

GUARDIAN WEEKEND

A preview of the best farmers markets, c3

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JBLM NORTHWEST

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III Authorized newspaper of Joint Base Lewis-McChord, Washington • May 13, 2016

16TH CAB RE-ENLISTMENT CEREMONY

First female reenlists into cavalry scouts

BY RUTH KINGSLAND
Northwest Guardian

She said she stopped singing in choir because she gets nervous performing in front of large groups of people. Sergeant Kayci Landes didn't look all that shaky as she stood in front of a crowd and all eyes, as well as TV news cameras, were on her May 4.

Landes, an AH-64 attack helicopter maintainer assigned to 4th Attack Reconnaissance Squadron, 6th Cavalry Regiment, 16th Combat Aviation Brigade, became the Army's first

female Soldier to re-enlist as a cavalry scout.

Landes retook the oath of enlistment at a ceremony in front of the 16th CAB Headquarters at Joint Base Lewis-McChord May 4. She will attend training in the fall in Texas.

Cavalry scouts are the Army's reconnaissance specialists, known by many as the "eyes and ears of the Army." Landes' expected upcoming job title is a pretty big accomplishment, when one considers the Army only in recent months approved

women in combat positions.

Landes joined the Army five years ago and served a tour in Afghanistan in 2012.

"Thank you to the Army, and thank you to everyone who supported me in my journey," said the 27-year-old, wife and mother of four children in a brief speech at the end of the ceremony.

Landes is married to Spc. Brendan Stahl-Dugger, who is assigned to the 1st Battalion, 23rd Infantry Regiment, 1st

SEE SCOUT, 10A



RUTH KINGSLAND Northwest Guardian

Sgt. Kayci Landes, right, retakes the oath of enlistment from Chief Warrant Officer 2 Michael Olivero at a ceremony on Lewis Main May 4.

JBLM PITCH, HIT AND RUN SKILLS COMPETITION

LET'S PLAY BALL!



SCOTT HANSEN Northwest Guardian

Thomas Bennese, 9, of Lacey, right, participates in the annual Pitch, Hit and Run skills competition at the CYSS Fields on Lewis Main May 4.

BY DEAN SIEMON
Northwest Guardian

When Svetlana Holt's two oldest children were 4, they stopped playing baseball and got interested in other types of activities. But on May 4, Dmitri, 11, and Victoria, 8, renewed interest in the sport by participating in the Pitch, Hit and Run baseball competition through Joint Base Lewis-McChord's Child, Youth and School Services.

Each took three swings off the tee, threw six pitches at a target and ran from second base to home plate for a cumulative score that measured their individual baseball skills at the CYSS Sports Fields on Lewis Main.

"We decided to try and do this for fun and entertainment," Holt said. "This was a chance to test their skills and see if they would like to try baseball again."

It was the first of a two-day event where boys and girls, ages 7 to 14, went through the three skills tests for a chance to qualify for the sectional competition Saturday at the Puyallup Recreation Center in Puyallup.

The all-around champions in each age group will compete at the nearest Major League Baseball park in June.

SEE BALL, 10A



AT LEFT: Dmitri Holt, 11, of Spanaway, participates in the hitting competition at the CYSS Fields on Lewis Main May 4.

BELOW: JBLM Pitch, Hit and Run participants listen as coach Alex Diaz goes over rules for the competition.



DAYS OF REMEMBRANCE

Her family risked all during the Holocaust

BY RUTH KINGSLAND
Northwest Guardian

Most have heard some version of the quote from Spanish American poet and novelist, George Santayana: "Those who cannot remember the past are condemned to repeat it."

That sentiment is often used when referring to the atrocities of World War II — the horrific killings of 6 million Jews and others — during Adolf Hitler's reign of terror, known as the Holocaust.

A few hundred service members on Joint Base Lewis-McChord learned about and remembered through the stories of a Dutch woman whose parents and siblings dared to help and hide their Jewish neighbors. JBLM observed the 2016 Days of Remembrance May 1 through Sunday with a presentation, "Learning from the Holocaust: Acts of Courage," May 5 at Carey Theater.

Colorado resident, Ingrid (Kanis) Steppic, the event's speaker, was born in Amersfoort, Holland, in 1943.

Although she is too young to have helped her family in its activities with the Dutch Resistance and the Dutch Underground, Steppic furthers the cause of those brave citizens by speaking at remembrance events across the U.S. She tells

SEE FAMILY, 10A

HOLOCAUST SURVIVOR

Former Soldier serves others as Army volunteer

BY DEAN SIEMON
Northwest Guardian

The majority of people who hit the age of 80 are usually enjoying retirement from home. But Mike Fried is not like most people.

At age 81, he is a full-time volunteer with the 201st Expeditionary Military Intelligence Brigade on Joint Base Lewis-McChord — a continuation of service to the United States military that started in 1952 as a member of the New York Army National Guard, followed by 42 years in the Army.

In total, Fried has served the United States for 64 years and doesn't plan on stopping as long as he feels he can continue, he said.

SEE OTHERS, 10A

JBLM AMMUNITION AMNESTY DAY



SCOTT HANSEN Northwest Guardian

Spc. Jeff Cessford, left, and Spc. Xavier Wheeler sort through 5.56 mm blanks that were collected on various training areas during Ammunition Amnesty Day at the C-5 Mock Up near East Gate May 5.

20,000 rounds of ammo collected on Lewis Main

BY RUTH KINGSLAND
Northwest Guardian

From pyrotechnics that illuminate the sky and “provide a big bang” to tin box “cans” of live ammunition, roughly 800 pounds — about 20,000 rounds — of ammo filled the bed of a Chevy Colorado pickup truck set up at the C-5 Mock Up outside East Gate on Lewis Main May 5.

This was part of the semi-annual Joint Base Lewis-McChord Ammunition Amnesty Day, a “free day with no questions asked and no paperwork needed,” according to George Favire, an ammunition surveillance inspector with JBLM’s Ammunition Supply Point.

“We (usually) have about the same amount of ammunition turned in at each of the events, in the spring and in the fall, but this year it seems a bit excessive,” Favire said. He and three service member volunteers spent the morning sorting through a large box of brass shell casings and placing live rounds in dozens of Army green cans.

The one-day spring ammunition amnesty event coordinates with the base’s annual Pride Week Spring Cleanup. In addition to cleaning up the base by picking up salvage items dumped on the installation, military units cleaned specific areas, such as training sites, collecting ammunition that was left on the grounds and turning it in at the amnesty event.

Units also cleaned their own areas, turning in live ammunition that otherwise could cause storage violations, or worse, Favire said.

“It’s all about safety,” he said. “If they are storing live ammo, if



An unused container of .50 caliber links was among the items collected during Ammunition Amnesty Day on Lewis Main.

there is a fire or something, somebody could get hurt or killed. This (event) saves taxpayer’s dollars and government money, and also makes sure the ammunition is properly taken care of and not left lying around or in the hands of people who shouldn’t have it. It prevents misuse.”

All ammunition recovered is either redistributed to units at appropriate times, or in the case of the spent shell casings, is recycled. The brass is detoxified, to make sure there is no residue, and then it is sold as scrap, he said.

Some of the tin boxes (cans) returned are sold to civilians. Favire said hunters like those.

Monies raised from the sale of scrap is returned to service members through events and services provided by Family and Morale, Welfare and Recreation, he said.

Ammunition turned in at the recent event ranged from flash bang grenades, tracers and ammo up to .50 caliber. Larger

Disposal sites

In addition to the semiannual Ammunition Amnesty events on base, there are several sites available throughout the year to dispose of ammunition:

- Ammunition Supply Point parking lot, Lewis Main.
- Jecelin Avenue at Range 2, Lewis Main.
- A and 17th streets, Lewis North.
- Ranger Motor Pool, Mastin Avenue, Third and Fourth Division Drive, Lewis Main.
- Wash rack, Slone and South 20th Street, Lewis Main.
- Wash rack, A Street and Eighth Avenue, Lewis North.

ammunition must be turned in at JBLM’s Explosive Ordnance Disposal.

A few of the most interesting items returned were Japanese grenades used for training on base, which needed to be returned at EOD, Favire said.

“We’re not allowed to take foreign items (at the amnesty site),” he said.

Specialist Xavier Wheeler, 308th Brigade Support Battalion, 17th Field Artillery Brigade, spent the day as a volunteer sorter at the site.

Although he serves as an ammunition specialist, he wasn’t expecting to have so many items to sort through, he said.

“I’m just surprised how much ammo people brought in,” Wheeler said. “I knew we’d be busy, but just not this much.”

JBLM SAFETY FOCUS WEEK

Safety Expo will be ‘fun for everyone’

BY RUTH KINGSLAND
Northwest Guardian

With Memorial Day weekend only a few weeks away, the annual Joint Base Lewis-McChord Safety Focus Week is set for Thursday through May 26.

In addition to focusing on various safety concerns and potential workplace hazards for workers and service members, the signature event for Safety Focus Week is the free 2016 Joint Base Safety Expo, planned at Family and Morale, Welfare and Recreation’s Fest Tent May 26 from 9 a.m. to 3 p.m. The tent is located behind Bowl Arena Lanes on Liggett Avenue.

“The emphasis is on safety training for employees and service members, but the Safety Expo is fun for everyone,” said JBLM safety specialist Garrett Hines.

The safety office’s mission is to provide “world class support” for the community and local organizations and ensure a “positive safety culture extends to every job and everyone who works (on base and) to support our service members and their families,” he said.

About 50 local vendors have signed up to be part of this year’s safety expo. Between 5,000 and 7,000 community

If you go:

What: The 2016 Joint Base Safety Expo.

When: May 26 from 9 a.m. to 3 p.m.

Where: Family and Morale, Welfare and Recreation’s Fest Tent on Lewis Main. The tent is behind Bowl Arena Lanes on Liggett Avenue.

members are expected to attend the event, which has been on base for several years, Hines said.

Among the planned educational activities and exhibits: a motorcycle safety course from Puget Sound Safety; several medical-related demonstrations from Madigan Army Medical Center; information on the blood donor and bone marrow program of Armed Service Blood Donor Center and a fire extinguisher training demonstration from the Directorate of Emergency Service Fire Prevention.

Armed Forces Substance Abuse Program will also demonstrate its fatal vision goggles — an opportunity to find out what

it’s like to drive under the influence.

Hines said, for him, the most interesting part of the expo is the opportunity to experience the fatal vision goggles.

“I’d seen and used the goggles before, several years ago, but the technology has gotten better,” he said. “It really gives you an understanding of why you shouldn’t drive impaired. Even though you might not feel like you are under the influence, you don’t have the same level of awareness. It’s not possible — you’re impaired — it really makes the point.”

For children, the firefighter exhibits and demonstrations also are a highlight, Hines said.

The JBLM Vet Clinic will be on hand for dog bite prevention and heat-related animal care demonstrations. Food and beverages will be available for sale from Better Opportunities for Single Service members.

One important thing for those attending to remember, Hines said, is the new regulations for access to the base. May 1 was the enforcement date for visitors to be in compliance with the REAL ID Act. For more information, visit the Department of Homeland Security Web site at dhs.gov.

NEWS IN BRIEF

JBLM appoints 100 voting assistance officers for elections

With the primary and caucus elections in full swing, about 100 service members from Joint Base Lewis-McChord participated in a Federal Voting Assistance Program at the David L. Stone Education Center May 2 to receive training to assist junior enlisted and junior officers with the voter registration process.

Representatives from the Installation Voting Office and FVAP were on hand to present information, primarily on absentee voting procedures. The newly-trained voting assistance officers will ensure those covered by the Uniformed and Overseas Citizens Absentee Voting Act understand their voting rights and how to register and vote absentee.

In addition to VAOs, the Installation Voting Office is standing by to help with voter information and registration. All service members, family members, retirees and civilians of the JBLM community have access to the installation voting office. Everyone should ensure their local election office has the most up-to-date contact information to ensure receipt of absentee ballots.

The installation voting office is located in Waller Hall, Bldg. 2140, Liggett Avenue at Lewis Main. Hours of operation are weekdays from 8 a.m. to 4 p.m. Specific state voting information is available at fvap.gov.

FVAP works to ensure service members, their eligible family members and overseas citizens are aware of their right to vote and have the tools and resources to successfully do so — from anywhere in the world.

For more information, call 253-477-4540 or email usarmy.jblm.imcom.list.dhr-vao@mail.mil.

— PAMELA KULOKAS, NORTHWEST GUARDIAN

2016 Invictus Games kick off to help start the healing process

The thudding noise of helicopter blades cut through the air, bright-colored lights sliced through smoke and fans cheered to honor the more than 500 military competitors from 15 nations who gathered at the ESPN Wide World of Sports Complex in Orlando, Fla., May 8 to compete in Invictus Games 2016.

Staff Sergeant August O’Neill, representing the Air Force on Team U.S., kicked the events off by accepting the Invictus flag from first lady Michelle Obama and delivering the flag by being hoisted from a helicopter into the opening ceremony. On July 15, 2011, while deployed to Camp Bastion, Afghanistan, O’Neill was shot through both legs while on a mission to rescue a team of Marines under fire and taking casualties.

