competition.

Call 253-967-5776 or go to JBLMmwr.com/brewfest for additional information.

Transitions

NORTHWEST EDGE

Program links vet to the right job

BY PAMELA KULOKAS
Northwest Guardian

After 26 years in the military, Brent Barnes stood at the crossroads of his professional life with a big decision to make.

Transitioning out was already part of the plan, but he needed to decide what to do after a life of service to the nation that included time in the Navy, Army Reserve and National Guard.

Barnes had a lot going for him as a highly-educated leader with the skill set needed to step into upper management. He already knew he wanted to work with a state agency. The problem, he said, was finding the right fit with an organization in the Pacific Northwest.

As he prepared to leave the military, Barnes sought clarity as he worked with the Service Member for Life-Transition Assistance Program at Joint Base Lewis-McChord. In serving those that have served the country, Service Member for Life offers pre-separation counseling, transition and employment assistance services are offered free of charge to active duty, guard, reserve Soldiers and Airmen and Department of Army civilians.

The Northwest Edge Program, a relatively new facet of the SFL-TAP, was especially helpful to Barnes

in his quest for answers. During the six-week program, he and others in the cohort networked with several public and private organizations in the region and received an inside view of employment opportunities in the region.

"The program gave me direction and got me thinking about what I really want to do," he said.

According to Barnes, the sheer number of human resources representatives and agencies that partner with Northwest Edge Program provided participants with the resources for a successful transition. Fine-tuning resumes, participating in mock interviews and making connections with employers are course activities designed to give program graduates an edge in the job market.

Barnes also had the opportunity to hear directly from recent Northwest Edge Program graduates who have successfully made the jump to a civilian career. The inside view and close mentoring, he said, was invaluable.

Another facet to Barnes' transition was his selection to participate in the Veterans Fellowship program. This opportunity allowed him to job shadow with a variety of state agencies for an inside view of each.

Barnes got to know the Department of Enterprise, Legislative Affairs Depart-



After retiring from 26 years of military service, Brent Barnes, center, found employment through connections made in the Northwest Edge and Veterans Fellowship Programs.

Courtesy Photo

ment and others that continued to help him fine-tune his vision of the perfect job. During a routine search of the state's website for vacancies, Barnes came across a job listing that sounded interesting.

As it turned out, a job fair was already scheduled at JBLM and recruiters from the state were scheduled to attend. Armed with the tools and knowledge acquired from Northwest Edge and his inside view from the fellowship program, Barnes went to the

job fair aiming to make an impression.

Not only did he successfully apply and interview for the position, but the hiring manager called and told Barnes he was retiring and suggested he apply for the higher-level position.

"It was a soft landing for me," he said. "I got my job offer on the day I drove to Waller Hall to sign out."

Barnes' last day in the military was Oct. 31. Now he works in Olympia as the assistant director for the Pesticide Management

Division at the Washington state Department of Agriculture.

The position, "the right one," he calls it, is a good fit because of the open, collaborative climate, flexibility and capacity for him to make change for the better. Quality of life is also good, Barnes said; he and his wife, Holly, and two sons are right where they want to be — in the Pacific Northwest.

His successful transition, Barnes said, is due to the people at the SFL-TAP and

community partners who support Northwest Edge. Narrowing down his search was challenging, but the resources at JBLM empowered him to drill down to the answers he needed.

"I was fortunate to meet people who helped me define that — what are you good at, where can you have the most value and what do you bring to the organization," Barnes said.

Many of the SFL-TAP's instructors and participants give personal time and effort to make the program a success.

"What's neat about them is that for many, this is not their full-time job," he said. "They are donating their time to help other people."

Barnes, it seems, has been inspired to give back himself. He has begun sharing his experiences at Northwest Edge panel sessions and said he enjoys encouraging others in the process of transition.

His advice to job seekers? Network at every opportunity, research all prospective employers thoroughly and have the confidence to apply for what you think you're qualified to do.

For more information about the Northwest Edge Program, visit lewis-mcchord.army.mil and search for Northwest Edge, or call 253-477-4758.

OPERATION WARFIGHTER PROGRAM

Wounded Warriors find federal employment

BY 1ST LT. ANTONIA ELENA PEARSE
Regional Health Command-Atlantic

WASHINGTON, D.C. — The Operation Warfighter Program is a Department of Defense program established in 2006 that matches qualified wounded, ill and injured service members with nonfunded federal internships and fellowships in order for them to gain valuable work experience during their recovery and rehabilitation.

Many of the internships and fellowships take place at federal agencies like the Department of Homeland Security's Federal Emergency Management Agency.

The program helps ser-



Boyle

vice members find unpaid positions in the National Capital Region and beyond. While participating in this program, the service members remains on active duty and assigned to their current transition unit.

These positions build a broader capacity for relevant skills needed in the civilian job market — allowing each service member to have a maximum impact that works for their medical appointments, and various other military obligations.

Each internship helps the service members see, and work, past their injury or illness in the hopes of continuing contributions in either a military or civilian field.

"We have found some outstanding candidates through the OWF Program" said Adam Anicich, director of external coordination for FEMA, and one of the participating hiring managers. "These candidates come to us with core skills already intrinsic — leadership, accountability, and technical acumen — so from an agency standpoint, it's a big win."

"I love (OWF internships), because for us (the warrior transition brigade) at Walter Reed Naval

Military Medical Center in Bethesda, Md., it is a real blessing and benefit," said Col. Christopher Boyle, brigade commander for the National Capitol Region. "It is really a win-win situation, because we can put (service members) into these internships. The OWF Program is a great opportunity for service members on medical hold to build their resumes, explore employment interests, develop job skills, and gain valuable federal government work experience that will help them prepare for their adjustment to the civilian workplace."

"I found that the OWF Program was a perfect fit to strengthen my financial management skills and

test out civilian life," said retired Marine Corps Chief Warrant Officer 3 Thomas Layou, senior budget analyst at FEMA. "Through the hard work and professional connections I made, I was offered a job upon retirement."

Service members are paired with opportunities that challenge and sharpen both their military and civilian skills, and ready them for a competitive job market.

"The OWF Program has provided a steady stream of qualified, and job-ready, skilled professionals who know what it means to serve," said Tom Lowry, FEMA's chief financial officer and participating senior executive. "Their contributions

have helped FEMA during critical times, and allow the Agency to continue supporting our citizens and first responders across the nation."

Active-duty service members, and those assigned to national guard or reserve units, can participate in the program while on active duty.

If interested in the program, both medical and command clearance is required before participating. The average length of an internship is three to six months.

For more information, please visit the Office of Warrior Care Policy's website at warriorcare.dodlive.mil and search for "Operation-Warfighter."

POST - 9/11 GI BILL

A NEW BILL FOR A NEW CENTURY



Community Ledger

ATTENTION

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

The Northwest Guardian office is in the basement of Building 1010. For more information, call 253-477-0182.



SNAPSHOT

Heading to NTC

A U.S. Army Soldier assigned to 2-158th Assault Helicopter Battalion, 16th Combat Aviation Brigade, 7th Infantry Division prepares a UH-60 Black Hawk to depart from Joint Base Lewis-McChord for the National Training Center Saturday. The Soldiers and aircraft will train with other units from 7th ID to prepare for future missions.

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 2016

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

Friday — Army DONSA and Air Force Family Day
Monday — Martin Luther King Jr.'s Birthday

Feb. 12 — Army DONSA and Air Force Family Day
Feb. 15 — President's Day

March 25 — Good Friday

May 27 — Army DONSA and Air Force Family Day
May 30 — Memorial Day

June 10 — Army DONSA and Air Force Family Day

July 1 — Army DONSA and Air Force Family Day
July 4 — Independence Day

Sept. 2 — Army DONSA and Air Force Family Day

TEEN BABYSITTING COURSE AVAILABLE

Registration is now open for Joint Base Lewis-McChord Child, Youth and School Services' free, 14-hour certified babysitting course for teens Thursday through Jan. 23 at Hillside Teen Zone, 6397 Garcia Blvd. at Lewis Main. Students must be registered with CYSS, at least age 12 to take the class and age 13 to babysit on base. Call 253-967-4441.

REGISTER FOR YOUTH SOCCER AT CYSS

Register now through Jan. 22 for Child, Youth and School Services' soccer and bumblebee soccer for youth ages 3 to 15. The parents' meeting is Feb. 6. Recreational in nature, youth sports are open to all abilities. A sports physical and CYSS registration are required. To enroll, visit JBLMcyssRegistration.com. For more information, call CYSS Youth Sports at 253-967-2405.

CLASSES FOR 'DRONES' BY EMBRY-RIDDLE

Registration is now open for Embry-Riddle Worldwide's latest free online course, Unmanned Aerospace Systems — Key Concepts for New Users. Learn what it's like to get your education while gaining insight into an incredibly popular field. The massive open online course runs now through Jan. 24. To register, visit Worldwide.erau.edu and search for Unmanned Aerospace Systems.

GOLF PASS KEEPS YOU IN THE GAME

Like to golf year-round at Eagles Pride or Whispering Firs golf courses? Purchase a \$59 Fall/Winter Golf Pass. Pass includes your first round of golf with half off green fees seven days a week for future rounds, excluding Christmas, tournaments and specials. The pass is good now to Feb. 29. For more information, call Eagles Pride at 253-967-6522 or Whispering Firs at 253-982-2124. Eagles Pride is located off I-5 Exit 116 on Lewis Main. Whispering Firs is at 895 Lincoln Blvd. on McChord Field.

SATURDAY BOWLING SPECIAL FOR YOUTH

Every Saturday, youth can bowl at Sounders Lanes Family Fun Center for only \$5 from 10 a.m. to noon. For information on regular weekly specials, visit JBLMmwr.com/bowling. Sounders Lanes is located at McChord Field at 737 Jackson Blvd. For more information, call 253-982-5954.

MONTHLY MOVIE FOR EFMP MEMBERS

Don't miss the free, monthly family-friendly movie every third Saturday from noon to 2 p.m. at the McChord Theater. Next movie is "Hotel Transylvania 2" on Saturday. The sound is lower and lights are dimmed — perfect for people with special needs and younger viewers. For more information, call 253-982-2695.

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.

TUESDAY POOL TOURNEYS AT WZ

Rack 'em up and call your shot at the free, weekly eight-ball pool tournament Tuesdays at the Warrior Zone on Lewis North. Sign up at 6 p.m.; weekly tournaments start at 6:30 p.m. Players of all

levels are welcome to compete on eight, champion-sized pool tables. Bring your own cue or use a house cue. For more information, call 253-477-5756.

JBLM HOME FIRE SAFETY CLASS

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

ASVAB AND COLLEGE TUTORING TALKS

Interested in tutoring or seeking tutoring in college coursework or ASVAB preparation? The Joint Base Lewis-McChord Tutoring Collaboration meets Wednesdays from 3 to 5 p.m. at the McChord Field Education and Training Center, Room 306. This program is sponsored by the Education Center and Company Grade Officers' Council. For more information, call 253-982-5763 or 253-982-2293.

MILITARY CAREGIVER PEER FORUM SET

The Military Caregiver Personalized Experiences, Engagement and Resources Forum meets the first Wednesday of the month from 9 to 11 a.m. at Joint Base Lewis-McChord's Fisher House, 9999 Wilson Ave., on Lewis Main. Next meeting will be Feb. 3. JBLM's military family life counselors will listen to what issues impact your day-to-day quality of living, hear your needs and connect you with other military

caregivers for practical and social support. For more information, call 253-329-6546.

BUILDING MANAGERS SAFETY CLASS

All building managers on Joint Base Lewis-McChord are required to take a Building Managers Fire Safety Class. Classes take place on the first and third Wednesday of the month at 9 a.m. Bldg. 2014, Fire Station 7, 107 Pendleton, on Lewis Main. The next class is Wednesday.

FIRE EXTINGUISHER CLASS, SERVICING

All facility fire extinguishers on base must be recertified and retagged annually. Accomplish this one of two ways; either by contractor via GPC card or hand-carry facility extinguishers to the fire extinguisher shop located at the rear of Bldg. 2014 on Lewis Main. The maximum number of extinguishers one facility manager may rotate a day is 10. For more information, call the fire extinguisher shop at 253-966-2600. Classes are conducted on the first and third Wednesday of each month in Bldg. 2014 on Lewis Main. Next class is Wednesday. For more information, call 253-966-7164.

EXTRAORDINARY DADS CLASSES ON JBLM

Join a dads support group "extraordinary dads" where fathers support fathers. Learn how to become a better father and have a place to do activities with your children. Receive support from other dads who understand the day-to-day struggle of raising children. Classes take place

on the second Wednesday of the month from 11:30 a.m. to 12:30 p.m. at Bldg. 2013 N. 3rd Ave., Lewis Main. Next class is Feb. 10. For more information, call 253-967-5901 or email extraordinarydads@gmail.com.

JOIN MCCORD FIELD LIBRARY BOOK CLUB

Like to read books? Talk about what you've learned by joining the McChord Field Library's Novel Navigators. This adult discussion group meets the second Wednesday of each month at the McChord Library at 4:30 p.m. The next meeting is Feb. 10. Register in person for the group. Copies of the book will be available at the circulation desk. The library is located at 851 Lincoln Blvd., ground floor, on McChord Field. For more information, call 253-982-3454.

'HOT WORKS' FIRE SAFETY CLASS

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

JOIN IN JANUARY'S ART, WINE EVENT

You don't need to be an artist to light up your creativity — join in the fun at the Wine and Canvas Night Friday from 6 to 8:30 p.m. at the Club at McChord Field. Art supplies, light appetizers and your first glass of wine are included in the cost. Wine choices are white zinfandel, chardonnay or cabernet. Seating is limited, prepayment is required and you must be age 21 or

TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

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

A LIST OF UPCOMING EMPLOYMENT FAIRS

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

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

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 Feb. 8. For more information, email kmymers@esd.wa.gov or call 253-552-2547.

WorkSource Veterans Service Orientation briefings take place the first and third Wednesdays of the month from 9 to 11 a.m. at 500 SW 7th St., Renton. Next meeting is Wednesday. For more information, call 206-205-3500.

TSA is hosting a Career Fair from 9:45 a.m. to 2:15 p.m. Wednesday at the Airport Jobs Center Room 6626. Space is limited; RSVP is required. Call Denise Johnson at 206-787-6780 or Elizabeth Tuani at 206-787-7885.

Spouse Transition Workshop will take place Jan. 25 to 27 from 9 a.m. to 2 p.m. at the Service Member and Family Readiness Center, Bldg. 551, McChord Field. Child care vouchers are available.

Worksource Pierce Weekly Meetings Every Thursday from 1 to 4 p.m., the WorkSource Pierce Career Center will host a

weekly meeting for job seekers unemployed for 27 weeks or longer, seeking assistance to re-enter the workforce. Location is 1305 Tacoma Ave. South, Tacoma. For more information, call 253-593-7300.

Papa John's Hiring Event will take place from 10 a.m. to 2 p.m. Thursday at Quality Inn & Suites, 8810 S. Hosmer St., Tacoma. For more information, call 253-341-0624 or email employment@mdc.hope.org.

Century Link Hiring Event will take place at Hawk Transition Center Jan. 11. Check in at 10:45 a.m. For more information, email mwinn@thurstonchamber.com. Visit centurylink.com/technicianjobs.

Good Stuff in the Workplace event will take place Feb. 3 and 11 from 9 a.m. to noon at Lewis North Chapel, 11621 S. Drive and 12th Street on Lewis North. Learn the basic and essential skills of building optimism by hunting the good stuff in the work place. Register at jblmafcs.checkappointments.com or call 253-967-3971.

Camo2Commerce Attention military leaders in mid-level management roles, ideally staff and senior noncommissioned officers and junior to mid-grade officers in transition. Camo2Commerce has created the Heroes Corporate Fellowship Academy to help you land a job in a position commensurate with your knowledge, skills, abilities and experience. This goes above and beyond the traditional job-seeking efforts and puts you in the driver's seat of a corporate management level role in

companies like Amazon, Starbucks, UPS, and TrueBlue. For more information, visit: camo2commerce.com/heroes/. Come to an orientation on Thursdays at 3:30 p.m. at the Stone Education Center, on Lewis Main. Email rob@pacmntn.org.

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

DEPUTY COMMISSIONER OF OPERATIONS

WA State Office of the Insurance Commissioner — Salary: Up to \$115,032 DOQ. Manages the agency's Operations Division. Member of the executive management team that sets strategic direction for the agency, establishes legislative priorities, ensures fiscal responsibility, and creates an inclusive, performance-based culture. Reports to chief deputy commissioner. Responsible for providing leadership in setting and managing the Operations Division's priorities and programs, including: ensuring the agency's operational readiness; overseeing the agency's budget development and performance management system; agency-wide risk management assessment and processes; procuring and managing assets; facilitating implementation of major policy and legislative changes; managing major business process transformation efforts; planning and prioritizing the division's activities and allocat-

ing staff and other resources. Email resume and cover letter to joev@oic.wa.gov or call 360-725-7285.

BILINGUAL MECHANIC IN MOSES LAKE

AeroTEC — Salary: DOQ. Work closely with Japanese speaking mechanics and help translate languages, while performing routine and periodic maintenance on Mitsubishi MRJ90 Regional Jet in all phases of flight testing; maintaining quality and safety standards; keeping records; maintaining equipment and supplies. Secondary Roles: Support flight test engineers and ground operations personnel as necessary by helping to install test instrumentation, wiring, and custom manufactured hardware. Email resume to: careers@aerotec.com.

ADMINISTRATIVE ASSISTANT AT PLU

Pacific Lutheran University — Salary: \$14.11 to \$15.54 per hour. Responsible for performing and coordinating a wide variety of administrative and general office duties for the Social Sciences' two campus locations. This position provides the first point of contact for visitors to the departments either in person or via phone. Work is performed in collaboration with the second administrative assistant and constituents from across campus. This position reports to the assistant to the dean. Submit application, cover letter, resume and list of three references to employment@plu.edu.

older to attend. The cost is \$30 per person; club members receive a \$3 discount for each admission. For more information or reservations and payment, call 253-982-5581.

CELEBRATE FRIDAYS AT THE CLUB

Celebrate Fridays with dinner at the Club at McChord Field. Specialties include prime rib, steak, shrimp and salmon, served from 5 to 8 p.m. You don't have to be a club member to get in, but club members always get a discount. The club is located at 700 Barnes Blvd., on McChord Field. For more information, call 253-982-5581.

YOUTH SWIMMING LESSONS AVAILABLE

Does your child know how to swim? Kimbro Pool at on Lewis Main now offers lessons for children from 6 months to 16 years of age. To sign up, visit JBLMmwr.com/aquatics and click on WebTrac or call 253-967-5026 for more information.

NEW MCCORD YOUTH CENTER SHUTTLE

Now it's easier than ever to get to the McChord Field Youth Center. The McChord Field Middle School/Teen Program is starting a housing shuttle to and from the youth center. Stops follow Clover Park bus routes and include the Bricks' housing area, 8th and D Streets, Cascade Village housing area, Westcott Hills housing area (at the Pavilion), Olympic Grove housing area (Evergreen Way and Aspen Court) and Stony Oak housing area. Shuttle service is free to Child, Youth and School Services-registered Middle School Teen Program members; parental consent is required. For more information on shuttle times and specific stops, call the McChord Youth Center at 253-982-2040.

NATIONAL PRAYER BREAKFAST FEB. 16

The Joint Base Lewis-McChord National Prayer Breakfast will be Feb. 16 at 7 a.m. at the American Lake Conference Center. Chaplain (Maj. Gen.) Paul K. Hurley, chief of chaplains, will be the guest speaker. Tickets are available from unit ministry teams. For more information, call Pat Owings at 253-967-3718.

TASTE THE BEST AT THE JBLM BREWFEST

Do you like microbrews and homebrews? Sample the best at the annual Joint Base Lewis-McChord Brewfest Feb. 26 at the Club at McChord Field. The party starts at 4:30 p.m. and ends at 8 p.m. For \$15 per guest, you'll get your own sampling mug to keep, six samples, appetizers, a live bluegrass band and door prizes. Brewfest homebrew competition winners will also be announced. Brewfest is hosted by JBLM and the Homebrewers of Puget Sound and is an AHA/BJCP-sanctioned competition. The Club is located at 700 Barnes Blvd. For more information, call 253-967-5776 or visit jblmmwr.com/brewfest/.

PUBLIC HEALTH COMMAND REGION-WEST

PHCR-West command team says final farewell

BY SGT. SINTHIA ROSARIO
5th Mobile Public Affairs Detachment

The Public Health Command Region-West bid farewell to their commander and command sergeant major during a relinquishment of command and responsibility ceremony on Joint Base Lewis-McChord Jan. 6.

The unit is scheduled to inactivate in the next few months, so unlike a normal change of command or responsibility ceremony, the outgoing commander and command sergeant major did not pass their roles and responsibilities to an incoming command team.

Instead, Col. Casmere H. Taylor, outgoing commander of Public Health Command Region-West,

relinquished command to his deputy commanding officer Lt. Col. Jennifer L. Cummings.

Concurrently, Command Sgt. Maj. Richard A. Silva Jr., command sergeant major of PHCR-West, passed on his responsibilities as senior enlisted adviser to Sgt. 1st Class Adrienne C. Campuzano.

"The uniqueness about this particular ceremony — it's not just a change of command or change of responsibility, but it's really the transformation of Public Health Command Region-West, which has been a legacy subordinate command of Public Health Command, now merging into the Regional Health Command-Pacific (Provisional), Public Health Com-

mand-Pacific," Taylor said.

The Army medical community is going through a variety of changes. One of these changes is that PHCR-West will inactivate and its assets will be placed into Regional Health Command-Pacific (Provisional) and Regional Health Command-Central to enhance capabilities at those locations.

"At first, I was a little bit shocked, but it's not about me," Taylor said. "It's about the support that we give to our customers. It's not about just one commander or one leadership team going away, it's about how we now enhance that Army Medicine throughout the Pacific corridor. This was the best plan in order to engage and also support our num-



SGT. SINTHIA ROSARIO 5th Mobile Public Affairs Detachment

The official party prepares to pass the unit colors Jan. 6 during a relinquishment of command and responsibility ceremony for PHCR-West.

ber one mission — our Soldiers — but also our core assets that we're aligned with now."

The ceremony holds a couple of different meanings for Silva.

"It is my swan song, my stepping stone because this is going to lead into my retirement at the end of the month," he said. "It's also saying goodbye to my extended

family here. That's Colonel Taylor and his wife Constance. I will miss them."

Although the unit will inactivate in the near future, Taylor will not forget the unit, the people and the important roles each Soldier played within PHCR-West.

"Continue to be the spearhead for public health," Taylor said. "Lead from the top and always ensure that in order to be a great public health servant, you have to look internally yourself to make sure you're a representative of the organization you serve. The Performance Triad is what we base our public health relations on, and we should all be public servants or ambassadors for public health."



SGT. DANIEL SCHROEDER 5th Mobile Public Affairs Detachment

Command Sgt. Maj. James Norman III, left, talks with members of Seattle's Buffalo Soldiers Horse Detachment before his change of responsibility ceremony at JBLM Tuesday.

FROM PAGE 1A

CSM

vice chief of staff of the Army. General Daniel Allyn attributed his success to Norman's vision.

"Few (noncommissioned officers) I've worked with personify that no one is more profession-

al than I," Allyn said. "He is a true professional whose actions match his deeds."

Lanza said Norman was instrumental at operationalizing I Corps and rebalancing in the Pacific. His contributions made a significant impact allowing his legacy of leadership and dedication to the profession of arms to grow in future generations.

"Today is a day everyone dreads, transfer of authority from us to another," Norman said. "In this institution that I love, transitions are necessary for an organization to progress."

I Corps will build upon Norman's accomplishments as Grinston accepts responsibility as the 16th I Corps command sergeant major.

"I am very pleased and happy when Command Sergeant Major Grinston was selected to replace me," Norman said. "He is the right person to move the corps forward."

Like Norman, Grinston is returning to his first duty station where he served as a cannon crewmember with 1st Battalion, 84th Field Artillery Regiment in 1987.

"It is truly an honor to return to my first duty station," Grinston said. "I will maintain the standards already in place and do everything I can to provide commanders with ready Soldiers."

Grinston arrived at JBLM from Fort Riley, Kan., where he was the 1st Infantry Division command sergeant major.



CSM Michael Grinston, left, accepts the colors from Lt. Gen. Stephen Lanza.

FROM PAGE 1A

AIRMAN

could hear screaming," Siegele said. "I looked back to where I last saw the little girl on the ice and seen that she had fallen in. She was waving her arms in the air and screaming for help."

Siegele made the quick decision to run around the lake to the side closest to her so he could reach her safer.

"I knew the ice couldn't hold my weight," Siegele said. "Running around to the other side was my only option to try to save her."

Siegele said as he rounded the fence line, he saw a man get out of a silver van and run toward the lake.

"I followed the individual into the ice," Siegele said. "We were determined to help this little girl."

The individual got to the girl before Siegele. Siegele and the guy started swimming back to the shore with the little girl between them when suddenly the guy went under water and Siegele lost grip of the girl and she went under, too.

"I reached for her, but I couldn't feel her," Siegele said. "So I dove under to find her and managed to pull her up by her jacket."

Siegele and the little girl resurfaced and headed to shore just as the other guy reached the shore.

"Once we got to shore, I took off her jacket and the individual grabbed my jacket that I took off before entering the water

and put it on her," Siegele said.

Siegele said as he picked up the phone to call 911, the girls' dad arrived to the lake in a panic state.

"The dad grabbed his little girl and headed home," Siegele said. "We all exchanged information, but I was so cold and out of it, I forgot everything."

Later that night, Siegele contacted the parents of

the little girl, after finding their phone number in his phone to see if she was OK.

Siegele said her parents thanked him for saving their daughter.

"I'm just glad I was there," Siegele said. "All the training I've got through my years in the Air Force prompted me to react quickly enough and ultimately save her life."