Competitors will participate in 10 different sporting events to include: archery, indoor rowing, cycling, powerlifting, track and field, wheelchair basketball and rugby, swimming, and wheelchair tennis.

Also in attendance for opening ceremonies were dignitaries such as Britain’s Prince Harry and Air Force Secretary Deborah Lee James.

“These athletes are an inspiration to people worldwide and the Invictus Games gives them the stage and venue to show their resiliency and overcome adversity,” James said. “It has been an incredible honor to attend the games and meet with the athletes and families.”

The Invictus Games 2016 will continue from May 8-12. Be sure to check out the competition and follow Team U.S. by visiting invictusgames.org.

— AIR FORCE NEW SERVICE

McChord Airmen participate in Fall Protection Focus Weeks

Air Force Occupational Safety sponsored Fall Protection Focus weeks May 2 through Friday to draw attention to avoidable mishaps due to falls, according to Ken Heath 62nd Airlift Wing ground safety chief.

During 2011-2015, falls were responsible for more than 6,700 Air Force injuries that resulted in 42,539 lost workdays costing nearly \$65 million according to Air Force occupational safety professionals.

Throughout the Fall Protection Focus period, Air Force occupational safety professionals reminded McChord Field members of the dangers of preventable falls.

During this two-week focus, every individual or unit was asked to take some time to review fall hazards in their workplace and at home. Supervisors worked with unit safety representatives to develop events such as a discussion, a presentation or invited a guest speaker to highlight fall risks.

The 62nd Airlift Wing Occupational Safety office and unit safety representatives conducted spot inspections of workplace fall protection equipment and plans, ladder safety programs and applicable passive fall protection system such as railing and barriers during this time period.

For more information, visit afsec.af.mil.

— BY 62ND AIRLIFT WING SAFETY OFFICE

Hillside para-educator is named AAA safety adviser of the year

Marie Lanham, of Hillside Elementary on Joint Base Lewis-McChord, is the fifth AAA School Safety Patrol Adviser to be honored as the AAA School Safety Patrol Adviser of the Year.

In recognition of their dedication to safety, community stewardship and leadership, Salazar and Lanham will be recognized at an evening awards ceremony held before a Seattle Mariners game at Safeco Field on Saturday. Lanham was recognized for her outstanding work with her school’s Safety Patrol Program, her dedication to school zone safety and the mentorship of her students.

The panel reviewed and evaluated nearly 50 nominations to determine the top 10 inductees.

— AAA WASHINGTON

Student nutrition department at CPSD seeks public comment

Clover Park School District’s student nutrition department is sponsoring a nutrition advisory meeting on Tuesday at 2 p.m. The meeting will be held in the student nutrition conference room at the district’s Auxiliary Services Center, 9219 Lakewood Dr. SW, in Lakewood. Public participation and comment is invited.

Feedback received in this annual meeting will be used to strengthen the district’s student nutrition program in the coming year.

“This annual meeting provides an opportunity for families to share their feedback and ideas to improve our program,” said Kevin Scott, student nutrition director.

For more information on the nutrition advisory meeting, call 253-583-5490.

— CLOVER PARK SCHOOL DISTRICT

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QUOTE OF THE WEEK

"The U.S. partnership with the government of the Islamic Republic of Afghanistan is highly effective and critical to the fight against terrorism and ensuring peace and stability in the region. This rescue is very good news, and we commend the U. S. and Afghan forces (that) conducted this mission."

Col. Pat Ryder
U.S. Central Command

ALSO INSIDE



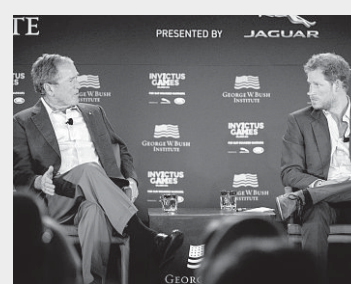
SCOTT HANSEN Northwest Guardian

HALF-MARATHON: A 5K participant makes nears the finish line during the annual JBLM Half-Marathon and 5K Fun Run. **See story, B1**

NWGUARDIAN.COM

● **Invisible Wounds:** Former President George W. Bush, and Great Britain's Prince Harry, along with service members from each of their nations, led a discussion at the 2016 Invictus Games Symposium on Invisible Wounds presented by the George W. Bush Institute Sunday. Former First Lady Laura Bush said she and the Bush Institute leadership were grateful the symposium was addressing an issue that affects so many veterans, as well as their family members, many of whom become their caregivers.

● **NFL to Army:** Army Spc. Fesuiaigaomalofou "Ina" Liaina is accustomed to being part of a team. As a former college and National Football League fullback with the Green Bay Packers, he played before thousands of



screaming fans. Liaina said he felt pride when putting on a jersey for game days for almost six years. When his playing days were over, something was missing. So he decided to join America's team — the U.S. Army. Liaina, assigned to Company B, 84th Chemical Battalion, at Fort Leonard Wood, Mo., is training to become a chemical, biological, radiological and nuclear specialist.

10TH AIRLIFT SQUADRON

10th AS inactivation 'bittersweet'

BY TECH. SGT. SEAN TOBIN
62nd Airlift Wing Public Affairs

For the fifth time in its nearly 80-year history, the 10th Airlift Squadron was inactivated in a ceremony at Joint Base Lewis-McChord May 6.

This inactivation was part of a provision of the 2015 President's Budget, which also called for Air Mobility Command to convert 16 of its C-17 Globemaster III aircraft from primary aircraft inventory to backup aircraft inventory status — eight from McChord and eight from Joint Base Charleston's 437th Airlift Wing in South Carolina.

"Today is bittersweet," said Lt. Col. Nathan Campbell, former 10th AS commander. "While there is some sadness as we bring to close another rich chapter in the history of the 10th Airlift Squadron, it brings me great happiness and pride to reflect on the feats of the incredible men and women of the 10th."

In its nearly 13 years based at McChord Field, the 10th AS, also known as the "Pathfinders," took part in missions all over the world, to include Operation Enduring Freedom, Operation Iraqi Freedom, Operation Freedom's Sentinel and Oper-



SENIOR AIRMAN JACOB JIMENEZ 62nd Airlift Wing Public Affairs

Lt. Col. Nathan Campbell, second from right, former 10th Airlift Squadron commander, is sprayed with water after flying his last flight as commander of the squadron at McChord Field May 3.

ation Inherent Resolve.

Additionally, the 10th Airlift Squadron has helped provide aide during global humanitar-

ian crises and has participated in Operation Deep Freeze, working with the National Science Foundation and the Unit-

ed States Antarctic Program.

The squadron has seen military action off and on since its beginning in January 1938 as the 10th

Transport Squadron. For more than 65 years, the unit was involved in clandestine airdrops over Europe and airborne invasions of North Africa and Sicily.

From 1984 to 1991, the unit was designated the 10th Military Airlift Squadron. Its primary mission was to deliver mission-capable parts to fighter bases in western Europe. It was the only operational Air Force unit flying the C-23 Sherpa.

The 10th was redesignated April 1, 2003, in preparation for its activation and became a part of the 62nd Airlift Wing Oct. 10, 2003.

During the ceremony, Col. David Owens, 62nd Operations Group commander, said the unit has built a legacy of airlift that no other country and very few organizations can compare to. He then reminded those in attendance that, although the unit has inactivated a number of times before, the Pathfinders have always returned.

"My guess is that someday the Air Force will see fit to once again unfurl the flag and reactivate this fantastic squadron," Owens said. "One thing I am certain of is, no matter when it happens, the Airmen of the 10th Airlift Squadron will once again be ready to lead the way."

I CORPS

I Corps hosts signal regimental symposium

BY SGT. ELIVERTO LARIOS
5th Mobile Public Affairs Detachment

From signaling with flags, to operating the first radios, to managing and protecting one of the most complex networks in the world, the United States Signal Corps has come a long way in 156 years.

More than a hundred signallers came together for a two-day I Corps signal symposium at Joint Base Lewis-McChord May 4. Key leaders discussed changes within the regiment with JBLM Soldiers.

"What we are trying to do as a signal regiment is trying to improve upon it," said Command Sgt. Maj. Robert Daniels, U.S. Army Signal School and Regimental command sergeant major. "We want to educate our Soldiers so they understand clearly where the Army is going as far as communication to support the Army war fighter."

The event included a regimental run, followed by a series of guest speakers to include the regimental command sergeant major, the U.S. Forces Command chief information officer and representatives from civilian software developers. It concluded with a symposium at the University of Washington-Tacoma and a warrant officer branch brief.

The discussion focused on the new conversion of military occupational specialties in the regiment.

"Right now, we have 17 enlisted MOSS," Daniels said. "We are going down to 11."

With readiness being the number one priority for the chief of staff of the Army, and changes coming soon, leaders emphasized the need to be ready.

"We have one of the most complex networks in the entire



SGT. ELIVERTO LARIOS 5th Mobile Public Affairs Detachment

Col. Edward Hunter, I Corps chief information officer, speaks with Soldiers during a I Corps signal symposium at JBLM May 5.

Army," said Col. Edward Hunter, I Corps chief information officer. "I challenge you to exercise and learn your MOS.

You're getting smaller, but your workload is increasing."

Hunter has no doubt the Soldiers will be able to adapt to the

changes coming their way. He said he knows Soldiers are smart and work to the best of their abilities to accomplish the mission.

"You know the challenges will be great but, you will come up with innovative ways of getting it done," he said. "You always find a way to get it done."

Daniels encouraged leaders to have a broader understanding of the direction the regiment is headed because it will help them pave the way for future leaders.

"I want them to be able to understand the Army Network Campaign because that lays out how we are going to design the Signal Corps force and network," he said. "I want them to be able to teach, coach and mentor their Soldiers and help them move in the right direction."

SUSTAINABILITY AWARD FOR THE EXCHANGE WORLDWIDE

JBLM exchanges again take top honor for sustainability

BY PAMELA KULOKAS
Northwest Guardian

For the third time since 2010, the Army and Air Force Exchange Service at Joint Base Lewis-McChord won the Sustainability Award for the Exchange Worldwide. A trophy and \$1,000 was awarded to the winning location for morale purposes in Texas by Thomas C. Shull, the chief executive officer of AAFES April 25.

This year, the competition focused on recycling as the theme. The JBLM exchanges at Lewis Main and McChord Field regularly recycle cardboard, food waste, wood pallets, plastic, metal and other materials.

As a large retailer, the exchanges contribute quite a bit to refuse. Doing the right thing with trash as opposed to the easy thing is about the bigger picture, according to Carrie Moura, office technician in the general manager's office at JBLM's AAFES.

"We need to make our footprint as small as possible for generations to come," she said. "Whatever isn't going into landfill will only benefit us in the future."

Sustainability efforts in 2015 focused on in-house procedures, but the exchanges also made an effort to partner with other organizations on JBLM. Moura

said the recent honor is largely a result of the partnership with the Directorate of Public Works' recycling program.

"DPW was large part of us being successful with this," Moura said. "Sheila Martin is a fantastic asset to them. She helped us with illegal dumping issues, recycling needs, food waste program and more."

Martin, the recycling outreach coordinator, regularly meets exchanges officials on site to coordinate movement of recyclable materials to the proper location.

"Shelia makes sure we get the right container, for the right job, at the right location, on time,"

Moura said. "She's sent numerous pictures to me when our facilities need reminding of our joint efforts, and she has aided in getting the illegal dumpers ticketed."

The JBLM exchanges also properly dispose of materials that cannot be recycled on base by transporting items off base to an appropriate facility. In 2015, the exchanges received more than \$70,000 in money back from recycling items off the installation such as pallets, cardboard and metal, Moura said.

In addition to reimbursement for those items, the exchanges saved 70,000kw and \$3,156 in electricity costs in 2015 over the

previous year due to help from a DPW electrician. The exchanges are in its eighth year participating in the compact fluorescent light bulb rebate program with Tacoma Power.

Also noteworthy was the exchanges' participation with DPW for the 45th anniversary of Earth Day and promotion of the ride share program, biking, Go Transit, bio diesel for buses and Net Zero events, Moura said.

In future years, JBLM exchanges will seek to improve its use of water.

"We'd like to find out how to reuse rainwater for vegetation around the facility," Moura said. "We do hope to do more."

Viewpoint



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STRAIGHT TALK

To join the "Straight Talk" conversation, visit [facebook.com/JBLewisMcChord](https://www.facebook.com/JBLewisMcChord)



What TV show, current or in the past, do you most identify with?

"'Gilmore Girls.' Mother and daughter are very close and have a wide knowledge of music and movies."

— MIRANDA MASON

"'Being a stepparent, I sometimes feel like Will Ferrell's character in 'Daddy's Home,' minus skateboarding into electrical wires."

— DEAN SIEMON

"'Bones.' Booth and Brennan are a lot like my husband and me, personality wise."

— CHRISTAN HICKMAN

"Probably 'Stand By Me' and 'Red Dawn!'"

— STEVE WILLIAMS

"'Daria,' because I have a cynical outlook when it comes to the human species. Ha ha."