FROM PAGE 1A

BLAST

sitting there then we heard (the blast) and we felt it," said Master Sgt. Matthew Longshaw, from the Utah Air National Guard at Salt Lake City International Airport. "The building shook, and then Sergeant Huggins came in after that; he was pretty visibly upset."

Technical Sergeant Chad Huggins, from Dover Air Force Base, Del., was outside talking

on the phone when he saw and felt the blast.

"You heard it, and saw the flash and the next thing it was like a movie," he said. "I got pushed into the wall and my phone went flying."

About a quarter-mile away, a 15-foot-deep crater sat where the vehicle-borne improvised explosive device detonated.

The team left the restaurant and went back to their temporary billeting, still reeling over what they had just experienced. Then came the call for help.

"One of the civilians

came in from (Readiness Management Support) and asked for our help," Longshaw explained. "So we got up and started to help — did what we could and whatever we were asked to do."

Staff Sergeant Tobi Wagner, from Little Rock Air Force Base, Ark., had just fallen asleep in his bunk. "Aradanas grabbed my ankle and said 'Hey, we need to help those contractors. C'mon, let's go.' So I got up, put on some shorts and went to go help. I was still a little out of it so I wasn't sure what was going on, but I

knew I wanted to help."

The four Airmen all pitched in to help set up the temporary area, where nurses constantly checked on the civilians, mostly contractors, who were injured in the terrorist attack.

"I was just trying to help," Aradanas said. "It went by quick, just watching all of these people come in and doing what I could to comfort them."

The Airmen stuck around for the next eight hours, sitting with patients and comforting them; doing whatever was needed of them.

"It brought you back down to reality real quick," Wagner said.

"They came in and were covered in debris and they were hurt. You'd see fresh cuts and blood. Everyone was kind of disheveled because they couldn't get any of their stuff."

The team said they set up lodging for the victims of the blast, consisting of about 70 beds, then comforted the victims and assisted the medical staff with anything else that was needed.

"I figure that the guys getting hurt are the ones kicking in doors or doing

convoys and stuff like that," Longshaw said. "I didn't really think about our contractors getting blown up on the civilian side of an airport. I didn't expect that to happen."

For Huggins, serving on his seventh deployment, he figured incidents like this happened to other people; not to him.

"I've been deployed a lot," he said. "You know the dangers and reality, but you don't expect to be put in that situation. 'Oh, that ain't going to happen to me.' Now that it has, it's a reality check. You look at things differently."

Sports

47TH COMBAT SUPPORT HOSPITAL

Medics capture annual JBLM Commander's Cup

BY DEAN SIEMON
Northwest Guardian

Earlier in the year, Spc. Kendrick LaFitte was working in the S1 office for the 47th Combat Support Hospital and was about to perform in-processing for new service members.

When one happened to stand at 6-foot-7, unit commander Col. Jennifer Caci recalled that LaFitte said, "The commander would like to know if you play basketball?"

Recruiting has been a strong point for the 47th CSH as it helped it win the Joint Base Lewis-McChord Intramural Sports' Commander's Cup for 2015.

During the unitwide awards ceremony Jan. 8, Caci told her Soldiers it was because all of them made a difference in some way, either by joining one of the intramural sports leagues and attending the games throughout the year.

"It's one more way to show that this unit can stand tall with the best of them," Caci said.

The 47th CSH earned 73 points throughout the season with a combination of participation points and points earned through regular season finish and postseason performances. The difference between first and the second place team, 5th Air Support Operations Squadron,

was just three points.

Among the highlights in 2015, the 47th CSH won the battalion division of the annual Military Formation Run event at the Sound to Narrows in June in Tacoma. The unit also made it to the postseason of the JBLM golf championship.

Most recently, the unit was able to get just enough athletes to enter the JBLM Wrestling Championships in November with six wrestlers on the team. They were outnumbered by other units who had more than 10 each and filled empty weight class brackets, but the 47th CSH



SCOTT HANSEN Northwest Guardian

47th CSH teammates celebrate as they near the finish line June 13 during the 43rd annual Sound to Narrows Military Run in Tacoma.

SEE CUP, 2B



SCOTT HANSEN Northwest Guardian

Instructors Jillian Smith, left, and Jayme Hahn lead a workout Saturday during a Fitness Resolution Fair at Soldiers Field House.

FIRST STEP TO FITNESS

BY DEAN SIEMON
Northwest Guardian

Many people make the resolution on New Year's Day to make an effort to losing weight. Many may look for a fitness center close to home or work to possibly sign up for a workout class.

Looking at the overall class schedule for all of the fitness centers on Joint Base Lewis-McChord can be quite daunting. That's why more than 100 fitness enthusiasts attended the JBLM Fitness Resolution Fair Saturday at Soldiers Field House on Lewis Main for a chance to preview several classes.

Instructors from various JBLM fitness centers and programs presented classes that included Zumba, isometrics, water aerobics and yoga; each offered 20-minute intervals for participants to try out.

"We just want (the instructors) to showcase select classes and some of our newer

SEE FITNESS, 2B



Fitness instructor Sam Estrada, middle, signs workout cards for a Fitness Resolution Fair drawing.



Alex Zylstra, left, of Millennium Chiropractic, conducts a nerve scan for Melissa Wilkins, of JBLM, Saturday during a JBLM Fitness Resolution Fair at Soldiers Field House.

OUTDOOR ADVENTURE

JBLM alpine club plans to take members to new heights

BY DEAN SIEMON
Northwest Guardian

When Ron Dorman first visited Washington state as a college student on summer break in 1997, he was mesmerized by the sight of Mount Rainier. Within five weeks, he stood on top of it.

He climbed the signature Pacific Northwest peak multiple times throughout his Army career as an Apache helicopter pilot until he separated from his last duty station at Joint Base Lewis-McChord in 2012.

Recently, he has returned to

Joint Base Lewis-McChord to help build a new outdoor program with the Northwest Adventure Center.

The Alpine Club is essentially a networking tool for JBLM military ID cardholders to receive the adequate education for challenging activities like backcountry skiing, rock climbing, ice climbing and mountaineering.

Every year, more than 10,000 attempt to climb Mount Rainier. Some people even pay thousands of dollars for guides to

help them reach the summit of Mount Rainier. Dorman said many of those were service members who may not have taken a mountaineering course on safety and route conditions.

"There are a number of mountains in Washington that you can just walk up," he said. "But you don't realize how big Mount Rainier is until you are up there; it's considered the most glaciated mountain in the continental United States."

While the concept of the program was first developed six

To learn more

For more information about the JBLM Alpine Club, email JBLMalpineclub@gmail.com, call 253-967-6263 or visit the Northwest Adventure Center at 8050 NCO Beach Road on Lewis North.

months ago, units were able to do something similar with an outside contractor training them to climb Mount Rainier. After

approval from the Family and Morale, Welfare and Recreation officials, the Northwest Adventure Center started looking for someone to coordinate and develop the Alpine Club.

Since October, Dorman has spent many hours doing paperwork and other administrative tasks to prepare for the open house kick off that took place Jan. 6 at the Northwest Adventure Center. Some might say

SEE CLUB, 2B

ON THE SCHEDULE

TEXAS HOLD 'EM ONE-DAY TOURNAMENT SATURDAY

Recreation: A special one-day tournament for the game of skill known as Texas Hold 'Em will take place Saturday at the Club at McChord Field, 700 Barnes Blvd., on McChord Field. Doors open at 1 p.m.; tournament starts at 1:30 p.m. Entry is \$20 for club members and \$22 for nonclub members. Prizes include gift cards worth \$400, \$300 and \$200. Open to all military ID cardholders.

REGISTER FOR OPEN, WOMEN'S BASKETBALL

Sports: Joint Base Lewis-McChord's Intramural Sports office will offer women's and open basketball leagues. Interested parties should attend an informational meeting Sunday at 6 p.m. at the Warrior Zone's VIP room. League schedule will run from Jan. 23 to Feb. 28. For more information, call 253-967-4768 or visit jblmmwr.com/intramural.

REGISTRATION BEGINS FOR JBLM YOUTH SOCCER

Youth: Registration is open now through Jan. 22 for youth soccer programs with Joint Base Lewis-McChord's Child, Youth and School Services. First practice starts Feb. 16. The camp for ages 5 to 15 is \$55 per child, while the Bumblebee soccer camp for ages 3 and 4 is \$20 per child. A mandatory parent meeting is scheduled for Feb. 6 at the CYSS Parent Central Services office. To learn more or to register online, visit jblmmwr.com/cys.

TIME TO SIGN UP FOR INTRAMURAL BOWLING

Sports: A meeting will take place Jan. 27 at noon at Bowl Arena Lanes on Lewis Main for units interested in the upcoming Joint Base Lewis-McChord Intramural Bowling season. The league is scheduled to run from Feb. 8 to May 13. For more information, visit jblmmwr.com/intramural or call 253-967-4768.

YOUTH BASKETBALL CAMP SCHEDULED FOR JAN. 30

Youth: A special youth basketball camp with the Peninsula High School boys' basketball team will take place Jan. 30 from 10 a.m. to noon at the Joint Base Lewis-McChord Child, Youth and School Services Sports Complex on Lewis Main. The camp is open to a maximum of 100 children, kindergarten through eighth grade. For more information, call 253-966-2977 or visit jblmmwr.com/cys.

FROM PAGE 1B

CUP

had two individual champions, Chris Grill at cruiserweight and Cameron Sylve at heavyweight, and a silver medalist, Damino Stevenson at light heavyweight.

The strategy of getting a team together, combined with the continuous efforts to recruit among the 47th CSH's companies, isn't just to win a cup at the end of the year — although, who could say no to adding to an overflowing trophy case?

“We're able to unify and have people getting to know others from different units.”

Col. Jennifer Caci
47th CSH commander

Caci said she believes that participating in intramural sports is good for all units on JBLM.

“We're able to unify and have people getting to know others from different units,” Caci said.

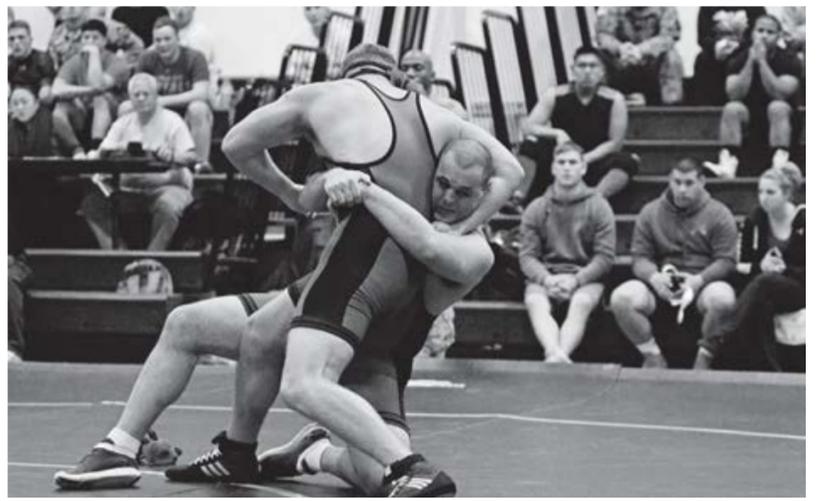
Because of the number of trophies the unit has earned for sports since

2013, a second trophy case had to be ordered for the headquarters office on Lewis Main.

While the unit is excited to officially receive its trophy from the JBLM Intramural Sports staff, Caci said she is already looking at the first sport of 2016 — basketball.

“(The season) doesn't stop because basketball is the first event, then it starts over,” said Spc. Moses Ramey, one of the unit's basketball players for the upcoming intramural season.

Dean Siemon,
dsiemon@nwguardian.com,
@deansiemon



DEAN SIEMON Northwest Guardian

Cameron Sylve, right, of 47th CSH, took first at the JBLM Wrestling Championships.



SCOTT HANSEN Northwest Guardian

Fitness instructor Sam Estrada leads participants through an isometrics workout Saturday during the JBLM Fitness Resolution Fair at Soldiers Field House on Lewis Main.

FROM PAGE 1B

FITNESS

classes; that way they can get that little taste,” said event coordinator Maura Andrew, a fitness specialist at McVeigh Sports and Fitness Center on Lewis Main.

The goal was to provide a kick start to helping people make 2016 a healthy year. Several attendees were not new to the fitness centers on JBLM, but they said they usually just lift weights and use the treadmills or other cardiovascular machines.

Days before the fitness fair, Sharita Knobloch was invited by a friend to try a few classes at Jensen Family Health and Fitness Center. She attended the Fitness Resolution Fair and brought her friend Charlie Lott.

Knobloch admitted it was a great experience considering her regular workouts, which are mostly runs, were becoming stale in recent months. She said classes like Zumba and Total Body Shock, that utilize music, were a nice change of pace.

“It's good to branch out sometimes,” Knobloch said. “Once you learn the routines, it's just dancing with your friends.”

MixedFit is one of JBLM's newer fitness programs that has been around for about a year, but it still has room for growth.