— JESSICA WATSON

"'The Sandlot.'" Growing up in West Seattle in the '60s when baseball ruled, this could have been my biography. Except for the chewing tobacco part."

— BUD MCKAY

"'Blue Bloods.' I can see me having a military or law enforcement family in the future."

— HANNAH ENG

"'Sixteen Candles.' My brother got married on my birthday and everyone forgot about it."

— ROBERT MOORE

Next week's question

It's time to plan your summer vacation. Where do you want to go and why?

VIEW FROM THE TOP



SCOTT HANSEN Northwest Guardian

Participants begin the annual Shamrock 'n Run 5K at the Family and MWR Fest Tent on Lewis Main March 12. Adopting a physically active lifestyle will have a positive effect for JBLM service members, civilians and family members.

We all need to get up, get out and get physical

BY COMMAND SGT. MAJ. MICHAEL A. GRINSTON

I Corps Command Sergeant Major

Physical fitness is the foundation of military readiness, and it is essential to the successful completion of our missions around the world. As we observe National Physical Fitness and Sports month in May, I think it's time for a change in attitude: we need to view fitness as a lifestyle, and not just something we do for an hour a day, five days a week.



Grinston

Studies have shown that nearly one-third of our nation's children are overweight or obese, and twice that number do not get an hour of recommended of daily physical activity.

According to Fitness.gov, research shows that when children are physically active, they achieve higher grades, have better attendance and exhibit better behavior.

Our force is not immune to this issue. A 2014 readiness study concluded that since 2002, the U.S. military has seen a 61 percent increase in active-duty obesity and fitness-related health issues.

Do I have your attention? I think

it's time to get ourselves back on track and the bottom line is that we need leaders to take the lead for physical fitness.

"We're going to change. We're going to change the way we run, we're going to change the way we eat...we're going to change the way we win," said Coach Herman Boone, in "Remember the Titans." Physical activity is an essential component of the Army Performance Triad, along with proper sleep and nutrition. For individuals, being physically fit leads to lower stress levels, better sleep and fewer injuries; allowing us to realize our full potential. For units, a successful physical readiness training program ensures readiness, improves unit cohesion and provides leaders with a tool to assess their organizations.

You can find more resources for the Army Performance Triad that can be adopted on and off duty at armymedicine.mil/pages/performance-triad.aspx.

Our installation offers numerous resources for service members and families to facilitate an active lifestyle. We have outstanding fitness centers, pools, tracks and other indoor and outdoor facilities where we can all pursue our fitness goals. Our Family, Morale, Welfare and Recreation teams provide a variety

of physical activities including fitness classes, outdoor trips, organized sports leagues and team-building exercises, to name a few.

But an active lifestyle doesn't completely revolve around added high-intensity workouts or more time in the gym. The little things add up.

Park further away from the exchange, or maybe try walking to work one day. I like to ride my bike to work even if it means I get a little damp sometimes. And make your healthy activities a family lifestyle.

How about taking a good old fashioned walk with your family on Sunday afternoons? Or getting the family involved to train together for an organized "fun run," 5K or maybe even a half marathon?

Explore the parks, mountains and trails in the area or learn to kayak in the Puget Sound or one of the many lakes nearby. In short, if you look for opportunities to stay active, those steps and calories all add up.

As we transition to the Pacific Northwest spring and summer months, the time is right to become more physically active. Adopting a physically active lifestyle can have positive effects for a lifetime for our service members, civilians and families, so let's get up, get out, and get physical.

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



SPC. ADELINE WITHERSPOON 5th Mobile Public Affairs Detachment

Staff Sgt. Josh Urtz, 296th Brigade Support Battalion, loads an M249 machine gun during the 7th ID's Best Noncommissioned Officer and Soldier Competition at Joint Base Lewis-McChord May 3. Six units nominated their best Soldiers for the competition.

THIS WEEK IN HISTORY

May 13, 1861: England announces neutrality in the American Civil War.

May 14, 1948: Israel declares independence.

May 15, 1215: King John of England agrees to Magna Carta.

May 16, 1863: Vicksburg Campaign: Battle of Champion's Hill.

May 17, 1756: Seven Years' War: Britain declares war on France.

May 18, 1917: Congress passes the Selective Service Act.

May 19, 1951: United Nations begins counter offensive in Korea.

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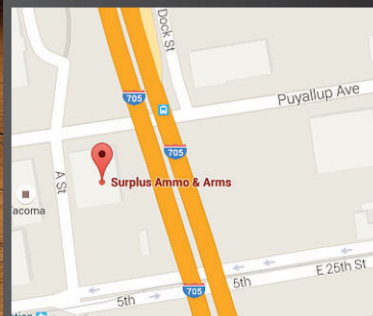
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SEATAC AIRPORT

Vets treated to honor flight to D.C.

BY RUTH KINGSLAND
Northwest Guardian

There were healthy rounds of applause from airport goers as more than 100 service members walked unified through the Sea-Tac Airport Monday evening. But the applause wasn't just for them.

The experience was humbling, said Air Force Tech. Sgt. Jon Mendez, from the 62nd Operations Squadron at Joint Base Lewis-McChord. Even more humbling, he added, was the feeling when he and other Army, Air Force, Navy and Coast Guard service members met and greeted 51 veterans returning from a three-day Puget Sound Honor Flight trip to Washington, D.C.

"This is the first (Puget Sound Honor Flight) I've been a part of, but any time I can do something to help vets I want to do it," Mendez said. "They deserve so much more."

Puget Sound Honor Flight is part of the Honor Flight Network. As with other such groups across the nation, it transports groups of older veterans to the nation's capital city for "one last mission" to view the monuments built in their honor. The age range of veterans on Monday's flight was 91 to 97 years old.

Currently, World War II veterans and some Korean War veterans, are eligible for the free excursion. It is paid for entirely by donations.

The local honor flight group has participated in the program for the last three years and has transported 500 veterans in its four seasonal excursions.

"We go with the weather — in April, May, September and October," said Kathy Belisle, one of the organizers with Puget Sound Honor Flight. "Summer is too hot and winter is too cold. So far, we've picked all weekends when it didn't rain."

The appreciation of the veterans was evident on faces as they were met and saluted by service



RUTH KINGSLAND Northwest Guardian

World War II Army Staff Sgt. Frank Rogers, left, is met by a group of family members after returning Monday night from a Puget Sound Honor Flight trip to Washington, D.C.

members. Ninety-one-year-old World War II Army Air Corps veteran Charles Pedrido's face lit up as he talked with Mendez about their shared rank of technical sergeant. Mendez explained what each of the brightly-colored ribbons on his uniform were from, for which Pedrido showed genuine interest.

Pedrido, who was a flight engineer with a 12th Air Force unit in Italy, said he was initially "somewhat resistant to going on the (honor flight) trip, because of my age."

His daughter, Renee Layendecker, who lives in Williamsburg, Va., was able to meet him at the airport in Baltimore and served as his guardian on the trip, which was, "so well organized and orchestrated," he said. Each veteran was allowed one guardian to assist them.

Pedrido raved about the atten-

tion he and other veterans received on the trip as well as the opportunity to spend time with other World War II veterans.

"There aren't that many of us left anymore," he said.

The whirlwind trip ended with the welcoming experience — something none of the veterans knew about beforehand.

After being met and escorted through the airport by a service member from their branch, each veteran received a handmade quilt from Quilts of Valor. They then moved down to the airport's atrium where they received a spectacular welcome with signs and waving flags from family, friends and hundreds of community members.

There also were musical performances, including vocalists, the Navy Band Northwest and bagpipers from Clan Gordon. Army Air Corps World War II

veteran, Fred Parker, 92, of Olympia, was greeted by enthusiastic family members.

His grandsons, Broc, 14, and Bo, 12, and their parents, Shawn and Katrenia Parker, traveled from Cle Elum, Wash., to share in the homecoming.

"He survived a plane crash during the war, and (later) four heart attacks and a pacemaker," Shawn Parker said of his dad. "He's a fighter."

Bo said his grandpa tells many stories of his experiences and also provided the youths with lots of books about the war.

"He was a tailgunner on B-17 bombers," Bo said. "He tells great stories."

World War II Army Sgt. Frank Rogers, of Seattle, beamed when he was greeted after the ceremony with hugs from his five children: Richalyn Harmon, of Kent, Wash.; Pam Belvill, of Wood-

inville, Wash.; Gaylene Huckins, of Bothell, Wash.; Marty Rogers, of Seattle; and Don Rogers, a Vietnam veteran, of Lake City, Wash.

Harmon said she was glad her siblings and various other family members were able to surprise her dad at the airport event.

"My dad is a real war hero," she said, listing his Purple Heart and Silver Star for bravery earned during the war when he captured an enemy group and was subsequently shot through the head.

"He almost died, but I'm glad he didn't," she said, adding her dad was only 18 years old at the time and hadn't yet married her mother.

The elder Rogers said he thoroughly enjoyed every moment of the honor flight trip.

"It was wonderful," he said. "Everything was magic."

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*As reported by Military Times, July/August 2015

SEATTLE SOUNDERS FC

Sounders learn how JBLM uses teamwork

BY DEAN SIEMON
Northwest Guardian

When professional athletes talk about working as a team on the field, there's a belief that everyone plays a small role in whether a team wins or loses. The members of Seattle Sounders Football Club of Major League Soccer had a chance to see how service members at Joint Base Lewis-McChord operate with that mindset during a visit Monday.

The first stop brought the team of 40 players, coaches and staff members to the 62nd Airlift Wing on McChord Field to get a tour of a C-17 aircraft. Members of 62nd Airlift Wing, 62nd Operations Group, 62nd Maintenance Group and other supporting units had the chance to talk about the different roles they have in supporting the C-17s.

While some players consider themselves "technology geeks," players like team captain Brad Evans are more curious to learn about the group dynamic on JBLM.

"I envy the bigger picture here," Evans said. "I'll put the team before everything I do with the Sounders, and I think that carries over here more than anything. I'm learning how they stay together through the good and bad times."

The group then made a quick stop to the Olympic Dining Facility on McChord Field before making their way to meet with



Seattle Sounders' Andy Craven, right, gets tips in looking through a scope from Staff Sgt. Jaime Padilla during the team's visit on Joint Base Lewis-McChord Monday.

members of 1st Special Forces Group. The Sounders visited a facility where about 700 service members are trained like professional athletes with sports dieticians, psychologists and all the necessary equipment.

"(Fitness) relates to both populations that high performance is high performance," said Rob Hartman, a strength and conditioning coach for 1st SFG. "We

utilize the same means, but manipulate specific variables to make it more suitable for (service members)."

The team was then taken to the 1st SFG community rooms to see all of the different types of equipment the unit utilizes in battle — a variety of firearms, scopes and body armor. As a self-professed "technology geek," goalkeeper Stefan Frei

was excited to see the tools used by units on JBLM.

"When you think about our technology, a lot of it usually comes from the military," Frei said. "It trickles down to the public, so it's nice to see some of the technology they get to play around with."

For many of the service members, it was a chance for them to share what they do with Major

League Soccer athletes.

"I enjoy what they do, and if they get anything out of what they learned from me, its win-win," said Staff Sgt. Richard Nydam of the 62nd Maintenance Squadron.

When meeting with leaders from both 1st SFG and the 62nd AW, Evans presented auto-graphed Sounders jerseys. He compared the exchange to when he exchanges his jersey with someone he had a tough match against or someone he once considered a teammate in the past.

"It's a sign of respect and remembrance for that moment," Evans said. "We don't want to forget our brothers and sisters, and we hope they can carry us in their thoughts as well."

The day was complete when the team made a final stop at the Warrior Zone on Lewis North, where a line of more than 100 Sounders fans looped around the building. Players signed soccer balls, posters, scarfs and jerseys for service members and their families.

Some young soccer fans were so excited that they had no words. Marissa Bain even kept her son Micah, 11, home from school so he could meet the Sounders.

"It's his birthday, and this is a good present for him," Bain said.

Dean Siemon: 253-477-0235, @deansiemon

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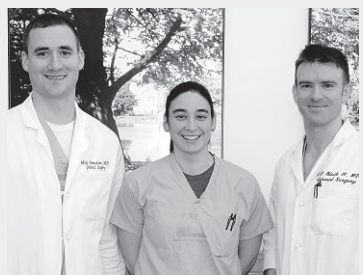
Health Beat

MADIGAN SHOUT OUT

Four of Madigan Army Medical Center's surgery residents scored in the top one percent of all surgery residents throughout the nation in the American Board of Surgery In-Training Exam.

Another six residents scored in the top 10 percent of their national peers, resulting in 46 percent of Madigan's surgery residents scoring in the top 10 percent.

Pictured are some of the top scorers; Capt. (Dr.) Mike Derickson, Capt. (Dr.) Jess Weiss and Capt. (Dr.) Geb Black.



(Not pictured were Capt. (Dr.) Dom Forte, Capt. (Dr.) Quinton Hatch, Capt. (Dr.) Kevin Knieri, Capt. (Dr.) Mike Lallemand, Capt. (Dr.) Don Moe, Capt. (Dr.) Cody Phillips, Capt. (Dr.) Bob Shawhan, and Capt. (Dr.) Josh Smith.)

MADIGAN ARMY MEDICAL CENTER

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Tricare On-Line: tricareonline.com
United Health Care: uhc-militarywest.com, 877-988-9378
Pharmacy Refill: 253-968-2999
Tricare Express-Script pharmacy service: 877-363-1433 or www.express-scripts.com
Referral Coordination Center Hotline: 253-968-2903

Patient Admissions: 253-968-3827/3829
Patient Advocacy: 253-968-1145
Beneficiary Counseling Assistance Coordinator: 253-968-3348/3491

BEHAVIORAL HEALTH SERVICES

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Soldier Readiness Service: 253-968-5140
Child and Family Behavioral Health: 253-968-4843
Military One Source: 800-342-9647
National Suicide Prevention

Life Line: 800-273-8255 (Option 1)
Exceptional Family Member Program: 253-968-0254/1370
Armed Forces Blood Bank Center: 253-968-1850
Fisher House: 253-64-9283
Public Affairs Office: 253-968-1901
Veterinary Treatment Facility: 253-982-3951
Madigan Directory Assistance: 253-68-1110
Madigan Army Medical Center website: mamc.amedd.army.mil
Email: usarmy.jblm.medcom-mamc.mbx.pao@mail.mil
Fisher House: 253-964-9283

MADIGAN ARMY MEDICAL CENTER

Research is changing medicine

BY SUZANNE OVEL
Madigan Public Affairs

When young children with speech delays visit audiologists to check their hearing, some simply are less compliant than others. They might not tolerate wearing headphones, or may make abnormal noises or poor eye contact.

Researchers at Madigan Army Medical Center found that for some young children, these subtle behaviors at audiology screenings are important early indicators that children might have autism. In a study of almost 300 children, those who were found to be noncompliant while undergoing hearing tests were later found to be five times as likely to be diagnosed with autism, said Capt. (Dr.) Sean Meagher, a Developmental and Behavioral Pediatrics fellow at Madigan.

He's working with audiologists at Madigan to administer autism screenings with noncompliant children, and based on those scores, they are referring these children to their primary care managers and to developmental pediatrics.

"It's an exciting idea; no one's looked at this before," Meagher said. "We (can) shorten that time to diagnosis so that early identification and therapy can start."

This autism research was just one of the studies highlighted as the best of the best research here at the 19th Annual Madigan Research Day on April 29. Residents, fellows and staff members presented their research findings on medical studies to their peers across the hospital.

"It's really an opportunity to showcase the various kinds of research that are occurring here, and the people (who) are dedicating their efforts to it," said Maj. Jake Johnson, the deputy chief of Madigan's Department of Clinical Investigations.

Experts in their fields across Army Medicine whittled down the 126 abstracts submitted to the 18 best studies to be shared as presentations and poster displays. Johnson called the amount of research seen across all the medical fields at Madigan this past year "phenomenal."

"We always want to improve



SGT. DANIEL SCHROEDER U.S. Army Photo

Madigan research found that audiology tests could be an important part of early screening for autism. Those children who don't tolerate wearing headphones or may make abnormal noises or poor eye contact, could be indicators of autism.

"It's an exciting idea; no one's looked at this before. We (can) shorten that time to diagnosis so that early identification and therapy can start."

Capt. (Dr.) Sean Meagher

Developmental and Behavioral Pediatrics fellow, Madigan Army Medical Center.

medicine, and we can't improve it without researching it," said Troy Patience, DCI's research informatics manager.

In years past, Madigan's research resulted in significant contributions in areas such as cancer drug therapies, reducing nightmares related to post-traumatic stress disorder and chronic pain treatment.

This year's research ranged from the "bench science" of studying medicine at the molecular level to more commonly performed clinical research. Major (Dr.) Andrew Thagard, a Maternal Fetal Medicine fellow, studied the long-term effects of treatments given to moms in preterm labor.

While magnesium sulfate has long been given to women in preterm labor to help prevent contractions, in the past few years providers found that it

also reduces the occurrences of babies born with cerebral palsy (a common complication of prematurity). While the association between the treatment and the reduction in cerebral palsy is known, the medical field doesn't yet know how it works or what other positive effects magnesium sulfate may have.

"It may do more than just prevent cerebral palsy, so we're trying to understand what that is," Thagard said.

Using a mouse model, the team was able to find that when magnesium sulfate was administered along with a steroid commonly given to help babies' lungs to develop, there were long-term positive effects beyond prevention of cerebral palsy. Specifically, these two treatments appear to protect neurons in the hippocampus, an

area of the brain that affects memory, learning and spatial navigation.

"Injury to the hippocampus has been implicated in certain adult conditions like Alzheimer's and schizophrenia," Thagard said, noting that further studies would need to look at implications of magnesium sulfate on these illnesses.

In the study, the team found that benefits to the brain extend through childhood to adults. He envisions future studies looking further into how else magnesium sulfate and steroids might protect people who are born premature and if magnesium sulfate could provide benefit in other conditions including combat-related traumatic brain injury.

While Thagard's research is part of long-term effort to better understand these treatments, some studies are immediately impacting patient care.

Work done by Lt. Col. (Dr.) Timothy Brand can help reduce the amount of undertreatment, and overtreatment, of prostate cancer. Brand, who is Madigan's Urology Residency director and a urologic oncologist, joined in a larger study that immediately

refined the accuracy of a diagnostic test for prostate cancer.

The Genomic Prostate Score is a tool that looks at the genomics, or genetic makeup, of prostate biopsies to better forecast if the cancer is aggressive, helping to determine if patients' cancers should be actively watched or aggressively treated.

While undertreating cancer has its own dire consequences, overtreatment (with radiation, for instance) can lower patients' quality of life by negatively impacting their urinary, bowel and sexual functioning.

"A lot of men die with prostate cancer, not from prostate cancer," Brand said.

A refined diagnostic tool can more accurately pinpoint the best path forward for who those are at moderate risk of prostate cancer.

"If I have someone who is truly on the fence between active surveillance and treatment, then we'll run this test as a tie-breaker," Brand said.

He explained that studies like this enhance Madigan's ability to practice precision medicine and provide better care for patients.

TRICARE

Good dental health leads to overall health

BY TRICARE

More than 120 different diseases are first detected in the mouth. Going for your annual dental exams can actually help in detecting heart disease, diabetes, pancreatic cancer and more.

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MASTER SGT. CHENZIRA MALLORY U.S. Air Force Photo

Getting checkups at the dentist could also be your first line of defense in detecting other health-related issues.

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- The TRDP offers a large nationwide network of dentists to help you save money on your covered dental care. To find a network dentist near you, use the "Find a Dentist" link at trdp.org.

- Network dentists have agreed to accept reduced fees for covered services — there are no surprise costs beyond the expected cost share and deductible, where applicable.

- Each enrollee gets a \$1,300 annual maximum, a \$1,200 annual dental accident maximum, and a \$1,750 lifetime maximum for braces.

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Your oral health plays a big role in your overall well-being and quality of life. Enroll in the TRDP today — and enjoy regular, affordable dental care that's essential for your lifelong health and peace of mind.

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 1010 Liggett Ave. on Lewis Main. For more information, call 253-477-0182.



SNAPSHOT

On guard

U.S. Army Soldiers assigned to the 5th Battalion, 20th Infantry Regiment, 1st Brigade, 2nd Infantry Division, provide perimeter security during Decisive Action Rotation 16-06 at the National Training Center in Fort Irwin, Calif., Saturday.

SPC. ARNELL ORD U.S. Army

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.
May 27 — Army DONSA and Air Force Family Day
May 30 — Memorial Day
July 1 — Army DONSA
July 4 — Independence Day
July 5 — Air Force Family Day

ANNUAL PNW CHEMICAL BALL

The Joint Base Chemical Corps Regimental Association Chapter will host the annual Pacific Northwest Chemical Ball Friday at the American Lake Conference Center. Event is open to all Chemical Corps Soldiers and family members. For more information, contact jblmccrachat@gmail.com or call 253-477-1726 or 253-279-2598.

MOTHER-SON DANCE SET FOR FRIDAY NIGHT

Enjoy a fun-filled evening at the Club at McChord Field's Mother-Son Dance Friday from 6:30 to 9 p.m. with appetizers, punch, DJ Chrissy Williams, fun, door prizes and dancing. Reservations are required; the cost is \$20 per couple and \$8 per additional son. Dress is semiformal. No walk-ins allowed at the door. For reservations, call 253-982-5581 or 253-982-0718. Payment is required prior to the event.

TEENS CHECK OUT YOUTH CENTER

Teens new to Joint Base Lewis-McChord are welcome to check out the Middle School/Teen programs at Hillside Youth Center Friday and May 27 from 4 to 7 p.m. Meet other JBLM teens, check out a video, get a tour and feel the pulse of the youth center's afternoon activities. The youth center provides transportation from the base hotels (with parental permission slip, available at the hotels). The Hillside Teen Zone is located at 6397 Garcia Blvd. at Lewis Main.

TRAIN TO BE A LIFEGUARD AT JBLM

Joint Base Lewis-McChord Aquatics is offering lifeguard training classes Friday to Sunday at Soldiers Field House Pool on Lewis Main. The cost is \$150, which includes a pocket mask and certificates if the student passes the course. Students must be at least age 15 and pass a pretest (300-yard swim, two-minute tread and underwater retrieval). For more information, call 253-967-5390.

VISIT OUTDOOR REC OPEN HOUSE

Find great bargains at the Northwest Adventure Center's annual Open House and yard sale Saturday from 9 a.m. to 4 p.m. at 8050 NCO Beach Road on Lewis North. Equipment rentals and cabins are open for viewing. Sale items include RVs, tents, kayaks and boats, winter sports equipment and more. Activities include rock wall climbing and the fishing pond. If you want to bring your own items to sell, you can pay \$10 per table for

the community yard sale. Early registration at the NAC is recommended. For more information, call 253-967-8282.

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 more information, visit jblmmwr.com/bowling. Sounders Lanes is located at 737 Jackson Blvd., on McChord Field. For more information, call 253-982-5954.

ARMY, AIR FORCE PCS MOVE WORKSHOPS

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

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.

ASVAB AND COLLEGE TUTORING TALKS

Interested in tutoring or seeking tutoring in college coursework or ASVAB prep-

aration? 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.

YOUTH SWIMMING LESSONS AVAILABLE

Kimbro Pool, at the McVeigh Sports and Fitness Center on Lewis Main, now offers swim lessons for children from 6 months to 16 years of age. To sign up, visit jblmmwr.com/aquatics and click on WebTrac. For more information, call 253-967-5026.

GET THE BEST DEALS ON TEXTBOOKS

If you're studying in college, you can get the best deals on your textbooks from the Family and Morale, Welfare and Recreation's Bookstore at the Stone Education Center. Rent your course textbooks with more than six million to choose from online. Buy or sell used textbooks or download e-books. For more information, visit jblmmwr.com/bookstore or call 253-964-8185.

MOVING RESOURCES AVAILABLE ONLINE

Automated Housing Referral Network is sponsored by the Department of Defense and is designed to improve the process of securing available housing for relocating military families. For more information, visit ahrn.com. Defense Travel Management Office consolidates, streamlines and centrally manages commercial travel. This single point of contact ensures consistency in the

department's focus, policy and execution, marking a new era in government travel. For more information, visit defensetravel.dod.mil. Defense Personal Property System is a centralized, integrated one-stop source for managing personal property moves. For more information, visit move.mil.

AF CLUB SCHOLARSHIP MEMBER PROGRAM

The Air Force Club Scholarship Program is accepting applications for 2016. Members of the Club at McChord Field and their family members are encouraged to apply with an essay or five-minute video. Applications and prompts are available at myairforce-life.com. Six scholarships will be awarded. Deadline is May 20. If you are not a club member, you can pick up an application for the Air Force Club Card at a Family and Morale, Welfare and Recreation facility. For more information, call 253-982-5581 or visit jblmmwr.com/club.

ENJOY ARMED FORCES DAY AT JBLM

Experience the 2016 Armed Forces Day activities at Lewis Main May 21 from 10 a.m. to 6 p.m. at Cowan Stadium. See military equipment, encampments and displays from ancient Romans through World War II, and enjoy carnival rides (including a zip line), roving entertainers, a volksmarch and volksbike, Army-Navy rugby, Recess Monkey children's band plus your favorite fair foods and vendor giveaways. The day's events are open to the general public; use I-5 Exit 119 for entrance. DOD ID cardholders can use any open gate. Visit jblmarmed-forcesday.com for the complete schedule.

JOIN IN WINE AND CANVAS EVENT

You don't need to be an artist to light up your creativity — join in the fun at the Wine and Canvas Night at the Club at McChord Field. The event is set for May 27 from 6 to 8:30 p.m. Art supplies, light appetizers and your first glass of wine are included in the cost. Seating is limited, prepayment is required and you must be age 21 or older to attend. Prepayment is required; call 253-982-5581. The cost is \$30 per person. Club members receive a \$3 discount for each admission.

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 the Fisher House, 9999 Wilson Ave., on Lewis Main. Military family life counselors will listen to issues impacting your day-to-day quality of life, hear your needs and connect you with other military caregivers for practical and social support. The next forum is June 1. If you would like more information, please call 253-329-6546.