Instructor Regina Jones said the class is focused on explosive dance moves and is inspired by the toning aspects of a boot camp class mixed with a variety of music ranging from Michael Jackson, hip



AT LEFT: Spin instructor Amanda Garcia, left, leads a workout for participants Saturday during the JBLM Fitness Resolution Fair at Soldiers Field House on Lewis Main.

BELOW LEFT: Fitness instructor Sam Estrada, left, leads an isometrics workout during the JBLM Fitness Resolution Fair.

BELOW RIGHT: Instructor Sam Estrada, right, assists Resolution Fair participant Johnnie Deblois, of Olympia, while leading an isometrics workout Saturday at Soldiers Field House.



hop and rock.

Participants are usually more than willing to leave their normal Joint Base

Lewis-McChord settings at Jensen Family Health and Fitness Center and the McChord Field Fitness

Annex.

“We're willing to go into a park and do a straight flash mob,” Jones



said.

This year's Fitness Resolution Fair was a new take on the traditional workout; it took the place of the Aerobathon event launched in 2006.

Much of the advertising for the first Fitness Resolution Fair was word of mouth. Looking ahead, Andrew said she believes

the fair will continue to grow and hopes for greater attendance at fitness programs on in the installation.

“We want it to be more of a set up for the new year,” she said.

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@deansiemon

FROM PAGE 1B

CLUB

two-and-a-half months of paperwork might sound

daunting, but Dorman said he considered it enjoyable.

“Since no program existed, we could build it exactly the way we wanted,” Dorman said.

A one-time fee of \$20 is good for a lifetime mem-

bership to the JBLM Alpine Club. After that, course meetings and trips will be planned throughout the year. Club members get an “early bird” notification.

Additionally, club mem-

bers who have completed the necessary courses will also receive a discounted rate of \$750 for a trip to climb Mount Rainier. The cost includes all necessary equipment.

The usual rate for

Northwest Adventure Center trips is about \$1,000.

A commercial group typically charges around \$1,400, and the climbing equipment is not included.

There are also plans to

have frequent backcountry skiing trips, as well as ice climbing and rock climbing trips.

Dean Siemon,
dsiemon@nwguardian.com,
@deansiemon

Wine & Canvas

at The Club at McChord Field






Friday, January 15
6-8:30 p.m. • 21+

Club Members: \$27
Non-Members: \$30

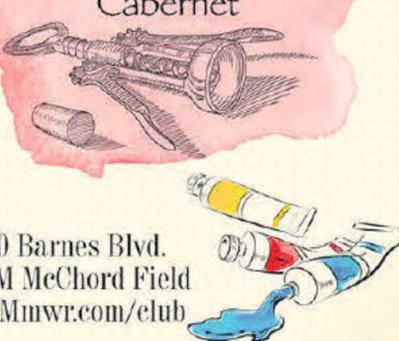
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Cover includes all art supplies, light appetizers & your first glass of wine

Limited seating, prepayment is required prior to event.
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WINE SELECTION

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Cabernet







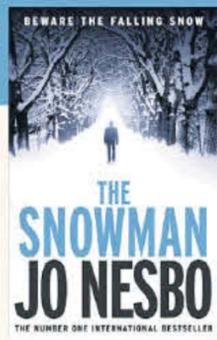
700 Barnes Blvd.
JBLM McChord Field
JBLMmwr.com/club

The Novel Navigators

Adult Book Discussion Group

February 10 • 4:30 p.m.
McChord Library

Our Book Discussion Group will meet to discuss "The Snowman" by Jo Nesbo



Registration is required.

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



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JOINT BASE LEWIS-McCHORD COMMANDER'S CUP & OPEN LEAGUE BOWLING

Coaches Meeting:
Jan. 27 • Noon

Bowl Arena Lanes
2272 Liggett Ave., JBLM Lewis Main

Active Duty Service Members attached to JBLM only for Commander's Cup League

League Play:
Feb. 8 - May 13

\$6 per bowler each night

Open league open to all JBLM Community Members 18+

10 bowlers per team,
5 bowlers per night.

Company/Squadron teams only for Commander's Cup League

For more information call 253-967-1156 or visit JBLMmwr.com



SPRING SOCCER

Enroll by Jan. 22 at [Parent Central Services](http://ParentCentralServices.com) or JBLMcyssRegistration.com

Bumblebee soccer — ages 3-4: \$20; season runs Feb. 16-March 26

Spring soccer — ages 5-15: \$55; season runs Feb. 16-April 2

253.967.2405

[@JBLMyouthsports](https://twitter.com/JBLMyouthsports) [fb.com/jblmcyss](https://www.facebook.com/jblmcyss)



JBLM EFMP Family-Friendly Movie FREE!

Jan. 16 • Feb. 20 • Mar. 19

3rd Saturday of the Month
12-2 p.m.
McChord Field Theater

- No concessions allowed
- Children must be accompanied by an adult
- Lights and sound adjusted for special needs family members & young viewers

253-982-2695



JBLM Brewfest 2016

Calling all Homebrewers!

Homebrewers:
Start your mash & get ready for BREWFEST 2016!
Register online Jan. 1-Feb. 1 at 6 p.m. at www.wahomebrewers.org/mchord

Entries will be judged by certified experts on February 6. Winners will be announced at the JBLM Brewfest on February 26.

Homebrewers can compete for "Best of JBLM" & "Best of DOD"

Hosted by Joint Base Lewis-McChord MWR & Homebrewers of Puget Sound.

The JBLM Brewfest is an AHA/DJCP sanctioned competition. The 2015 Beer Judge Certification Program Guidelines are used for this competition.

Call 253-967-5776 or go to JBLMmwr.com/brewfest for additional information.



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Available on the App Store



Does your child know how to swim?

Youth Swim Lessons

offered for ages 6 months-16 years old at Kimbro Pool, JBLM-Lewis Main

To register: JBLMmwr.com/aquatics or call 253-967-5026



TEEN ADVISORY COMMITTEE

Every 1st Wednesday of the month
4 p.m. • McChord Library

Want a voice in what's happening in the McChord Library? This teens only committee is for you! We are looking for a motivated and dedicated group of teens. From books to programs, you will get a say. Your opinions matter! This committee will also serve as a valuable community service experience that will look excellent on a college application.

JBLMmwr.com/libraries

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



TEENS - WELCOME TO JBLM!

Check out the programs at Hillside Youth Center!

Fridays, Jan. 15 & Jan. 29, 4-7 p.m.

TEENS TURN FOR YOUTH SPONSORSHIP

Transportation provided from McChord Hotel (IHG Evergreen Inn) at 3:15 p.m. and Main Post Hotel (IHG Rainier & Lodge) at 3:45. Call 253-967-4441 for pick up. Required permission slips at hotels.



JBLM Newcomers'

Jan. 19
Feb. 9
Mar. 8
Apr. 12

ORIENTATION | 8 a.m. - 12:15 p.m.
7:30 a.m. Report time for Soldiers & Airmen

BUS TOUR | 12:30 - 3:30 p.m.
Registration required:
jblmafcs.checkappointments.com




Angus Tri Tip Steaks & Roast **\$5.99** Save \$4.00 Lb.
Angus Ground Round **\$3.99** Save \$2.00 Lb.
Center Cut Boneless Pork Chops **\$2.99** Save \$3.00 Lb.
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\$1.00 Try it with Slices of Honeycrisp!
\$5.00 12.00 Oz.

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Mangos **\$2.00** Eq.
Hass Avocados **3 For \$2.00** Buttery Rich

Wild Alaskan Copper River Sockeye Salmon **\$13.99** Save \$4.00 Lb.

Pineapples **\$3.00** Eq.
Grapefruit **2 For \$1.00** Texas Rio Star

D'Anjou Pears **Only \$1.00** Lb.
Navel Oranges **\$1.00** Lb. Tree Ripened

Russet Potatoes **\$2.00** Only TEN POUND BAG

Mangos **\$2.00** Eq.
Hass Avocados **3 For \$2.00** Buttery Rich

Wild Ahhi Tuna Steaks **\$7.99** Save \$4.00 Lb.
Tilapia Filets **\$3.99** Save \$3.00 Lb.
Wild Fresh Dover Sole Filets **\$7.99** Lb.

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MamaMango Moscato **\$12.00**

Wicked Baked Apple Cider **\$8.49**
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Wild Fresh Dover Sole Filets **\$7.99** Lb.

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March 7	Sept. 5
April 4	Oct. 3
May 2	Nov. 7
June 6	Dec. 5
July 11	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 8 a.m. for Skeet, Trap, Wobble Skeet, Five-Stand and Duck Tower. Guard gates open at 8:30 a.m.

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



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For more details, call 253-982-3271.

2015 JBLM Race Calendar

RACE	DATE	TIME
JBLM HALF-MARATHON 5K	MAY 30	8 AM
SOUND TO NARROWS 12K (MIL)	JUNE 13	6:30 AM
BLACK HILLS TRIATHLON #1	JUNE 28	7:30 AM
JBLM COLOR DASH	JULY 4	9:30 AM
LAKWOOD SUMMER FEST TRI #2	JULY 11	9 AM
DOWN & DIRTY MUD RUN	JULY 18	10 AM
SPRINT & OLYMPIC TRIATHLON #3	AUGUST 29	9 AM
SALMON RUN 12K/5K	SEPT 19	10 AM
JBLM ZOMBIE APOCALYPSE	OCT 17	6 PM
TURKEY TROT 5K/10K FUN RUN	NOV 21	10 AM
JINGLE BELL JOG/REINDEER ROMP	DEC 12	10 AM

JBLMmwr.com/races
(253)967-4768

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JBLM
NORTHWEST

guardian weekend

SECTION C

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



COVER STORY

Flights of fancy

Explore history and space within Seattle's Museum of Flight, 3C

15

THE BISTRO AT RUSSELL LANDING

11 a.m. – 2 p.m. Friday special: Gumbo for \$11.95.

BATTLE BEAN DRIVE-THRU AND STONE ED BATTLE BEAN

Fridays get a \$1 pastry with purchase of a specialty coffee drink.

THE CLUB AT McCHORD FIELD

11 a.m. – 1 p.m. and 5 – 8 p.m. Celebrate Fridays in the club dining room featuring prime rib, steak, shrimp and salmon. You don't have to be a club member, but members get a discount.

WARRIOR ZONE

10 a.m. – 1 a.m. Nine-ball tourney at 5:30 p.m., Trading Card game night at 9 p.m.

STRIKE ZONE SNACK BAR AT SOUNDER'S LANES

Today's Special: Taco and rice combo for \$7.75.

16

THE CLUB AT McCHORD FIELD

1 p.m. sign-in Texas Hold 'Em One-Day Tournament. \$22 for nonmembers, \$20 for Club members covers chips and a light buffet. Prizes include \$200, \$300 and \$400 gift cards.

SOUNDER'S LANES FAMILY FUN CENTER

Kids bowl for \$5 (shoes included) 10 a.m. – noon, every Saturday.

JOINT BASE LEWIS-MCCHORD MARKETPLACE DIRECTORY

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

17

WARRIOR ZONE

10 a.m. – 11 p.m. Free Xbox tournaments at 6 p.m. 18 and over only.

SOUNDER'S LANES FAMILY FUN CENTER

1 – 8 p.m. Rent a lane for an hour and a half, get four shoe rentals and a \$15 same-day food voucher for \$43.

WHISPERING FIRS GOLF COURSE

Active-duty military families receive two-for-one range balls daily.

18

STRIKE ZONE SNACK BAR AT SOUNDER'S LANES

Today's Special: Jalapeño burger combo for \$7.75

THE BISTRO AT RUSSELL LANDING

11 a.m. – 2 p.m. Monday special: Chicken quesadilla for \$11.95.

BATTLE BEAN DRIVE-THRU AND STONE ED BATTLE BEAN

Mondays are Mocha Madness with \$1.50 off any size order of dark chocolate mocha.

WARRIOR ZONE

10 a.m. – 11 p.m. 18 and older only to enter; 21 and older for alcoholic beverages. Please drink responsibly.

HABANERO MEXICAN GRILL

at Whispering Firs Golf Course Mondays and Wednesdays, buy one burrito and get the second half off when you purchase two fountain drinks.

19

THE BISTRO AT RUSSELL LANDING

11 a.m. – 2 p.m. Tuesday special: Chicken-fried steak with potatoes for \$11.95.

STRIKE ZONE SNACK BAR AT SOUNDER'S LANES

Today's Special: Patty melt combo for \$7.75

WHISPERING FIRS GOLF COURSE

Daily special: Green fee, shared cart and \$7 food voucher combo is only \$27.

THE CLUB AT McCHORD FIELD

11 a.m. – 1 p.m. Members-only Two-fer Tuesdays: two meals for the price of one.

WARRIOR ZONE

10 a.m. – 11 p.m. Get in a pool tourney starting at 6:30 p.m. Ages 18 and older only.

BATTLE BEAN DRIVE-THRU AND STONE ED

Tuesdays receive a free flavor upgrade on any drink.

20

WARRIOR ZONE

Start of 10-week Texas Hold 'Em tourney; top winner gets prize weekly; top players advance to finals. 6 p.m. sign-up, \$7 cover charge.