JOIN MCCORD FIELD LIBRARY BOOK CLUB

Join the McChord Field Library's Novel Navigators for an adult discussion group on the second Wednesday of each month at the McChord Library at 4:30 p.m. On June 8, "The Girls of Atomic City" by Denise Kiernan will be discussed. Register in person for the group. Copies of the book will be available at the circulation desk. Library is located at 851 Lincoln Blvd., ground floor, on McChord Field. For

more information, call 253-982-3454.

241ST ARMY BIRTHDAY COMMEMORATION

Save the date for the 241st Army Birthday Commemoration June 9 at the Greater Tacoma Convention and Trade Center at 1500 Broadway, Tacoma. Doors open at 5 p.m. for an evening of dining, dancing and entertainment. Tickets are currently on sale. For more information, visit jblmarmyball.com.

FACE THE WORLD EXCHANGE PROGRAM

Are you curious about hosting an exchange student? Face the World — a nonprofit high school exchange program — provides opportunities for families and students to get to know a culture first hand and make friendships last a lifetime. For more information, contact Theresa George, Regional Director, at theresa@facethe-world.org. 800-26-FACE or visit visitfacetheworld.org.

SIGN UP FOR JBLM ALERT NOTIFICATIONS

Joint Base Lewis-McChord Alert Notifications is a free service. Sign up and receive emergency notifications about road closures, severe weather, utility service interruptions and public safety messages from Pierce County and JBLM. For more information, call 253-966-7526.

TRY HABANERO'S NEW MENU ITEMS

Habanero Mexican Grill at Whispering Firs Golf Course on McChord Field has new menu items. Pick up breakfast on the way to work by ordering ahead. Chose from bacon, sausage, chorizo or ham breakfast bowls with hash browns, cheese and an egg for \$4.50. If you prefer a lighter lunch, order lunch wraps, light-size burritos and quesadillas. The wraps feature chicken Caesar, ham or turkey jalapeño club fillings for only \$5.75. Try a wrap with the new house-made chips or onion rings. For more information, visit jblmmwr.com.

NEW MENU ITEMS AT THE WARRIOR ZONE

Try new menu items at the Zone Café in the Warrior Zone: Thai chicken, turkey Caesar and chicken chipotle wraps, new salads, freshly made veggie, turkey and tuna salad sandwiches, grilled mesquite chicken sandwich and the Angus beef burger with fries. Located at 11592 17th Street and D Street at Lewis North. Call 253-477-5756.

USO AT SEA-TAC NEEDS VOLUNTEERS

The USO Northwest Sea-Tac Center located at the Seattle-Tacoma International Airport is in need of volunteers to fill both the late night and early morning shifts. The USO-NW Sea-Tac Center is one of the few USO Centers worldwide that remains open 24 hours every day to support traveling military members and their families. In just the first quarter of 2016, the USO-NW Sea-Tac Center has served more than 26,000 visitors. For more information about volunteering, email the manager at seatacmanager@usonw.org or visit usonw.org/seatac.php.

TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

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

A LIST OF UPCOMING EMPLOYMENT FAIRS

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

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

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

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

Federal Career Fair will take place Tuesday from 10 a.m. to 1 p.m. at the Henry M. Jackson Federal Building, 915 Second Ave., South Auditorium, Seattle. For more information, call 206-220-6171.

American Veterans Hiring Event will take place Wednesday from 10 a.m. to 2 p.m. at 5717 S. Tyler St., Tacoma. For more information, call Mauricio Kenny at 253-593-7364 or email mkenney@esd.wa.com.

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

Reinventing Your Future Transition Seminar for female service members will take place

Wednesday-Thursday from 8 a.m. to 4 p.m. at the Club at McChord Field. To register, visit tinyurl.com/z2pjsdk.

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. Call 253-593-7300 or email backtowork@workforce-central.org.

SFL-TAP Spring Transition Fair will take place May 24-25 at the American Lake Conference Center and Safeco Field in Seattle. For more information, visit tinyurl.com/zhp2ota.

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/. Attend orientation on Thursdays at 3:30 p.m. at the Stone Education Center, on Lewis Main. Email rob@pacmtn.org.

Spotlight Events and Employer Hiring Check for employer spotlight events on

social media at facebook.com/jblmunlimited. Sign up at sfl-tap.army.mil or with your SFL TAP Center at 253-967-3258/5599.

ADMIN AND HOSPITALITY SERVICES ASSISTANT

Pacific Lutheran University — Salary: \$14.11 to \$15.54 per hour. The administrative and hospitality services assistant will perform daily duties in support of Hospitality Services, composed of conferences, events and catering. This position will assist with the planning and support process for designated internal and external events. Reports to the director of hospitality services. Work schedule is full time, Tuesday-Saturday from 8 a.m. to 5 p.m. with some evenings and other weekdays required. Submit application, cover letter, resume and list of three references at employment plu.edu.

ASSISTANT DIRECTOR ENTERPRISE APPS

Washington Technology Solutions — Salary: DOQ. Washington Technology Solutions is looking for a driven leader who is excited to tackle the state's biggest priorities as it relates to technology. As the assistant director of enterprise applications, you will make a difference in our state by improving the core technology services government runs on. You will be trusted by management to independently align and implement high-risk, high-profile initiatives that impact significant and fundamental services. You will have

the opportunity to translate technical options into business terms, and collaborate with customers to create technology solutions for mission critical business problems. If you are ready to lead a large division, be responsible for multimillion dollar budgets and provide technical and organizational leadership at the highest level, we encourage you to apply today. Visit tinyurl.com/zffenht for more information.

EARLY CHILDHOOD PROGRAM SPECIALIST 1

Tacoma Community College HR — Salary: \$2,176 to \$2,806 per month. TCC is pleased to invite applications for the early childhood program specialist I-toddler ages 12 months to 18 months. This position works under general direction of the program manager and interacts with parent, volunteers and team members. Also interacts and responds to each child with respect, courtesy, and understanding of their developmental stage of growth. Work is performed following Department of Early Learning requirements, National Association Commission for Association for Early Learning Leaders standards, center policies and procedures which include personnel policies, expectations and code of teaching behavior, health care policy, emergency procedures and safety. This position assists in ensuring that children are involved in activities suited to their immediate emotional, social, intellectual and physical needs. For more information, visit tinyurl.com/mpm6x3x.

FROM PAGE 1A

SCOUT

Brigade, 2nd Infantry Division.

She grew up in the small Mid-west town of Kinmundy, Ill. She is the youngest child of Tammy and Michael Landes and has three older brothers. She credits her competitive nature to being the only girl and the baby of the family.

"I was always trying to one-up

my brothers," she said. "I outrank them now."

Landes said she always knew she wanted to join the military, from the time she was 6 or 7 years old, when her brother, Travis, joined the Army. That was reinforced when she was 14 and Joshua also signed up, Landes said.

She was fascinated with flight at a young age, as her dad often took the family to local airshows for helicopter rides, she said.

That's why Landes chose to be

an Apache crew chief for her first military job. Moving on to becoming a cavalry scout is a natural transition, she said.

"I wanted a challenge," she said.

It does make some family members a bit nervous, she said.

"My husband is a bit worried, but, I'm his wife," she said.

Landes said she isn't impressed with her own move into a position traditionally held by male Soldiers.

"I'm a Soldier, it's a Soldier's

job," she said.

It is, however, one of the most difficult jobs for Soldiers, according to Sgt. Maj. Hayward Smith, 7th Infantry Division command career counselor.

"There is a lot more 'move, shoot, communicate' training, and (a cavalry scout) is more in the direct line of fire," he said.

Landes is the first female Soldier reenlisting to go for cavalry scout training, but a few new recruits just out of high school also have asked for that

training, Smith said.

It's expected that Landes will be among the first females to complete scout training and will be an inspiration to other women in the military. She will likely be placed in a position of leadership, being as she is entering training as a sergeant, Smith said.

"I'm just glad the Army is giving this opportunity," he said. "If our female Soldiers want to train for combat duty, they are more than capable."



Roland Barondeau, 8, of Steilacoom, participates in the annual JBLM Pitch, Hit and Run baseball skills competition on Lewis Main May 4.

FROM PAGE 1A

BALL

For those participating in the skills competition, there's a chance to show their skills at Safeco Field — home of the Seattle Mariners. The top qualifiers from each major league team competition advance to the national finals during the MLB All-Star Week July 10 to 12 at Petco Park in San Diego.

It can be a tall order, but many JBLM youths have the confidence to take their skills to the major league stage.

"I've got one of the best throws, not to be cocky," said Thomas Bennese, 9. "I really want to test my skills. It would be exciting."

While it is a competition, many of the parents like Bennese's mom, Christel, feel the Pitch, Hit and Run event still teaches sportsmanship while teaching competitive skills. Kids who were sitting on the bleach-

ers near the field of play were cheering for each other with chants of "let's go."

The majority of sports programs offered by JBLM CYSS are considered recreational, but baseball is the one sport where the kids have some form of competition. Children compete for a prize and can qualify for a competition outside of JBLM.

"It allows the coaches to bring their kids to test their individual skills," said Allen Reece, CYSS sports specialist on Lewis Main. "The best part is that they have boys and girls divisions."

Regardless of who wins, many parents consider it a way to continue building their children's interest in baseball and softball — especially those who have loved the sport since they were infants like Jason Grice's son, Liam, 9.

"It was passed down to me when I was a kid and I've now passed it down to him," he said.

Dean Siemon: 253-477-0235, @deansiemon



Matthew Tewalt, 7, of JBLM, eyes the target while participating in the annual JBLM Pitch, Hit and Run baseball skills competition at the CYSS Fields on Lewis Main May 4.

SCOTT HANSEN Northwest Guardian

FROM PAGE 1A

FAMILY

the stories of her parents and others who were imprisoned or killed for being a Jew or helping one.

"For Jewish people to survive during the war, they had to disappear," she said, retelling the story of her father, Jan Kanis. He was a post office manager who learned early on of the mass killings.

"My father was able to intercept mail," she said, explaining how cards came through the post office telling of myriad deaths, all with the same date and cause of death — supposed pneumonia.

"He figured out they were being killed," she said. "It was clear to him what was happening. He set out to warn (the local Jews). Tell them not to register. Most people didn't believe him."

Steppic's parents began hiding Jews in an attic space at their home. In much the way Anne Frank's family was hidden in

nearby Amsterdam, about 40 Jews received short-term shelter in the Kanis home.

One of the young Jewish girls who stayed in their home also currently serves as a Holocaust remembrance speaker in America, Steppic recently learned.

Although Steppic's father was eventually captured for his work with the Dutch Resistance and sent to various concentration camps, including the infamous Dachau, her mother continued his work, as did one of her older sisters, who was also later jailed.

She told of years when the family didn't know if her father was alive or not.

She talked of D-Day, June 6, 1944, and the Invasion of Normandy, which should have ended the war, but instead left her family and others in the middle of railway strikes, resulting in a lack of food.

"Things were not looking good," Steppic said. "They were very bleak that fall. There were constant air alarms ... allies flying over. We spent most of our time in the cellar. Those shells landed everywhere," she



Ingrid (Kanis) Steppic shares stories about her family's role in hiding Jews at their home in Amersfoort, Holland during World War II.

RUTH KINGSLAND Northwest Guardian

said, telling of one unexploded device that landed in their home.

Steppic's mother carried the device to a neighboring home occupied by Germans. Because the people in the house began screaming and wouldn't let her come in upon seeing what was in her hands, she left the poten-

tially deadly device on their doorstep, she recalled.

Steppic also shared of her then-17-year-old sister, Ali's capture for resistance activities later in 1944. Ali was sent to a prison. Infrequently letters arrived at home, written on toilet paper, because prisoners weren't allowed to write letters. The

youth asked her mother to write back to her on fabric, which she used to craft a cloth doll. Steppic still has the doll, which was a comfort to her sister, and now serves as a remembrance of her sibling.

"I salvaged it, when she died a few years ago," Steppic said. "It wouldn't mean much to someone else, just a dirty old cloth doll, but I know what it meant to her, because my sister made it while she was in prison."

On May 5, 1945, Holland was liberated, which made the recent JBLM observance event even more significant, being on that "special day," she said. The event was significant for many who attended, including Sgt. Daniel Sherman, 555th Engineer Brigade, 7th Infantry Division.

Sherman's great grandparents were German and his great-grandfather spent time in a Russian concentration camp during World War II.

Sherman said the JBLM event was special for him because of his ancestors' involvement in the war. But, he added, "It should be special for everyone."

FROM PAGE 1A

OTHERS

Being a service member was what he wanted to do since he was a 10-year-old child in one of the Jewish detention camps in Poland. The camp was liberated by Canadian Army forces April 12, 1945.

"When the Canadian troops came in and liberated our camp and threw candy at us kids, that's when I decided this is something I wanted to do," Fried said. "I wanted to be a Soldier and liberate others like they did us."

Fried's history might seem like something in a movie. He was born under the last name Wartelsky as National Socialism, Nazism, grew in Europe under Adolph Hitler.