STRIKE ZONE SNACK BAR AT SOUNDER'S LANES

Today's Special: Soup and salad combo for \$6.75

THE CLUB AT McCHORD FIELD

11 a.m. – 1 p.m. Hump Day special: Burger, fries and soda for \$6. Club members pay \$5.

BATTLE BEAN DRIVE-THRU AND STONE ED BATTLE BEAN

Wednesdays get one free espresso shot in your coffee order.

THE BISTRO AT RUSSELL LANDING

11 a.m. – 2 p.m. Wednesday special: Lemon shrimp over rice for \$12.95.

21

STRIKE ZONE SNACK BAR AT SOUNDER'S LANES

Today's Special: Reuben combo for \$7.75

WARRIOR ZONE

10 a.m. – 11 p.m. Save with Happy Hour specials 5 – 7 p.m. Reduced prices on brews and appetizers weekdays.

BATTLE BEAN AT McCHORD FIELD

7 – 11 a.m. Breakfast pastries, breakfast burritos, muffins, coffee drinks, hot chocolate and chai tea.

THE BISTRO AT RUSSELL LANDING

11 a.m. – 2 p.m. Thursday special: Loaded baked potato with side salad for \$11.95.

BATTLE BEAN DRIVE-THRU AND STONE ED

Thursdays get \$1.50 off any size caramel macchiato.

AT THE MOVIES

Carey Theater

Spectre (PG-13)

Friday at 7 p.m.

Spectre (PG-13)

Saturday at 3 p.m.

Star Wars The Force Awakens (PG-13)
Saturday at 7 p.m.The Hunger Games: Mocking Jay-
Part 2 (PG-13)

Sunday at 1 p.m.

Star Wars The Force Awakens (PG-13)
Sunday at 7 p.m.

MOVIE TIMES

TACOMA AREA BLUE MOUSE THEATRE:
253-752-9500**The Peanuts Movie** (G) 7 p.m. **Misery** (not rated) 10 p.m.**GRAND CINEMA:** 253-593-4474**Jafar Panahi's Taxi** (not rated) 1:25, 6:15 **Carol** (R) 12:15,2:55, 5:35, 8:20 **The Danish Girl** (R) 3:35, 8:10 **Brooklyn** (PG-13) 1:35, 4:05, 6:35 **Spotlight** (R) 12:30, 3:20, 6:10, 8:55**LAKEWOOD TOWNE CENTER CINEMAS:** 888-262-4386**Ride Along 2** (PG-13) 10:10, 12:40, 3:10, 5:50, 8:20, 10:15**REGAL LAKEWOOD STADIUM 15:** 844-462-7342**Ride Along 2** (PG-13) 1:30, 4:50, 8, 11 **The Revenant** (R) 12:20, 3:30, 4:30, 6, 7, 9:30, 10:30 **Star Wars: The Force Awakens 3-D** (PG-13) noon, 4:10, 6:30, 10:50**CENTURY POINT RUSTON AND XD:** 800-246-6215 #3238**13 Hours, The Secret Soldiers of Benghazi** (R) 9:20 12:30, 3:50, 7:20, 10:40 **The Big Short** (R) 9:50, 12:50, 4:10, 7:10, 10:30 **Daddy's Home** (PG-13) 10, 12:40, 3:10, 5:45, 8:10, 10:45 **The Forest** (PG-13) 10:30, 1:10, 4:40, 7:30, 8:25, 10:50 **The Hateful Eight** (R) 9:30, noon, 4, 6:40, 10:20 **The Revenant** (R) 9:40, 1, 3:30, 7, 9:50 **Ride Along 2** (PG-13) 9:10, 1:20, 3:40, 7:40, 10:15 **Star****Wars: The Force Awakens** (PG-13) 11, 2, 5, 8, 11 ... **3-D** (PG-13) 9, 12:10, 3:20, 6:50, 10**PUYALLUP SOUTH HILL MALL SIX:**
253-445-8801**Ride Along 2** (PG-13) 12:45, 3:30, 6:20, 9 **Alvin and the Chipmunks: The Road Chip** (PG) 12:50. 3:20 **Sisters** (R) 12:40, 3:40, 6:15, 9:05 **Creed** (PG-13) 3:10, 8:50 **The Good Dinosaur** (PG) 12:55, 3:50, 6:10. 8:45 **Spectre** (PG-13) 3, 8:40 **Spotlight** (R) 12:30, 6 **Brooklyn** (PG-13) 6:25, 9:10 **The Martian** (PG-13) 12:35, 6:05**BONNEY LAKE REGAL TALL FIRS 10:** 253-891-5445**The Revenant** (R) 11:30,3:40, 6:50, 10:15 **Star Wars: The Force Awakens** (PG-13) 11:50, 10:10**GIG HARBOR GALAXY UPTOWN THEATRE:** 253-857-7469**Ride Along 2** (PG-13) 10:25, 1:25, 4:20, 7:15, 11 **Ride Along 2** (PG-13, 21+ only) 1:25, 4:20, 7:15, 10:15 **13 Hours: The Secret Soldiers of Benghazi** (R) 10:05, 1:30, 4:35, 7:45, 10:45 **The Revenant** (R) 10:15, 11, 2, 2:30, 5:40, 6, 9:15, 9:45 **Joy** (PG-13) 10, 1, 3:50, 6:45, 9:40 **Star Wars: The Force Awakens** (PG-13) 10:40, 11:30, 12:30, 3, 3:30, 4, 6:30, 7, 7:30, 9:30, 10 ... **3-D** (PG-13) 12:10, 10:30 **Sisters** (R) 1:45, 5, 8,

SEE MOVIES, 9C



ALEXANDRA KOCIK Northwest Guardian

Randy Jenson and her three children play with engineering toys beneath the M-21 Blackbird parked in the center of a large area in the Museum of Flight.

DAY TRIP

Museum lets imagination soar

BY ALEXANDRA KOCIK
Northwest Guardian

Since 1983, visitors to Seattle's Museum of Flight have been viewing aircraft up close and learning the history behind them. During the past 10

years, the museum has expanded its exhibits, buildings and the events hosted within.

The two buildings are now full of donated memorabilia and full-scale replicas, along with several sections devoted to the

final frontier.

Every year, Chris Blankley and his two kids, Ruby and Jack, visit this museum on Veterans Day as a way to pay homage to their family members who flew similar machines. They stopped to see the Bell

UH-1H Iroquois (Huey) helicopter.

"It's a lot of fun to be able to point out the helicopter that's like the one my cousin flew in the Vietnam War or the fighter jet their grandfather flew in the Royal Army," Blankley

said. "We love (visiting) every year and plan to continue the tradition."

LEARNING

On a few scheduled dates throughout the year, educators are admitted free. Billy Harris, an ele-

mentary school principal, his wife, Dena, and their two children visited the museum on one of these days. Although the family has lived in the Seattle

SEE FLIGHT, 5C

JAN. 15

MOONLIGHT SNOWSHOE
GOLD CREEK

Snowshoe on the Snoqualmie Pass trails by the light of the moon — a unique experience. Gear, guide, instruction and transportation are included in the trip fee. Difficulty: beginner; distance: one and a half miles; elevation gain: 50 feet; time: two hours. Minimum age: 12. Departure time and location: Northwest Adventure Center at Lewis North at 5:30 p.m. or McChord Field's Adventures Unlimited at 5:45 p.m. **\$40**. Popular family trip with NAC expert guides.

JAN. 16

BALD EAGLE
FLOAT TRIP

Many people will never get to see the majestic bald eagle in its natural habitat, but on this trip we could view up to 200. We'll float down the docile Skagit River in a large, stable raft among one of the largest concentrations of bald eagles in the Lower 48. Depart from the Northwest Adventure Center at Lewis North at 7 a.m. **\$55**; add **\$25** for a souvenir cup and lunch. Reasonable accommodations can be made for persons with special needs; popular family trip with NAC guides.

JAN. 17, 31
SNOW TUBING
DOWN HILL

Enjoy one of the best tubing hills with the Outdoor Recreation program. Dress warmly for a wild ride. Snow tubes and transportation provided with tickets. Depart from Northwest Adventure Center at Lewis North at 9 a.m. or McChord Field's Adventures Unlimited at 9:15 a.m. **\$35**; ages 6 to 12: **\$25**; ages 5 and younger: **\$5**. Reasonable accommodations can be made for persons with special needs; popular family trip.

JAN. 17

JOIN IN THE
ICE FEST

Spend a day in a traditional Bavarian village sledding, eating bratwurst and shopping with the Outdoor Recreation program. At the end of the day, you can

watch as the town is transformed into a beautiful display of twinkling lights. This trip is sure to be fun for the entire family. Departure time and location: Northwest Adventure Center at Lewis North at 8 a.m. or McChord Field's Adventures Unlimited at 8:15 a.m. **\$55**; ages 6 to 11: **\$25**; ages 5 and younger: **\$5**. Reasonable accommodations can be made for persons with special needs; popular family trip with NAC expert guides.

JAN. 19

LADIES KAYAK
SKILLS CLASS

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

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

This month, we're offering a ladies-only skills class. Meet at Kimbro Pool inside McVeigh Sports and Fitness Center at 7:30 p.m. Minimum age: 12. **\$25**.

JAN. 22

MILITARY DAY
AT STEVENS PASS

Head north for the fantastic snow at Stevens Pass for great deals at the military appreciation day. If you want to ski, snowboard or snowshoe, you're in luck. The trip fee includes ski/board, boots, bindings and transportation. If you prefer to snowshoe, the fee includes snowshoe, trekking pole and guide. Depart from Northwest Adventure Center at Lewis North at 6 a.m. or McChord Field's Adventures Unlimited at 6:15 a.m. **\$60** for ski/board; **\$50** for snowshoe; **\$40** transportation only. This trip is weather dependent and may be rescheduled or canceled due to incremental or low-snow conditions. Reasonable accommodations can be made for persons with special needs; popular family trip.

JAN. 23, FEB. 6

MOUNTAIN DAY
AT WHITE PASS

Head off the beaten path to White Pass. Ski or snowboard and get transportation, gear, two-hour lesson and full mountain lift ticket. Snowshoeing and

gear and guide will be provided. Call or come in to ask about cross-country skiing. Depart from McChord Field's Adventures Unlimited at 5:45 a.m. or Northwest Adventure Center at Lewis North at 6 a.m. Ski/snowboard lessons package: **\$115**; snowshoe: **\$45**; have your own gear/transportation only: **\$35**. Reasonable accommodations can be made for persons with special needs; popular family trip.

JAN. 24

SNOWSHOE AROUND
IN PARADISE

Discover the beauty of Mount Rainier on snowshoeing trails. Travel along Mount Rainier's Glacier Vista Trail while exploring the best route up to Panorama Point. Difficulty: moderate to difficult; distance: three miles; time: three hours. Minimum age: 12. Guide, gear, instruction and

transportation provided. Depart from NAC at Lewis North at 8 a.m. or McChord Field's Adventures Unlimited at 8:15 a.m. **\$45**. Popular family trip with

NAC expert guides.

SEE OUT, 6C

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ALEXANDRA KOCIK Northwest Guardian

The Harris family looks at a small replica at the Museum of Flight during their first visit.

FROM PAGE 3C

FLIGHT

area for more than 10 years, the special admission prices brought them in.

“This is a great museum, with plenty of different activities for the kids,” Dena said. “They are 8 and 5 — the perfect age for the interactive stuff here.”

Billy Harris said he plans on pushing for school field trips, especially because of the science, technology, engineering and mathematics activities.

There are plenty of activities for young visitors. Children can build their own planes and crafts in one area. There is also a place to learn how to put together small robots, with instructors on hand to guide interested kids’ imaginations.

There is also an area devoted to teaching children about launching satellites, flying spaceships and other activities for astronauts.

The free educator admission is also open to homeschooling parents.

Ticket prices

Ages 4 and under: free

Ages 5-17: \$12 (\$11 with student ID)

Adults: \$20 (\$17 with military ID)

Seniors (65 and over): \$17

Randy Jenson visited the museum with a group of home-school parents and their children.

“The boys love all the fighter jets and military stuff, while my daughter was really excited about the planetarium,” Jenson said. “For me, it’s interesting to see the history of flight up close.”

MORE SPACE

Ted Huetter, museum public relations and promotions manager, said service members are an important part of museum events. Along with the annual Veterans Day celebration, the museum hosts guests speakers with military stories to share with visitors. It also offers military discounts.

“We have a lot of planes



ALEXANDRA KOCIK Northwest Guardian

Every year Chris Blankley and his two kids, Ruby and Jack, visit this museum on Veterans Day. A family member rode in a Bell UH-1H Iroquois (Huey) helicopter in the Vietnam War just like the one on display.

and aircraft that (flew) on McChord or that are familiar to those who have served in previous wars,” Huetter said.

The three buildings of the Museum of Flight include events and exhibits from across history. Taking a left after entering the main entrance brings visitors to the Bill and Moya Lear Gallery on Space: Exploring the New Frontier, where visitors can learn more about astronaut’s training.