By 1940, his parents decided to emigrate to the Netherlands before going to Fried's grandparents in Argentina.



Mike Fried has been a volunteer with the 201st Expeditionary Military Intelligence Brigade for 20 years, after 44 years of active-duty service.

DEAN SIEMON Northwest Guardian

Then his father, Werner Wartelsky, was killed in a hotel bombing as he attempted to get visas for everyone in the family. The remaining family members were captured and placed into a camp when Fried was only 6

and his sister, Gaby, was 3.

Along with their mother, they were among the millions kept in concentration camps between 1938 and 1945. More than 6 million people were killed in what is called the Holocaust.

Fried's mother was able to keep herself and the children alive by marrying Rudolph Fried, an administrative employee of the camp. After the camp was liberated, the three were connected with Fried's uncle, Walter Baron, who brought them to the United States.

After completing high school, he started his military career of 44 years — 29 of which were spent in Germany.

"That's where I served as an interrogation technician because of my native linguistic abilities," Fried said.

He served with multiple units in different parts of the world, including a deployment to Vietnam with the 101st Military Intelligence Battalion. Fried was in Germany during his final years in active duty, but he said he knew he had to continue working, joking that his wife of 59 years, Rita, would have divorced him within a week of being home full time.

For the past 20 years, Fried

has volunteered on the administrative side, helping service members with a variety of forms — working from about 6 a.m. to 2 p.m.

Many service members take the time to look around his office, which includes coins, pictures and other mementos from his time serving in the military.

"Yesterday, I had somebody in here looking at my picture and didn't know the rank I was there; that's me in a uniform as a (Specialist 7)," Fried said. "They have never seen that rank."

Often, service members from the 201st EMI Bde., from young specialists to officers, approach him for advice on their military careers. The most important words Fried offers are simple.

"Do a good job and become proficient in your (military occupational specialty) to advance yourself," he said.

Dean Siemon: 253-477-0235, @deansiemon

Sports

JBLM COMMANDER'S CUP VOLLEYBALL CHAMPIONSHIP

3-358 FA wins volleyball title in straight sets

BY DEAN SIEMON
Northwest Guardian

While it wasn't easy, the 3rd Battalion, 358th Field Artillery Regiment, 189th Infantry Brigade was able to defeat the 10th Airlift Squadron in straight sets — 28-26 and 25-22 — in the Joint Base Lewis-McChord Commander's Cup Volleyball Championship at the McChord Fitness Center May 5.

There was a period where the 3-358 FA was leading by a wide margin in both sets, but the 10th AS continued to keep the ball alive for incredible volleys where players had to move toward the bleachers inside the gymnasium to send the ball

across the court on the third allowed hit.

Down by as much as nine points, the 10th AS forced a first game that went back and forth thanks to John Hughes with two aces and two blocks each from Garth Rose and Anne Marie Kemp. Much of the game included small mistakes by 3-358 FA that allowed the 10th AS to catch up, including bad bounces and miscommunication.

"We just needed to coordinate communication," said 3-358 FA team captain Lima Pula. "We started to look lost when they started to come back."

A big factor in the 3-358 FA making a small rally to break the

26-26 tie was key blocks from Falemanu Salamoia, who had four of the team's six blocks in the first set to help his team get the 28-26 win. He collected another key block during a critical 25-22 win in the second set.

Defensive blocks for points can be an essential part of the team's success and are typically impressive when they usually try to keep just one man blocking the net.

"We're used to it," Salamoia said.

It was during the second set of the match when the 10th AS was able to eliminate a 10-3 deficit



SCOTT HANSEN Northwest Guardian

Members of 3-358 FA pose for photos after winning the Commander's Cup Volleyball Championship at the McChord Fitness Center.

SEE TITLE, 2B

JBLM HALF-MARATHON AND 5K FUN RUN



SCOTT HANSEN Northwest Guardian

Half-Marathon overall winner Dominic Luka nears the finish line during the JBLM Half-Marathon and 5K Fun Run on Lewis Main Saturday.

RESERVIST HONORS MOM WITH VICTORY

BY DEAN SIEMON
Northwest Guardian

Back in January, Air Force Reservist Dominic Luka, with the 446th Force Support Squadron at Joint Base Lewis-McChord, was able to make a trip to Africa to visit his family for the first time in 20 years. Born and raised in south Sudan, he was happy to be welcomed with open arms by his mother and the family.

The visit has given him plenty of inspiration since returning to JBLM in March — not only for his military career, but also as an athlete. It wasn't long after Luka's return that he learned about the JBLM Half-Marathon at Family and Morale, Welfare



SEE RACE, 2B

5K participants begin the annual JBLM Half-Marathon and 5K Fun Run near the Family and MWR Fest Tent on Lewis Main Saturday. About 450 runners participated in the two events.

JBLM INTRAMURAL OPEN LEAGUE FLAG FOOTBALL CHAMPIONSHIP

Second half surge propels 110th Chem. Bn. to title game win

110th Chem. Bn. quarterback John Graddick (8) scrambles past the outstretched arms of Victorious Secret's Stephen Schambacher.



SCOTT HANSEN Northwest Guardian

BY DEAN SIEMON
Northwest Guardian

A few months has passed since the 110th Chemical Battalion, 555th Engineer Brigade lost in the Joint Base Lewis-McChord Intramural Open League Flag Football Championship to the 4th Battalion, 160th Special Operations Aviation Regiment in December, and the unit was able to exact some revenge at the Lewis North Athletic Complex Saturday.

Among a 20-team tournament for the JBLM Open Flag Football League Championship, the 110th Chem. Bn. got back at the 4-160th SOAR en route to eventually winning in the championship final at the LNAC, 20-13, over Victorious Secret.

"This is somewhat of a path to get back to (where we were) last year," said Joaquin Paulino, team captain for the 110th Chem. Bn.

Victorious Secret, composed

mostly of service members from the 627th Communications Squadron, jumped ahead to an early 13-0 lead after Simon Diaz threw 3-yard and 50-yard touchdown passes to Stephen Schambacher on the team's first two drives.

But the 110th Chem. Bn. was able to get two touchdown drives of their own, thanks to a 3-yard scramble by quarterback

SEE WIN, 2B

ON THE SCHEDULE

NAC OPEN HOUSE, SALE SCHEDULED FOR SATURDAY

Outdoor: The Northwest Adventure Center on Joint Base Lewis-McChord is hosting its annual Open House and Yard Sale Saturday from 9 a.m. to 4:30 p.m. on Lewis North. Table reservations are \$10 and must be completed at the NAC by Friday. For more information, call 253-967-8282.

REPRESENTATIVE MEETING FOR INTRAMURAL SOFTBALL

Intramurals: A representative meeting for all units wishing to participate in this year's Commander's Cup softball league on Joint Base Lewis-McChord will be May 24 at 6 p.m. inside the Warrior Zone's VIP Room on Lewis North, followed by a meeting May 25 at noon inside the McChord Fitness Center. League starts June 6. For more information, call 253-967-4768 or visit jblmmwr.com/intramural.

SIGN UP FOR WOMEN'S INTRAMURAL SOFTBALL

Intramurals: A representative meeting for teams and individuals interested in signing up for Joint Base Lewis-McChord's women's softball league will take place May 26 at 6 p.m. at the Warrior Zone's VIP Room on Lewis North. All JBLM community members 18 and older are eligible to participate. For more information, visit jblmmwr.com/intramural or call 253-967-4768.

OPEN VOLLEYBALL LEAGUE MEETING SCHEDULED JUNE 1

Intramurals: Individuals and team representatives interested in signing up for the open volleyball league on Joint Base Lewis-McChord can attend an informational meeting June 1 at 6 p.m. inside the Warrior Zone's VIP room on Lewis North. The league is scheduled to start June 11 and is open to any JBLM community members who are Department of Defense ID cardholders and are at least 18 years old. For more information, call 253-967-4768 or visit jblmmwr.com/intramural.

REGISTER FOR OPEN BASKETBALL LEAGUE

Intramurals: Teams and individuals interested in signing up for the Joint Base Lewis-McChord open basketball league can attend a representative meeting June 2 at 6 p.m. inside the Warrior Zone's VIP room on Lewis North. The league is scheduled to start June 11 and is open to all Department of Defense ID cardholders age 18 and older. For more information, call 253-967-4768 or visit jblmmwr.com/intramural.



SCOTT HANSEN Northwest Guardian

A 5K participant makes one final push as she nears the finish line during the JBLM Half-Marathon and 5K Fun Run at the Family and MWR Fest Tent on Lewis Main Saturday.

FROM PAGE 1B

RACE

and Recreation's Fest Tent on Lewis Main.

With about a month of training, he was the first half-marathon runner to cross the finish line with a time of one hour, 27 minutes and 17 seconds after the 13.1-mile run. Although it's been a few years since Luka was a scholarship track and field athlete at Norfolk State University, in Virginia, he's received the motivation to pursue running and dedicated the run to his mom.

"The course was pretty tough with a lot of hills and some gravel roads, but I was able to set up my mind and focus on my goal — fly, fight and win," Luka said.

He was trailed by Evan Cain, who finished the run in 1:29:07, and Brandon Evans (1:34:00). Laura Hamish was the first female to complete the half-marathon course with a time of 1:40:53, followed by Carrie Wentzel (1:46:56) and Laura Stierwalt (1:47:37).

In addition to the 13.1-mile course, there was a 5K course

JBLM Half-Marathon results

HALF-MARATHON TOP INDIVIDUALS

Male – 1) Dominic Luka, 1:27:17; 2) Evan Cain, 1:29:07; 3) Brandon Evans, 1:34:00.

Female – 1) Laura Hamish, 1:40:53; 2) Carrie Wentzel, 1:46:56; 3) Laura Stierwalt, 1:47:37.

available for more runners to increase the event's total participation to about 450 total runners. Steven Prutell, of Madigan Army Medical Center's Intensive Care Unit, had the fastest time in the 5K with a time of 20:37 — minutes ahead of the rest of the pack.

Prutell said he wasn't happy because his personal best time for a 5K course is 19 minutes flat. He's said he's usually running his best during physical training with a number of other service members in his group.

"I think I need somebody else to upset (and motivate) me," Prutell said.

The run attracted several



Half-Marathon runners begin the annual JBLM Half-Marathon and 5K Fun Run on Lewis Main Saturday.

runners from the military community on JBLM, including units forming teams to tackle the race together. Able Reymundo was able to form a team of about four runners from 8th Squadron, 1st Cavalry Regiment, 2nd Bri-

gade, 2nd Infantry Division to run the half-marathon.

Reymundo said events like runs on JBLM can act as a way of building team cohesion within the unit.

"Outside of work, people tend

to be more relaxed and you get to know them better," he said. "These are the people who are going to have your back."

Dean Siemon: 253-477-0235, @deansiemon



SCOTT HANSEN Northwest Guardian

110th Chem. Bn. teammates celebrate after winning the JBLM Intramural Open League Flag Football Championship at the Lewis North Athletic Complex Saturday.

FROM PAGE 1B

WIN

John Graddick, followed by a 40-yard touchdown pass to Derrick Doyle. Both teams missed extra point conversions for a 13-13 tie entering halftime.

The 110th Chem. Bn. started with the ball in the second half and drove down the field in three and a half minutes after Graddick was able to scramble 12 yards for the touchdown that was followed by a successful

one-point conversion pass into the end zone. Graddick credited the experience to working together last fall to complete the 20-point rally.

"We work as one unit and it just makes everything flow a lot better," Graddick said. "It was the camaraderie of knowing each player from last year and knowing what they are capable of doing."

Victorious Secret struggled to get any offense rolling after the 110th Chem. Bn. made its defensive adjustments to create pressure and difficulty for Diaz to find an open receiver down

the field. Diaz was not able to convert a key fourth-down pass and the ball went over to the 110th Chem. Bn.

After stopping Graddick in the backfield for a quarterback sack, Victorious Secret got the ball back at about its own 10-yard line with 1:52 left in regulation. Diaz collected a first down before he threw an interception to Antonio Griffin with six seconds left to give the 110th Chem. Bn. the open league victory.

"It seems like they figured out our game and stepped it up," said Mark Banua, coach for

Scoring Summary

Victorious Secret 13 0 – 13

110th Chem. Bn. 13 7 – 20

First half:

V – Schambacher 3 yard pass from Diaz (conversion good)

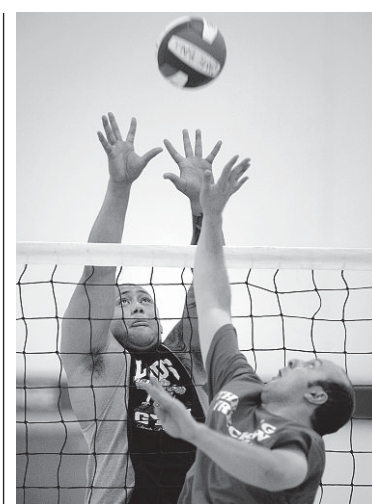
V – Schambacher 50 yard pass from Diaz (conversion failed)

C – Graddick 8 yard run (conversion good)

C – Oliveras 40 yard pass from Graddick (conversion failed)

Second half:

C – Graddick 12 yard run (conversion good)



SCOTT HANSEN Northwest Guardian

Falemanu Salamo, left, blocks a hit by 10th AS's Branden Gulick.