They can also get up close to NASA by seeing a moon rock from the Apollo 12 crew, a mock up of moon landers and the insides of a space shuttle.

Those who want even more space experience can take a right at the entrance

and head across the street. A sky bridge leads visitors to the new Charles Simony Building currently showing the space gallery.

In this gallery, guests learn about the training each space shuttle astronaut goes through before being launched into space.

Visitors interested in seeing space for themselves can also purchase tickets to the “Journey to Space” 3D movie shown throughout the day. The cost is \$1 for museum members and \$2 for non-members.

UP CLOSE

Life size models and decommissioned aircraft are scattered around the museum. The T.A. Wilson Great Gallery includes

models and decommissioned crafts such as a Canadair CL-13B Sabre Mk. 6, a Lockheed M-21 Blackbird, a Douglas A-4F Skyhawk II and many more.

Guests can get behind the wheel in an i360 flight simulator or read up on some of the most iconic aircraft in history.

Taking a right at the entrance leads visitors back in time with artifacts on display from the past 100 years. In the William E. Boeing Red Barn, guests can learn more about the history of the Boeing Co. from 1916 to 1958. Further down is the J. Elroy McCaw Personal Courage Wing showcasing war-planes from the greatest battles in history, includ-

ing the first fighter plane — the Caproni Ca. 20.

“There is something for everyone here, and we really try to make sure history comes alive for our visitors,” Huetter said.

The Museum of Flight is located at 9404 E. Marginal Way S. in Seattle. It is open daily from 10 a.m. to 5 p.m. Tickets are free for ages 4 and younger, \$12 for ages 5 to 17, \$17 for adults with military ID and seniors 65 and older. On the first Thursday of the month, they have a special where guests get in free between 5 to 9 p.m.

For more information, visit museumofflight.org.

Alexandra Kocik:
akocik@nwguardian.com,
360-970-5049

FROM PAGE 4C

OUT

JAN. 24

SEATTLE AQUARIUM/
PIKE PLACE MARKET

Visit two local favorites, the Seattle Aquarium and Pike Place Market, without worrying about parking. The aquarium is filled with local exhibits for the whole family. There are many things to see and touch. Pike Place Market has an assortment of unique shops to explore. Meet at the Northwest Adventure Center on Lewis North at 9:30 a.m. The fee includes aquarium admission. **\$50**; ages 4 to 12: **\$40**; ages 3 and under: **\$30**. Reasonable accommodations can be made for persons with special needs; popular family trip.

JAN. 29

NIGHT SLOPES
AT THE SUMMIT

Tired of the rain? Head for the snow and spend the evening at the Summit at Snoqualmie. Transportation and gear are

provided; go to the Northwest Adventure Center to get fitted for your gear before the day of the trip. Depart from Adventures Unlimited at 6:15 p.m. or the Northwest Adventure Center at Lewis North at 6:30 p.m. **\$45**; have your own gear/transportation only: **\$25**.

JAN. 30

LADIES SNOWSHOE
GOLD CREEK POND

Snowshoe by the light of the moon on Snoqualmie Pass trails. Gather your friends and join us on this ladies-only trip. Gear, guide and instruction are provided. Difficulty: beginner; distance: 1.5 miles; elevation gain: 50 feet; time: two hours. Minimum age: 12. Depart from the Northwest Adventure Center at Lewis North at 5:30 p.m. or McChord Field's Adventures Unlimited at 5:45 a.m. **\$40**. Reasonable accommodations can be made for persons with special needs; popular family trip with NAC expert guides.

JAN. 31

SNOWMOBILE
THE CASCADES

If you're seeking the most fun-filled winter experience,

check out this snowmobiling trip through the Cascade Mountains. Fun, action, beauty and excitement await you. Transportation, snowmobile, helmet, boots, gloves and snowsuit are provided. Dress in layers. Minimum age to drive: 16. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. or McChord Field's Adventures Unlimited at 8:15 a.m. Preregistration required. **\$170**; adult passengers: **\$125**; passengers 15 and younger: **\$75**. Add **\$20** for lunch and souvenir cup. Reasonable accommodations can be made for persons with special needs; popular family trip.

SNOWSHOE OR
HIKE PARADISE

Discover the beauty of Mount Rainier on snowshoeing trails that offer something for every woman. Our ladies-only group will travel along Mount Rainier's Glacier Vista Trail while exploring the best route up to Panorama Point. Difficulty: moderate to difficult; time: three hours; distance: three miles. Minimum age: 12. The trip fee includes guide, gear, instruction and transportation. Departure time and location: Northwest Adventure Center at Lewis North at 8 a.m. or McChord Field's Ad-

ventures Unlimited at 8:15 a.m. **\$45**. Popular family trip with NAC expert guides.

FEB. 4

MILITARY APPRECIATION
AT CRYSTAL MOUNTAIN

You don't want to miss the chance to ski or ride Crystal Mountain for half-price. The trip fee includes transportation and gear. While lift tickets are not included, they can be purchased at the mountain; military discounts are now available at the resort — no need to purchase online in advance. Go to the Northwest Adventure Center prior to the trip to be fitted for your gear. Departure time and location: Northwest Adventure Center at Lewis North at 6:45 a.m. or McChord Field's Adventures Unlimited at 7 a.m. **\$45** for gear rental and transportation or **\$25** for transportation only. Reasonable accommodations can be made for persons with special needs; popular family trip.

FEB. 6

WINTER SURVIVAL
CAMPING TRIP

Head to Paradise in Mount Rainier National Park for an

overnight trip. Participants will learn the basics of trip preparation, winter travel, shelter construction, winter survival basics, backcountry cooking and leave-no-trace camping. A mandatory pre-trip class will take place at the Northwest Adventure Center Feb. 3 from 5 to 6 p.m. The trip fee includes winter camping class, group gear (not including sleeping bag), transportation, entrance into Mount Rainier National Park and three camp meals. Participants are responsible for lunch on the first day. If weather doesn't permit snow caves, we'll use tents. Preregistration is required before Feb. 2. Minimum age: 18. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. **\$85**. Trip with NAC expert guides.

FEB. 7

GOLD CREEK
FAMILY SNOWSHOE

This Gold Creek Pond trip is one of the easiest snowshoe hikes near Snoqualmie Pass, making it perfect for families. You'll be treated to great views to the head of Gold Creek Valley, Rampart Ridge, Chikamin Ridge and other Snoqualmie peaks. Gear, guide, instruction and

transportation are provided. Difficulty: beginner; distance: 1.5 miles; elevation gain: 50 feet; time: two hours. Minimum age: 6. Depart from the Northwest Adventure Center at Lewis North at 9 a.m. or McChord Field's Adventures Unlimited at 9:15 a.m. **\$35**. Reasonable accommodations can be made for persons with special needs; popular family trip with NAC expert guides.

MOUNTAIN DAY
AT MISSION RIDGE

Tired of the rain? Travel across the mountains to central Washington for a day of skiing or snowboarding at the beautiful Mission Ridge Ski Resort. Ski/snowboard package includes transportation, gear, two-hour lesson and full mountain lift ticket. Prefer to snowshoe? Gear and transportation are provided. Departure time and location: Northwest Adventure Center at Lewis North at 5 a.m. or McChord Field's Adventures Unlimited at 5:15 a.m. Ski/snowboard: **\$125**; snowshoe: **\$55**; have your own gear/transportation only: **\$50**. Reasonable accommodations can be made for persons with special needs; popular family trip with NAC expert guides.

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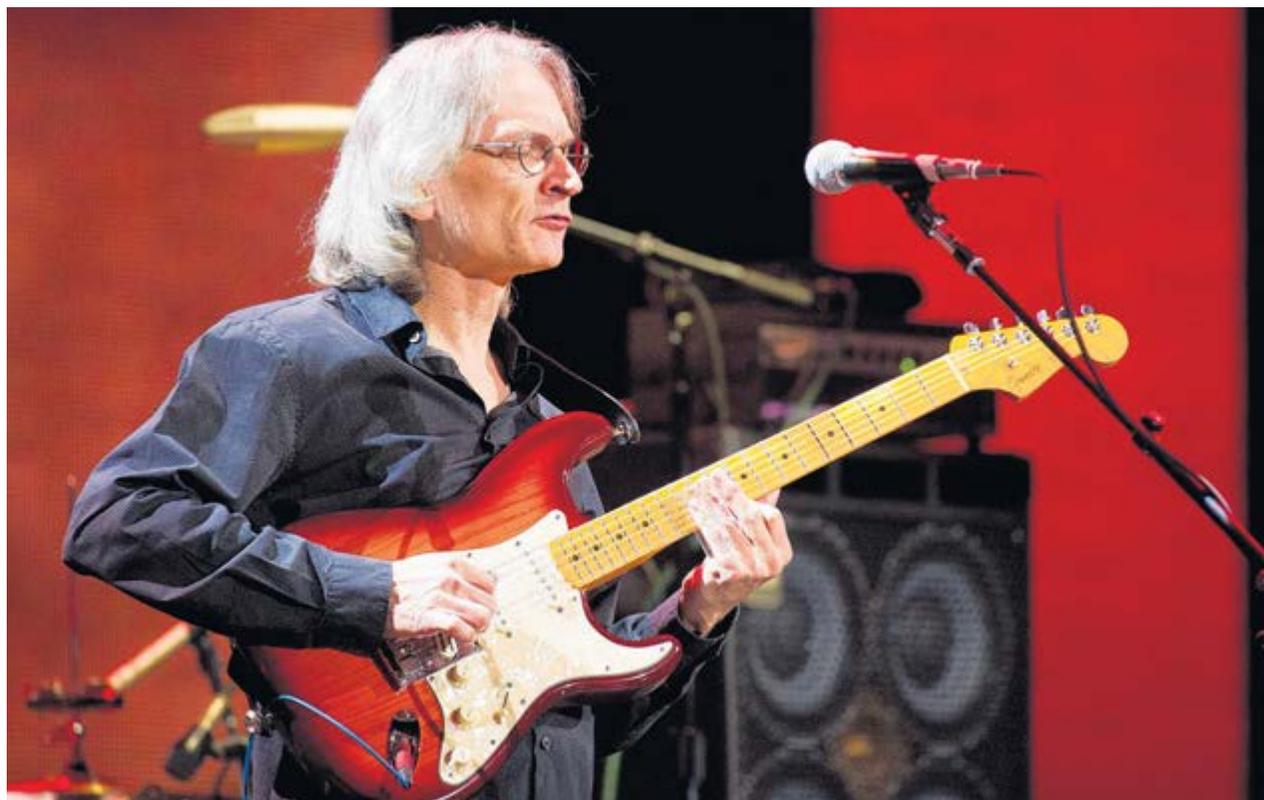
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CHARLES SYKES The Associated Press

Sonny Landreth performs at Eric Clapton's Crossroads Guitar Festival in 2013. He is performing Friday at Jazzbones Nightclub And Restaurant in Tacoma.

TICKETS

THIS WEEK

Hear what's new from the former lead singer of the Steve Miller Band **BOZ SCAGGS** March 12, 8 p.m., Emerald Queen Casino, Tacoma. \$40-\$95. Tickets go on sale today at 10 a.m.

ON SALE NOW

PINK MARTINI Tonight, 8

p.m., Pantages Theatre, Tacoma. \$100.

SONNY LANDRETH Tonight, 8 p.m., Jazzbones Nightclub And Restaurant, Tacoma. \$40-\$110.

SAVING ABEL Sunday, 8 p.m., Jazzbones Nightclub And Restaurant, Tacoma. \$40-\$110.

OH WONDER Monday, 8:30 p.m., The Neptune Theatre, Seattle. \$60-\$150.

BRIAN MCKNIGHT Jan. 22, 8:30 p.m., Emerald Queen Casino. \$40-\$95.
SIR MIX-A-LOT Jan. 28, Necter Lounge, Seattle. \$50-\$80.

AC/DC Feb. 2, 8 p.m., Tacoma Dome. \$75-\$140.
BLACK SABBATH: THE END Feb. 6, 7:30 p.m., Tacoma Dome. \$50-\$150.
LUNAR NEW YEAR CONCERT Feb. 8, 8 p.m., Tulalip Resort Casino. \$25.

BRAD PAISLEY Feb. 13, 7:30 p.m., Tacoma Dome. \$29.75-\$55.

AIR SUPPLY Feb. 13, 8 p.m., Emerald Queen Casino, Tacoma. \$30-\$70.
HARLEM GLOBETROTTERS Feb. 13, 3 p.m., KeyArena, Seattle. \$60-\$180.
HARLEM GLOBETROTTERS Feb. 21, 3 p.m., Toyota Center Kennewick. \$50-\$103.

BLUE OYSTER CULT Feb. 27, 8 p.m., Emerald Queen Casino, Tacoma. \$25-\$55.

JENNIFER NETTLES

March 3, 8 p.m., Emerald Queen Casino. \$40-\$110.

JUSTIN BIEBER March 9, 7:30 p.m., KeyArena, Seattle. \$46-\$122.

JOHNNY RIVERS March 26, 8 p.m., Skagit Valley Casino. \$55-\$60.