FROM PAGE 1B

TITLE

thanks to timely aces from both Kemp and Polender. After having nine blocks in the first set, they were unable to collect any in the second set of another back and forth match.

"You feel either game could have gone either direction," said Brad Polender, the 10th AS team captain for the season. "It's always fun when there's big rallies."

Despite the loss in the championship round, advancing that far in the season was a highlight for the 10th AS, which inactivated May 6 after 13 years on JBLM.

"It was good to make a big run with everything going on and put this sort of energy into the game," Polender said.

Dean Siemon: 253-477-0235, @deansiemon

Victorious Secret. "My hats off to them because they deserved it."

While the open league provided those who are not actively serving in the military a chance to play flag football on the installation, many of the 20 teams that played this spring were units hoping to build some momentum for the upcoming fall intramural season. Despite the loss, the folks from Victorious Secret said they are looking forward to bringing back the momentum and hope it continues in the fall.

"This was a great opportunity to stay active and have that competitive, fun and safe environment," Banua said.

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JBLM Half-Marathon & 5K	May 7
Nurses' Run 5K/2 MI	May 11
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Black Hills Triathlon	June 26
Lakewood Summer Fest	July 9
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Salmon Run 12K/5K	September 17
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NORTHWEST

guardian weekend

SECTION C

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



COVER STORY

FARM FRESH

A roundup of the South Sound's
most popular farmers markets, 3C

FOR THE WEEK OF MAY 13-19

13

THE BISTRO AT RUSSELL LANDING

11 a.m. to 2 p.m. BBQ pulled pork sandwich with homemade potato salad and grilled corn on the cob for \$12.95.

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

WARRIOR ZONE CAFE

10 a.m. to 11 p.m. New Smash Night (WiiU) and open play Super Smash Brothers at 9 p.m. Ages 18 and older only.

SOUNDERS LANES FAMILY FUN CENTER

11 a.m. to midnight. Burgers, cheese steak sandwiches, fish and chips, salads, pizzas, grilled sandwiches, grilled chicken breast, soups and daily deals.

14

WARRIOR ZONE

10 a.m. to 1 a.m. UFC 198 patio special: hot dog or salisbury steak meal with your choice of two sides. Dungeons and Dragons meet-up at 5 p.m. Ages 18 and older only.

NW ADVENTURE CENTER

9 a.m. to 4 p.m. Open House, 8085 NCO Beach Road at Lewis North.

JOINT BASE LEWIS-MCCHORD MARKETPLACE DIRECTORY

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

15

THE CADDY SHACK BAR AND GRILL AT EAGLES PRIDE

8 a.m. to 2 p.m. Order breakfast hot off the grill, huge burgers and sandwiches, a quarter-pound hot dog, Philly steak sandwich, nachos and more.

16

THE BISTRO AT RUSSELL LANDING

11 a.m. to 2 p.m. Good morning six-oz burger with choice of side for \$11.95.

EAGLES PRIDE AND WHISPERING FIRS GOLF COURSES May golf combo: green fee, shared cart and \$7 food voucher is \$35 for ranks E1-E5 and \$39 for E6 and above and DOD personnel. Guests pay \$43.

WARRIOR ZONE

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

17

THE BISTRO AT RUSSELL LANDING

11 a.m. to 2 p.m. Greek chicken quesadilla for \$10.95.

WARRIOR ZONE

10 a.m. to 11 p.m. Get in a pool tourney starting at 6:30 p.m. The first five people to sign up for any gaming tournament any day of the week receive \$2 off any food purchase. Ages 18 and older only.

BATTLE BEAN DRIVE-THRU AND STONE ED BATTLE BEAN Receive a free flavor upgrade on any coffee drink.

HABAÑERO MEXICAN GRILL AT WHISPERING FIRS GOLF COURSE Try vegetarian options and light-size burritos and quesadillas.

18

STRIKE ZONE SNACK BAR AT SOUNDERS LANES

11 a.m. to 3 p.m. Get a whole cheese, pepperoni or sausage pizza for \$10 or a corn dog and fries for \$2.50.

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

THE BISTRO AT RUSSELL LANDING

11 a.m. to 2 p.m. German beer bratwurst with toppings and a side of baked beans and coleslaw for \$11.95.

WARRIOR ZONE

10 a.m. to 11 p.m. Texas Hold 'Em tournament, 6 p.m. sign-up, \$7 cover charge. Nachos with jalapeños for \$3 or a 7-inch cheese pizza and hot wings for \$10. Ages 18 and older only.

19

BATTLE BEAN DRIVE-THRU AND STONE ED BATTLE BEAN

Get \$1.50 off any size caramel macchiato.

THE BISTRO AT RUSSELL LANDING 11 a.m. to 2 p.m. Lasagna with cheesy garlic bread for \$12.95.

WARRIOR ZONE CAFE 10 a.m. to 11 p.m. Thai chicken, turkey Caesar and chicken chipotle wraps, chef salad, chopped chicken Cobb salad and side salad, freshly made veggie, turkey and tuna salad sandwiches, grilled mesquite chicken sandwich the Angus beef burger with fries and more. Ages 18 and older only.

AT THE MOVIES

Carey Theater on Lewis Main

Captain America: Civil War (PG-13)
Friday at 7 p.m.

The Jungle Book (PG)
Saturday at 3 p.m.

Captain America: Civil War (PG-13)
Saturday at 7 p.m.

The Jungle Book (PG)
Sunday at 3 p.m.

Captain America: Civil War (PG-13)
Sunday at 7 p.m.

MOVIE TIMES

FRIDAY

TACOMA AREA BLUE MOUSE THEATRE: 253-752-9500

Deadpool (R) 7 **Rocky Horror Picture Show** 11:30 p.m. Saturday
GRAND CINEMA: 253-593-4474
Sing Street (PG-13) 1:25, 3:50, 6:25, 9:42:5, 6:50, 9:15 **Sweet Bean (Not Rated)** 4:05 **A Hologram for the King (R)** 1:50, 6:35, 8:50 **Hello, My Name is Doris (R)** 1:40, 4, 6:15, 8:30

LAKWOOD TOWNE CENTER CINEMAS: 888-262-4386

Money Monster (R) 9:25, 12:20, 2:45, 5:10, 7:40, 9:30 **The Darkness (PG-13)** 11:40, 2:10, 4:25, 6:50, 9:10 **Captain America: Civil War (PG-13)** 8:30, 8:55, 9, 9:15, 11:15, 12:30, 2:30, 3:45, 5:45, 7, 7:50, 9, 10, 10:15, 10:30, 11:30 **Captain America: Civil War 3-D (PG-13)** 9:45, 10:15, 10:45, 1, 1:30, 2, 4:15, 4:45, 5:15, 7:30, 8, 8:30, 10:45,

11:15, 11:45 **Keanu (R)** 2:40, 7:40 **The Huntsman: Winter's War (PG-13)** 11:45, 5:05, 11:10 **The Jungle Book 3-D (PG)** 8:50, 11:20, 1:50, 4:30, 7 **The Jungle Book (PG)** 9:30, 12:05, 2:35, 5:25, 7:55, 10:10 **Zootopia (PG)** 11:50, 2:25, 5

REGAL LAKEWOOD STADIUM 15: 844-462-7342

Money Monster (R) 11:35, 1:15, 4:50, 6:40, 7:40, 9:40, 10:40 **The Darkness (PG-13)** 12:10, 4:40, 7:20, 10:20 **Captain America: Civil War (PG-13)** 11:30, 1, 2, 3, 3:30, 4:30, 5:30, 6:30, 7, 8, 9, 10, 11 **Captain America: Civil War 3-D (PG-13)** noon, 12:30, 1:30, 2:30, 4, 5, 6, 7:30, 8:30, 9:30 10:30 **Keanu (R)** 7:50, 10:50 **Mother's Day (PG-13)** 12:15, 3:20, 6:10, 9:10 **Ratchet and Clank (PG)** 4:10 **The Huntsman: Winter's War (PG-13)** 12:40, 3:50, 6:50, 9:50 **Barbershop: The Next Cut (PG-13)** 12:50, 3:40, 6:20, 9:20 **The Jungle Book 3-D (PG)** 11:40, 2:20 **The Jungle Book (PG)** 1:45, 4:20, 7:10, 10:10 **Batman v. Superman: Dawn of Justice (PG-13)** 12:20 **Zootopia (PG)** 11:50, 2:35, 5:15

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

Captain America: Civil War 3-D (PG-13) 1, 3, 4:20, 9:40, 11 **Captain America: Civil War (PG-13)** 9:40, 10:20, 11:40, 6:20, 7:40 **Captain America: Civil War XD (PG-13)** 9, 12:20, 7 **The Darkness (PG-13)** 9:10, 1:30, 3:560, 6:10, 8:30, 10:50 **The Huntsman: Winter's War (PG-13)** 7:50, 10:30 **The Jungle Book (PG)** 10, 12:50, 4, 6:40, 9:20 **Keanu (R)** 9, 11:30, 2, 4:30, 7:10, 9:50 **Money Monster (R)** 9:20, 11:50, 2:15, 4:40, 7:30, 10 **Mother's Day (PG-13)** 10:10, 1:20, 4:10, 7:20, 10:10 **Zootopia (PG)** 9:30, noon, 2:40, 5:15

PUYALLUP

LONGSTON PLACE: 253-770-9901
Money Monster (R) 12:20, 1:20, 3:20, 4, 7, 9:40 **The Darkness (PG-13)** 1:50, 4:50, 7:50, 10:20 **Captain America: Civil War (PG-13)** noon, 2, 5:30, 6, 7, 9 **Captain America: Civil War 3-D (PG-13)** 11, 11:30, 12:30, 1, 1:30, 2:30, 3, 3:30, 4, 4:30, 6:30, 7:30, 8, 8:30, 9:30, 10, 10:30, 11 **Keanu (R)** 2:20, 9:10 **The Huntsman: Winter's War**

(PG-13) 1:15, 4:15, 7:15, 10:15 **Barbershop: The Next Cut (PG-13)** 10:30 p.m. **The Jungle Book 3-D (PG)** 12:40, 3:40, 6:40, 9:20 **The Jungle Book (PG)** 1:40, 4:40, 7:40, 10:20 **Batman v. Superman: Dawn of Justice (PG-13)** 11 a.m.

SOUTH HILL MALL SIX: 253-445-8801

Mother's Day (PG-13) 12:45, 3:30, 6:15, 8:35 **Ratchet and Clank 3-D (PG)** 3:40 **Ratchet and Clank (PG)** 1:05 **The Boss (R)** 1, 3:35, 6:10, 8:55 **God's Not Dead 2 (PG)** 12:50, 3:25 **My Big Fat Greek Wedding 2 (PG-13)** 1:10, 3:50, 6:25, 9 **The Divergent Series: Allegiant (PG-13)** 6, 8:40 **10 Cloverfield Lane (PG-13)** 6:05, 8:50 **Zootopia (PG)** 12:55, 3:45, 6:20, 8:45 **BONNEY LAKE**
REGAL TALL FIRS 10: 253-891-5445
Money Monster (R) 12:10, 4, 7, 10:10 **The Darkness (PG-13)** 1, 4:20, 7:40, 10:20 **Captain America: Civil War (PG-13)**

SEE MOVIES, 7C



RUTH KINGSLAND Northwest Guardian

Shoppers visit the Olympia Farmers Market on a recent Friday afternoon. The market is open now on its summer schedule, Thursday through Sunday from 10 a.m. to 3 p.m.

Professor Bamboozle, a decade-long landmark vendor at the Olympia Farmers Market, turns a balloon into a singing unicorn for Blueberry Harmell, 6, of Olympia. Blueberry is a regular shopper at the market with her dad, Leland Harmell.



SOUTH SOUND FARMERS MARKETS

A fresh take on nutrition

BY RUTH KINGSLAND
Northwest Guardian

Looking for fresh fruit? Artichokes? Asparagus? From Olympia to Orting and Tacoma to Tenino, you don't have to drive far to find a farmers market full of fresh, healthy fruits and vegetables, as well as crafts, entertainment, food vendors and more.

Most local markets are already on summer schedules, with some offering more than one day open each week.

Selected as No. 5 in this year's online onlyinyourstate.com 20 Top Farmers Markets in Washington listing, the Olympia Farmers Market is celebrating its 41st year of operation. The Olympia Farmers Market is

open now through October, Thursdays through Saturdays from 10 a.m. to 3 p.m.

This market offers everything from worms for fishing, local honey and agricultural items to Professor Bamboozle's balloon art. For just a few dollars, a child or adult can order up an animal,

SEE FRESH, 11C

MAY 13-16

MOUNT RAINIER CLIMB,
TAHOMA GLACIER

Rising 14,410 feet above sea level, Mount Rainier offers nearly unlimited climbing possibilities. Tackle some of the 60 climbing routes on this iconic symbol of Washington state with the JBLM Alpine Club. Travel Tahoma Glacier. Transportation and gear are provided on this multiday trip.