SHEN YUN April 8 to 10, 2 and 7:30 p.m. McCaw Hall, Seattle. \$60-\$180.

JEFF DUNHAM April 10, 3 p.m., Tacoma Dome. \$47.

IRON MAIDEN: THE BOOK OF SOULS

WORLD TOUR April 11, 7

p.m., Tacoma Dome.
SELENA GOMEZ May 13, 7:30 p.m., KeyArena, Seattle. \$80-\$120.

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

ADELE July 25 - 26, 7:30 p.m., KeyArena, Seattle. \$35-\$145.50.

DEMI LOVATO AND NICK JONAS Aug. 21, 8 p.m., KeyArena, Seattle. \$26-\$76.

JOSH GROBAN Aug. 23, 6 p.m., Chateau Ste Michelle Winery, Woodinville. \$80.

MAROON 5 Oct. 11, 7:30 p.m., KeyArena, Seattle. \$47-\$122.

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LOCAL

CHARITY

SPAGHETTI DINNER To benefit Bruce Miller's battle against brain tumor, 5:30 to 8 p.m. Jan. 22. Rainier View Christian Church, 12305 Spanaway Loop Road S., Tacoma. Visit rainierview.org for information on dinner. Fundraising is ongoing at giveforward.com.

COMMUNITY

GET HELP WITH HEALTH INSURANCE TALK

To in-person assistants from Sea Mar Community Health Centers to find out if you are eligible for health insurance coverage. 6 to 8 p.m. Friday. Parkland/Spanaway Library, 13718 Pacific Ave. S., Tacoma. Free. 253-548-3304, piercecounitylibrary.org.

ANNUAL MODEL RAILROAD SHOW 10 a.m. to 6 p.m. Saturday through Monday. Pacific Science Center, 200 Second Ave. N., Seattle. \$11.75-\$19.75. pacificsciencecenter.org.

MLK BREAKFAST: THE SPIRIT OF JUSTICE

In a New Generation Keith Beauchamp keynote speaker. 8 a.m. Monday. University Y Student Center, 1710 Market St., Tacoma. \$10-\$20.

MARTIN LUTHER KING, JR. REDEEMING THE PROPHETIC VISION

2016 INTERFAITH SERVICE Featuring a keynote speaker and honor all of the previous recipients of the awards ceremony for the Civil Rights Honor Roll. 2 to 4 p.m. Sunday. Urban Grace, 902 Market St., Tacoma. Free. 253-573-1504, conversationtacomablogspot.com.

MULTICARE DO SOMETHING HEALTHY EVENT

With local Olympic gold medalist, model, wife, and mother, Amanda Beard. 6 p.m. Thursday. Hotel Murano - Bicentennial Pavilion, 1320 Broadway, Tacoma. \$10.

INSIDE RADIOLAB WITH ROBERT KRULWICH

Special event will discuss the inner workings of the smash hit, shedding light on what makes their work examining big questions in science, philosophy, and the human experience so compelling. 7:30 p.m. Jan. 22. Pantages Theater, 901 Broadway, Tacoma. \$19-\$49. 253-591-5894, broadwaycenter.org.

ELMA WINTER WINE FESTIVAL

With music, vendors, food, beer garden, auction and more noon Jan. 23. Grays Harbor Fair & Events Center, 32 Elma McCleary Road, Elma. \$15-\$20.

SOUTH SOUND WEDDING SHOW Presented by South Sound Wedding & Event magazine. 9:30 a.m. Jan. 23. Saint Martin's

University, 5000 Abbey Way SE, Lacey. \$8 advance; \$12 day of show. southsoundweddingshow.com.

TALKS

HEALTH EQUITY IN SCHOOLS DISCUSSION

Join Parents and Friends for Tacoma Public Schools, a community group dedicated to strengthening our public education system, for a discussion on Health Equity in Schools. 6 p.m. Wednesday. King's Books, 218 St. Helens Ave., Tacoma. 253-272-8801. kingsbookstore.com.

THE STORIES TACOMA TELLS MICHAEL SULLIVAN

Explore Tacoma's history and architectural design. 10:30 a.m. to 12:30 p.m. Thursday. Garfield Book Company, 208 Garfield St. S., Tacoma. \$15, walk-ins welcome. 253-241-4166, plu.edu.

WORKSHOPS

HOARDING: THE HIDDEN PROBLEM EXPOSED Free workshop will help identify hoarding behaviors, provide an understanding of the disorder and a look at the solutions and resources available in Pierce County. 12:10 p.m. Friday. Pierce County Annex, 2401 S. 35th St., Tacoma. 6:30 p.m. Wednesday. Sumner Library, 1116 Fryar Ave., Sumner; 9:30 a.m. Jan. 23. Pierce County Community Connections — Sound View Building, 3602 Pacific Ave., Tacoma. Free. 253-798-4600, PierceADRC.org.

DOWNLOADING E-READER CLINIC 1:30 p.m. Friday. Tacoma Public Library, 1102 Tacoma Ave. S., Tacoma. Free. 253-292-

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2001, tacomalibrary.org.
GET FINANCIALLY FIT Come learn what you need to know before investing. 7 p.m. Jan. 25. Lakewood Library, 6300 Wildaire Road SW, Lakewood. Free. 253-548-3302, piercecounitylibrary.org.
SAVE MONEY, SAVE TIME, STOCK UP Make the most of your food budget with smart shopping and planning tips from Beverly Pogue, The Homemaker's Coach. 6:30 p.m. Jan. 25. Parkland/Spanaway Library, 13718 Pacific Ave. S., Tacoma. Free. 253-548-3304, piercecounitylibrary.org.

MUSIC

CLASSICAL

MARIKO CHIBA Third

Fridays at noon, recital on the renowned John Brombaugh pipe organ. Christ Episcopal Church, 310 N. K St., Tacoma. Free.
INTERNATIONAL GUITAR NIGHT 7:30 p.m. Jan. 29. Kent-Meridian Performing Arts Center, 10020 SE 256th St., Kent. \$15-\$28. internationalguitarnight.com.
BRASS UNLIMITED SOUNDS OF BRASS CONCERT Featuring tubist Andy Abel playing musical selections from Ginastera, Stravinsky, Mussorgsky, Vaughan Williams and others. 3 p.m. Sunday. Tacoma Community College, 6501 S. 19th St., Tacoma. Free.

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FROM PAGE 2C
MOVIES

10:50
PORT ORCHARD REGAL SOUTH SOUND 10: 360-871-2294
Daddy's Home (PG-13) 12:50, 4:40, 7:30, 10:45
The Revenant (R) 1, 3:40, 7:20, 10 Star Wars: The Force Awakens (PG-13) noon, 3:20, 6:40, 9:50 ...3-D (PG-13) 12:30, 3:50, 7:10, 10:20
SOUTH KING COUNTY
AUBURN STADIUM
17: 253-735-6721
The Revenant (R) 11:40, 1:10, 3:10, 4:50, 6:40, 8:30, 10:10
CENTURY FEDERAL

WAY 16: 253-946-0942
13 Hours: The Secret Soldiers of Benghazi (R) 10, 12:50, 4:10, 7:30, 10:45
Norm of the North (PG) 12:05, 2:30, 5, 7:35, 9:55
Ride Along 2 (PG-13) 10:40, noon, 1:20, 2:40, 4, 5:20, 7, 8, 9:40, 10:40
Nannaku Prematho (not rated) 9 p.m. The Forest (PG-13) 12:15, 2:45, 5:15, 7:45, 10:15
Tiger (not rated) 11:15, 2:30, 5:45
Concussion (PG-13) 1:20, 4:20, 7:20
Daddy's Home (PG-13) 12:05, 2:35, 5:10, 7:40, 10:10
Joy (PG-13) 6:4, 9:35
The Hateful Eight (R) 11, 2:40, 6:20, 10:05
The Revenant (R) 10:30, 11:45, 2:10, 3:20, 5:45, 6:55, 9:20, 10:30
Alvin and the Chipmunks (not rated) 11:15, 2:30, 5:45
SEE MOVIES, 10C

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Jafar Panahi's Taxi (NR)
Fri: 1:25, 6:15; Sat-Mon: 6:15
Tue-Thu: 1:15, 6:15

Carol (R)
Fri-Mon: 12:15, 2:55, 5:35, 8:20
Tue-Thu: 2:55, 5:35, 8:20

The Danish Girl (R)
Fri: 3:35, 8:10
Sat-Mon: 12:00, 3:35, 8:10
Tue-Thu: 3:35, 8:10

Brooklyn (PG-13)
Fri: 1:35, 4:05, 6:35
Sat-Mon: 1:35, 4:05, 6:35, 9:05
Tue: 4:05, 9:05; Wed: 4:15
Thu: 1:35, 4:05, 6:35, 9:05

Spotlight (R)
Fri-Sun: 12:30, 3:20, 6:10, 8:55
Mon-Tue: 3:20, 6:10, 8:55
Wed: 3:25, 6:10, 8:55
Thu: 3:20, 6:10, 8:55

The Black Panthers: Vanguard of the Revolution (NR)
TUESDAY FILM SERIES
Tue: 1:15, 6:30
THERE WILL BE A PANEL DISCUSSION FOLLOWING THE 6:30 PM SCREENING ON TUESDAY, JANUARY 19

Breakfast at Tiffany's (NR)
Wed: 1:45, 6:45

Labyrinth (PG)
Fri: 9:05; Mon: 1:00

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11 a.m. (doors open at 10 a.m.)

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Greater Tacoma Convention and Trade Center
1500 Broadway, Tacoma, WA 98402

The 28th Annual City of Tacoma Dr. Martin Luther King, Jr. Birthday Celebration
will focus on building stronger trust among our government, police and young men of color, and insuring the work of reducing racial disparities is part of everything we do.

AFTER THE CELEBRATION
Flip the Script: Acknowledging Young Men of Color as Community Assets
1:30 p.m. at the GTCT
Presented by Cities United and the City of Tacoma's Office of Equity and Human Rights

Please bring non-perishable food for the MLK food drive.

FREE PARKING options:

- Tacoma Dome Parking Garages – 424 East 25th Street (Use Link Light Rail and get off at the 15th Street/Convention Center)
- Greater Tacoma Convention and Trade Center – 1500 Broadway
- Pacific Plaza Garage – 1125 Commerce Street
- Park Plaza North – 923 Commerce Street

Sponsored by the City of Tacoma's City Events and Recognitions Committee
253-591-5000
cityoftacoma.org/MLK

FROM PAGE 9C

MOVIES

munks: The Road Chip (PG) 11:40, 2, 4:20 **Sisters** (R) 10:30, 1:30, 4:30, 7:30, 10:30 **Star Wars: The Force Awakens** (PG-13) 12:45, 4, 7:15, 10:30 ...**3-D** (PG-13) 10:35, 5:05 **Creed** (PG-13) 10:20

FEDERAL WAY GATEWAY 8: 253-946-5289

The Martian 3-D (PG-13) 3:45, 9:40 **The Martian** (PG-13) 12:40, 6:45 **Sicario** (R) 7, 9:50 **Goosebumps** (PG) 12:15, 2:35, 5, 7:20, 9:55 **Bridge of Spies** (PG-13) 12:20, 3:25, 6:35, 9:35 **The Peanuts Movie** (G) 11:45, 2, 4:15, 7:05, 9:20 **The Heart of the Sea** (PG-13) 11:30, 4:50, 10:10 ...**3-D** (PG-13) 2:10, 7:30 **Love the Coopers** (PG-13) noon, 2:20, 4:40 **Everest** (PG-13) 11:15, 4:25, 9:45 ... **3-D** (PG-13) 1:50, 7:10 **Spectre** (PG-13) 12:30, 4, 7, 10

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

Revenant (R) noon, 2:30, 3:30, 6:10, 7:10, 8:20, 9:50 **Star Wars: The Force Awakens 3-D** (PG-13) 2:15, 8:50 ...**3-D**: **IMAX** (PG-13) 12:20, 3:40, 7, 10:20 **The**

CENTURY OLYMPIA: 360-943-0769

13 Hours: The Secret Soldiers Of Benghazi (R) 12:15, 3:45, 7:15, 10:30 **Alvin and the Chipmunks: The Road Chip** (PG) 11:35, 2:10, 4:45 **The Big Short** (R) 11:55, 4:05, 7:45, 10:50 **Creed** (PG-13) 10:45 **Daddy's Home** (PG-13) 10:50, 1:15, 4:50, 7:35, 10:10 **The Forest** (PG-13) 10:55, 1:45, 4:20, 7:55, 10:35 **The Hateful Eight** (R) 11:20, 3:15, 7,

10:15 **Joy** (PG-13) 7:05, 10 **Norm of the North** (PG) 11, 1:55, 4:25, 7:25, 9:50 **The Revenant** (R) 11:45, 3:30, 7:10, 10:35 **Ride Along 2** (PG-13) 11:10, 2, 4:40, 7:20, 10:05 **Sisters** (R) 10:35, 1:25, 4:10, 7:40, 10:25 **Spotlight** (R) 10:40, 1:35, 4:35, 7:50 **Star Wars: The Force Awakens 3-D** (PG-13) 12:30, 4, 7:30, 10:40 **Star Wars: The Force Awakens** (PG-13) 10:30, 11:30, 1:40, 2:45, 4:55, 7:05, 8:10, 10:20

YELM YELM CINEMAS: 360-400-3456

Norm of the North (PG) 12:30, 3, 5:20, 7:30, 10 **13 Hours: The Secret Soldiers of Benghazi** (R) 11:50, 3:45, 7:30, 10:40 **Ride Along 2** (PG-13) noon, 2:30, 5, 7:30, 10:15 **The Revenant** (R) 11:40, 3:15, 6:30, 9:50 **The Hateful Eight** (R) noon, 3:25, 6:50, 10:15 **The Forest** (PG-13) noon, 2:10, 4:20, 6:30, 8:40, 10:50 **Daddy's Home** (PG-13) 11:30, 1:50, 4:10, 6:3, 8:50, 11:20 **Star Wars: The Force Awakens** (PG-13) 12:30, 4:20, 7:30, 10:40



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FROM PAGE 8C
EVENTS

253-759-9511, brassunlimited.org.
JACOBSEN SERIES: STRINGS ATTACHED PROGRAM Featuring Maria Sampen, violin, Brittney Boulding, guest artist, violin; Timothy Christie, viola; and Alistair MacRae, cello. 7:30 p.m. Jan. 22 University of Puget Sound — Schneebeck Concert Hall, 1500 N. Warner St., Tacoma. \$15-\$10. 253-879-3100. puget-sound.edu.

COUNTRY

AN EVENING WITH TRAVIS TRITT 7:30 p.m. Jan. 29. Washington Center for the Performing Arts, 512 Washington St. SE, Olympia. \$55-65. 360-753-8585, washingtoncenter.org.

JAZZ

BLACK BOX JAZZ: JOHN STOWELL 8 p.m. Friday. Washington Center for the Performing Arts, 512 Washington St. SE, Olympia. \$27. washingtoncenter.org.

POP

CHASE RICE 8 p.m. Jan. 22 The Paramount Theatre, 911 Pine St., Seattle. \$31.25. stgprepresents.org.

RAP

SIR MIX-A-LOT 8 p.m. Jan. 28. Nectar Lounge, 412 N. 36th St., Seattle. \$20. 206-632-2020.

ROCK

PINK MARTINI 8 p.m. Friday. Pantages Theater, 901 Broadway, Tacoma. \$34-\$110. 253-591-5894, broadwaycenter.org.
SOUND TRIBE SECTOR 9 7:30 p.m. Jan. 23. Showbox at the Market, 1426 First



Courtesy photo

Attend the Annual Model Train Show Saturday through Tuesday at the Pacific Science Center. Tickets are \$11.75-\$19.75.

Ave., Seattle. \$27.50. stgprepresents.org.
JOSH RITTER & THE ROYAL CITY BAND 8 p.m. Jan. 24. Moore Theatre, 1932 Second Ave., Seattle. \$42. stgprepresents.org.

SOUTHERN ROCK IAN MOORE & THE LOSSY COILS 7:30 p.m. Jan. 23. Theatre on the Square, 915 Broadway, Tacoma. \$19, \$36, \$49. 253-591-5894, broadwaycenter.org.

WORLD

DANISH FOLK TRIO CONCERT Sonnich Lydom, Kristian Bugge and Morten Alfred Hoirup at 2 p.m. Jan. 24. Scandinavian Cultural Center, 122nd South Park Ave., Tacoma. Free; suggested donation is \$12. Wine and beer available for sale. 253-535-7349, plu.edu.

NIGHTLIFE

FRIDAY B SHARP COFFEE HOUSE 706 Opera Alley, Tacoma, Greta Matassa Quartet. 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.
CAFE DIVINO 2112 N. 30th St., Tacoma. Jason Plute. 7 p.m. 253-779-4226.

EMERALD QUEEN I-5 NIGHTCLUB 2024 E. 29th St., Tacoma, Groove City. 9 p.m. 253-594-7777.
G. DONALDSON'S 3814 N. 26th St., Tacoma, The Kareem Kandi Band. 8 p.m. 253-761-8015.

GREAT AMERICAN CASINO 10117 South Tacoma Way, Lakewood, Funk Factory. 9 p.m. 253-396-0500.

JAZZBONES 2803 Sixth Ave., Tacoma, Sonny Landreth. 8 p.m. 253-396-9169.

LOUIE G'S 5219 Pacific Highway E., Fife, Kim Archer, Champagne Sunday, Angie Lynn. 7 p.m. 253-926-9700.

MUCKLESHOOT CASINO 2402 Auburn Way S., Auburn, Johnny Cash Tribute, Chapter 5. 8 p.m. 253-333-1848.
ROCK THE DOCK 535 Dock St., Tacoma, The Front. 8 p.m. 253-272-

5004.
ROYAL BEAR PUB AND EATERY 35731 W. Valley Highway S., Algona, Try. 9 p.m. 206-628-0888.
THE SWISS 1904 S. Jefferson, Tacoma, The Windbreakers. 9 p.m. 253-572-2821.
THE VALLEY PUB 1206 Puyallup Ave., Tacoma. Terrasone, Corrosive Company, Chrono Bats. 9 p.m. 253-248-4265.

SATURDAY

B SHARP COFFEE HOUSE 706 Opera Alley, Tacoma, The Dan Duval Quartet. 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.

DAWSON'S BAR AND GRILL 5443 South Tacoma Way, Tacoma. 253-476-1421.

EMERALD QUEEN I-5 NIGHTCLUB 2024 E. 29th St., Tacoma, Groove City. 9 p.m. 253-594-7777.

G. DONALDSON'S 3814 N. 26th St., Tacoma, Jared Hall Trio. 7:30 p.m. 253-761-8015.

GREAT AMERICAN CASINO 10117 South Tacoma Way, Lakewood, Funk Factory. 9 p.m. 253-396-0500.

JAZZBONES 2803 Sixth Ave., Tacoma, Bree Westbrook, DJ Supa Sam, Clemm Rishad. 9 p.m. 253-396-9169.

MUCKLESHOOT CASINO 2402 Auburn Way S., Auburn, DJ DV One. 10:30 p.m. 253-333-1848.

REAL ART TACOMA 5412 South Tacoma Way, Tacoma, Vendetta Red, Grenades, Hot Cops, Newbrighton. 7 p.m. realarttacoma.com.

ROCK THE DOCK 535 Dock St., Tacoma, Chronic Rock. 10:30 p.m. 253-272-5004.

ROYAL BEAR PUB AND EATERY 35731 W. Valley Highway S., Algona, The Hipsters. 9 p.m. 206-628-0888.

THE SPAR 2121 N. 30th St., Tacoma, The Whirlies (formerly Wickerman). 8 p.m. 253-627-8215.

THE SWISS 1904 S. Jefferson, Tacoma, The Spazmatics. 9 p.m. 253-572-2821.

THE VALLEY PUB 1206 Puyallup Ave., Tacoma. Sugar Candy Mountain, Reds, DJ BS-System. 8 p.m. 253-248-4265.

SUNDAY

B SHARP COFFEE HOUSE 706 Opera Alley, Tacoma, Tacoma Bellydance Revue. 7 p.m. 253-292-9969.

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

JAZZBONES 2803 Sixth Ave., Tacoma, Saving Abel, Leaving Eden Blue Helix ArtrA. 8 p.m. 253-396-9169.

MUCKLESHOOT CASINO 2402 Auburn Way S., Auburn, Asian Night. 9:30

p.m. 253-333-1848.
REAL ART TACOMA 5412 South Tacoma Way, Tacoma, X-Ray, KESHAWN-theKING, D-Habbeats, Brocas Area, FML. 7 p.m. realarttacoma.com.

ROCK THE DOCK 535 Dock St., Tacoma, Karaoke. 8 p.m. 253-272-5004.

THE SPAR 2121 N. 30th St., Tacoma, Norman Baker and Back Roads. 7 p.m. 253-627-8215.

MONDAY

THE SWISS 1904 S. Jefferson, Tacoma, Open Mike with Chuck Gay. 7 p.m. 253-572-2821.

TUESDAY

ANTIQUÉ SANDWICH COMPANY 5102 N. Pearl St, Tacoma, Open mic. 7 p.m. 253-752-4069.

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

ROCK THE DOCK 535 Dock St., Tacoma, Open mic with Dustin. 8 p.m. 253-272-5004.

WEDNESDAY

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

JAZZBONES 2803 Sixth Ave., Tacoma, Cas Haley, Ethan Tucker, Brightside. 8:30 p.m. 253-396-9169.

REAL ART TACOMA 5412 South Tacoma Way, Tacoma, Power, The Exquisites, Dogs On Acid, Slouch, Post/Boredom. 7 p.m.

ROCK THE DOCK 535 Dock St., Tacoma, Open mic with Verginia. 8 p.m. 253-272-5004.

TREOS 2312 N. 30th St., Tacoma, Open mic with Jeff Mims. 6:30 p.m. 253-212-2287.

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JANUARY 8 - 31 Lakewood Playhouse "ARCADIA" BY TOM STOPPARD	FRI & SAT @ 8PM • SUN @ 2PM Lakewood Playhouse 5729 Lakewood Towne Center Blvd SW Arcadia explores the relationship between past and present, order and disorder, and certainty and uncertainty. Parental advisory: contains mature content. LAKEWOOD: Shop, Eat, Play, Stay! Ticket Info: Adults:\$25, Senior/Military:\$22 Students: \$19 (253) 588-0042 • www.lakewoodplayhouse.org	JANUARY 24 Dance Theatre Northwest JOFFREY BALLET AUDITIONS & MASTER CLASS	SUNDAY 12:30PM DTNW Studios - University Place 2811 Bridgeport Way W, #24 Ballet Registration 12:30 - 1:30, ages 10 to 25 Ballet Audition 1:30 - 3:00, ages 10 to 25 Master Class 3:15-4:45, Classical Ballet for ages 12 & up Ticket Info: www.DTNW.org 253-778-6534 Audition Fee \$40, Master Class Fee \$20 (With Audition) \$30 (Open Class)
JAN. 16-24 TMP Family Theater JUNIE B. JONES	SAT 11AM & 2PM • SUN 2PM Tacoma Musical Playhouse 7116 Sixth Ave. Outspoken, precocious, lovable Junie B. Jones stars in a colorful, funny, fast-paced musical about new friends, new glasses, sugar cookies, the annual kickball tournament, and other first-grade angst-ridden situations. Ticket Info: Adult \$15.00; Senior/Military/Students \$13.00; Children \$12.00; Groups of 10 or more \$10.00. All seating is reserved. 253-565-6867 or www.tmp.org	JANUARY 30 City of Auburn BRAVO Performing Arts Series RANDY HANSEN'S JIMI HENDRIX TRIBUTE	SATURDAY 7:30PM Auburn Avenue Theater, 10 Auburn Avenue Randy Hansen has been successfully performing since the '70s, stunning audiences worldwide as he channels the spirit of Jimi Hendrix and perfectly recreates the stage presence and skill of the legendary axeman. As one of the few players officially recognized by the Hendrix family, He's played alongside some of the greats, including Stevie Ray Vaughan, Steve Miller, Paul Rodgers, Herbie Hancock, and original Jimi Hendrix Experience members Noel Redding and Mitch Mitchell. Ticket Info: \$20/\$18 253-931-3043 www.auburnwa.gov/arts
JANUARY 17 Brass Unlimited 18TH ANNUAL "SOUNDS OF BRASS" CONCERT.	SUNDAY 3PM Tac. Comm. College, Bldg. #2. 18th annual "Sounds of Brass" concert with tuba soloist Andy Abel. Brass Unlimited Qt., 14 member brass/percussion ensemble. Music of Stravinsky, Vaughan Williams, Ginastira, and others. Ticket Info: Free/donations accepted.	JAN 22 - FEB 7 Tacoma Little Theatre SECOND SAMUEL	FRIDAY, FEB 12, 7:30 PM Tacoma Opera Presents DIE FLEDERMAUS
JANUARY 22 University of Puget Sound JACOBSEN SERIES: STRINGS ATTACHED	FRIDAY 7:30PM Schneebeck Concert Hall Violinist Maria Sampen will be joined by Brittney Boulding, violin; Timothy Christie, viola; and Alistair MacRae, cello, in works by Bach, Mozart, Beethoven, and Mendelssohn. Ticket Info: \$15 general; \$10 sr. citizen, military, student. Tickets sold at Wheelock Information Center, 253.879.3100, or online at tickets.pugetsound.edu	FRIDAY, FEB 12, 7:30 PM Tacoma Opera Presents DIE FLEDERMAUS	SUNDAY, FEB 14, 2:00 PM Rialto Theater in Downtown Tacoma A bubbly musical romp full of mistaken identities, naughty flirtations, and light-hearted romance - all set to the sparkling music of Johann Strauss Jr. The perfect Valentine's treat, so take your sweetheart and enjoy the party! Ticket Info: Tickets start at \$30. Box Office: 253.591.5894



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