Prerequisite requirements: demonstrated skills or completion of the Alpine Club's Basic Alpine Climbing Course. A **\$150** nonrefundable climbing permit fee or full payment is required upon registration for each trip.

Full trip details will be provided upon completion of registration. For more information, email jblmalpine-club@gmail.com. **\$750**.

MAY 14

NAC OPEN HOUSE AND
COMMUNITY YARD SALE

You're invited to the annual Open House and Community Yard Sale at the NAC. If you have sport, yard and house items you want to get rid of, rent a table to sell your gently loved items. To reserve a table for **\$10**, register and pay at the NAC by Friday. The Open House event is from 9 a.m. to 4:30 p.m. and features a rock climbing wall, demonstrations, stocked fish pond for youth and more. Learn about equipment rental and the lake-side cabins and purchase outdoor gear.

MAY 15

FAMOUS NORTHWEST
WATERFALL TOUR

Explore the greatest concentration of waterfalls in the continental U.S. with a waterfall tour. One stop is the world-famous Multnomah Falls, which plunges more than 620 feet from its origins. Enjoy a pit stop in Hood River, Ore., for lunch (not included in the trip fee). Depart from the Northwest Adventure Center on Lewis North at 8:30 a.m. **\$65**; ages 5 to 12: **\$40**; ages 4 and younger: **\$15**. Reasonable accommodations can be made for persons with special needs; popular family trip; volunteer option.

MAY 16

DIGITAL PHOTOGRAPHY
WORKSHOP AT THE NAC

In this workshop, address backing up and archiving your digital files, how to creatively enhance your photographs (with colors and exposure, cropping and white balance adjustments) and preparing your images for printing. This workshop is at the Northwest Adventure Center on Lewis North at 6 p.m. **\$10**. Trip with NAC expert guides. Add **\$20** for meal and souvenir cup; volunteer option.

MAY 17

SEA KAYAK SKILLS
CLASSES AT KIMBRO

Outdoor Recreation offers five levels of two-hour kayak skills classes.

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

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

MAY 19

STAND-UP PADDLEBOARD
YOGA AT AMERICAN LAKE

If your yoga routine's getting

a little stale, try the challenge of yoga on a stand-up paddleboard. Take your yoga practice out the doors and into nature. Break down the barriers of where your practice should take place, and change the expectations of what your practice should look like. Our sunset classes cater to all levels — from those with no prior yoga or stand-up paddleboard experience who are inspired to try something new to serious practitioners of both. The trips will reinvigorate you and push you to become an even better yogi than you thought possible — all while enjoying the natural splen-

dor of floating on water. Explore the grounding challenge on a stand-up paddleboard and begin to experience the awakening of your great ability to focus. Each class begins with a brief shore lesson on the basics of SUP, followed by a guided paddling warm-up. Work to improve your balance and keep above water (yet don't be afraid to splash around) with invigorating SUP sun salutations flowing into strengthening and lengthening postures, breathing exercises and guided meditation on American Lake. Meet at the Northwest Adventure Center at Lewis North at 6 p.m. Trip with

NAC expert guides. **\$35**.

MAY 22

BIKE THROUGH THE
SNOQUALMIE TUNNEL

Ride through the Snoqualmie Tunnel; it's nearly two miles long. From there, snake your way around the hills and over old train trestles on the way to Rattlesnake Lake. The best part? It's all downhill. Difficulty: easy, distance: 22.5 miles; ride time:

3.5 hours. Minimum age: 14. The trip fee includes guide, transportation, bike, helmet, gloves and headlamp. Depart from the Northwest Adventure Center at Lewis North at 8:30 a.m. Popular family trip; trip with NAC expert guides; volunteer option. **\$55**.

PADDLE HOPE ISLAND
ON DAY KAYAK TRIP

Head to Hope Island for a paddle and walk around the

SEE OUT, 8C



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FREE ADMISSION

Korea Days
at APCC

May 7 Saturday :: 1-3pm
May 19 Thursday :: 4-8pm

Korean Yut Game
Jaegi Making & Play
Korean Flag Drawing
Korean Alphabets Learning

Korean Tea Tasting
Dasik Making TEA SWEETS
Kim Bap Making SUSHI ROLLS
Jokakbo Making FABRIC PIECING

4851 S. Tacoma Way, Tacoma
253.383.3900 :: asiapacificculturalcenter.org

EVENTS

COMMUNITY

Annual Tides Tavern Classic Boat Show and 1841 Wilkes Expedition Reenactment featuring boats from the 1920s to 1960s. 10 a.m. to 4 p.m. Saturday. Tides Tavern, 2925 Harborview Drive, Gig Harbor. Free. facebook.com/TidesTavern.

Prairie Appreciation Day Come and enjoy the natural beauty of our local prairies at Prairie Appreciation Day from 10 a.m. to 3 p.m. Saturday. This family-oriented, free event takes place at Thurston County's Glacial Heritage Preserve. For more information, visit prairieappreciationday.org or call 360-458-5450 or 206-498-3273.

Annual Beer Festival featuring some of the finest craft brewers in the Northwest. Noon to 5 p.m. Saturday. Uptown Gig Harbor, 4701 Point Fosdick Drive NW, Gig Harbor. \$30. 360-340-3747 gigharborbeerfestival.com.

Blaze a Trail to Successful Aging in an Age-Friendly Community Join with the City of Puyallup as it becomes the first city in the state to be designated as an Age-Friendly City. Puyallup will be honored as we celebrate May as Older Americans Month. 9:30 a.m. to noon Saturday. Pierce College Puyallup, 1601 39th Ave. SE, Puyallup. Free. 253-864-7309.

Cinderella Ball The Tacoma Yacht Club and Metro Parks Tacoma plan a gala event for people with special needs, ages 5 and older. 1 p.m. Saturday. Tacoma Yacht Club, 5401 N. Waterfront Drive, Tacoma. \$5.

City of Tacoma's Amazing Preservation Race Learn about Tacoma's unique cultural and historic resources as you race around the city completing family-friendly challenges throughout downtown Tacoma. 11 a.m. Saturday, registration at 10:30 a.m. University of Washington - Tacoma, 1918 Pacific Ave., Tacoma. tinyurl.com/hrebrq.

DuPont Citywide Yard Sale 9 a.m. to 3 p.m. Saturday. City of DuPont, 1700 Civic Drive, DuPont. 253-964-1289, dupont-wa.gov/documentcenter/view/1542.

Spring Classic Lucky Collector Car Auction 9 a.m. Saturday-Sunday, LeMay Family Collection, 325 152nd St. E., Tacoma.

Meeker Mansion Psychic Fair Discover your future or uncover



South Sound Prairies Program

There will be a number of fun activities and games for the family at Prairie Appreciation Day at Glacial Heritage Preserve in Olympia Saturday.

your past. Psychic's fee separate. 10 a.m. to 5 p.m. Saturday. Meeker Mansion, 312 Spring St., Puyallup. \$5. 253-848-1770, meekermansion.org.

South Sound Opening Day of Boating Season Come celebrate with vendors, dinner, dance and live music. 11 a.m. Saturday. Des Moines Yacht Club, 22737 Marine View Drive, Des Moines. \$25 after 5 p.m.; free before.

Steilacoom Historic Home Tour Four privately owned historic homes in Steilacoom, plus the Immaculate Conception Mission, will be open to the public. Tickets will be available at the Steilacoom Museum, 1801 Rainier Street, on weekends from 1 to 5 p.m., or on the day of the event adjacent to the Bair Drug and Hardware Store at 1617 Lafayette Street in Steilacoom. Proceeds will benefit the Steilacoom Historical Museum Association. 10 a.m. to 4 p.m. Saturday. Steilacoom Historical Museum, 1801 Rainier St., Steilacoom. \$20. 253-584-4133, steilacoomhistorical.org.

Tacoma Guitar Festival The largest guitar event ever held in the Northwest will feature more than 150 exhibit style booths, guitar workshops led by industry experts, live performance music played by well-known guitarists, guitar personality meet and greets and a festival atmosphere.

9:30 a.m. to 5 p.m. Saturday, 10 a.m. to 4 p.m. Sunday. Tacoma Dome, 2727 E. D St., Tacoma. \$15 per day, \$25 two-day pass. tacomaguitarfestival.com.

Puget Sound Starts Here Family Fun Day Environmental Educators from around the area join together to host this event offering hands-on activities, lessons, games, and entertainment related to water quality and the environment. 10 a.m. Sunday. Foss Waterway Seaport, 705 Dock St., Tacoma. Free.

City of Destiny Poetry Slam - Lincoln Edition open to any poet ages 13 to 19. Themes for the slam are: community, neighborhood and history. It's a single round indy slam with only one poem per person. 6 p.m. May 20. Lincoln High School, 701 S. 37th St., Tacoma. Free.

2016 Dawg Dash Tacoma has become a coast-to-coast celebration of Husky community and spirit. 9 a.m. May 21. University Y Student Center, 1710 Market St., Tacoma. \$10-\$25.

Family STEM Day - Science To Go Design, build, tinker and learn together as you explore the world of automobiles and its relation to science, technology, engineering and math. 11 a.m. to 4 p.m. May 21. LeMay — America's Car Museum, 2702 East D St., Tacoma. Included in admission. 253-779-8490, [\[museum.org\]\(http://museum.org\).](http://americascar-</p>
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Queen Victoria's Birthday A merry mood permeates the Fort on this occasion. 11 a.m. to 5 p.m. May 21. Fort Nisqually Living History Museum, 5400 N. Pearl St., Tacoma. Included in admission. fortnisqually.org.

Shred Day a 3 box limit. 9 a.m. May 21. Sound Credit Union, 3633 Pacific Ave., Tacoma. 253-383-2016, soundcu.com/resources/events.

Spring Outdoor Garden Market Multiple vendors with fruit/veggie plant starts, garden supplies and decorations, baked goods and lots of handmade items. 9 a.m. to 2 p.m. May 21. Bethlehem Lutheran Church, 101 E. 38th St., Tacoma. Free. 253-474-0525, blctacoma.com.

University Place Historical Society Garden Tour A tour of five unique gardens in University Place. 11 a.m. to 4 p.m. May 21. University Place Historical Society, 3715 Bridgeport Way W., University Place. \$20. 253-301-8578, uphistoricalsociety.org.

WBCA Antique Bottle & Collectible Show Great antique and vintage bottles, jars, glassware, advertising, souvenir memorabilia, old photographs, vintage postcards, pottery and more. 9 a.m. May 21. Kent Commons, 525 4th Ave. S., Kent.

Tacoma Yacht Club Tour of Boats and Cars Life vests will be

available for youths 12 and younger. Please no pets. Noon to 4 p.m. May 22. Tacoma Yacht Club, 5401 N. Waterfront Drive, Tacoma. \$5/person; \$20 for 5 people. 253-752-3555, tacomayachtclub.org.

Students of Distinction program will honor 35 graduating seniors from the Peninsula School District in seven different categories. 6:30 to 9 p.m. May 25. Chapel Hill Presbyterian Church, 7700 Skansie Ave., Gig Harbor. \$10-\$20. 253-514-6338, gigharborfoundation.org/students-of-distinction-fund.

FILMS

Films Inspired by Age: Young at Heart an inspiring documentary about seniors who step it up with song and dance. 1:30 p.m. Wednesday. University Place Library, 3609 Market Place W., University Place; 6 p.m. Thursday. Summit Library, 5107 112th St. E., Tacoma. Free.

Films Inspired by Age: Wild Strawberries This film is filmmaker Ingmar Bergman's classic 1957 study of an old man reevaluating his life. 1:30 p.m. May 21. University Place Library, 3609 Market Place W., University Place. Free.

Films Inspired by Age: Mr. Holmes Celebrate Older Americans Month with powerful movies with a message. 6 p.m. May 25. University Place Library, 3609 Market Place W., University Place. Free.

FUNDRAISERS

NOURISH! Dinner and Auction FISH Food Banks of Pierce County in support of the nutritious food provided to tens of thousands of families served by FISH's seven food bank locations and nine mobile food bank sites. Silent and live auctions, dinner and dancing featuring the Kim Archer Band 6 to 10 p.m. Friday. Hotel Murano - Bicentennial Pavilion, 1320 Broadway, Tacoma. \$65. 253-383-3164, fishfoodbanks.org/events/save-date-nourish-may-13-2016.

Fawcett Elementary Vendor Fair vendors to shop from, a pie in the face booth, kids craft table, food trucks, silent auction, raffle and more, all to support Fawcett Elementary. 9 a.m. Saturday. Fawcett Elementary School, 126 E. 60th St., Tacoma. Free admission. 253-571-4700, tacoma.k12.wa.us/fawcett/Pages/default.aspx.

Empowering Youth Tacoma fundraiser to strengthen and

expand programs to help low-income Tacoma students achieve a college degree. 11:30 a.m. Wednesday. Greater Tacoma Convention and Trade Center, 1500 Broadway, Tacoma. \$100. 253-439-5802, collegesuccess-foundation.org/wa/empowering-youth-tacoma.

TALKS

Speakers Series: Housing Affordability and Homelessness in Our Community Kent McLaren, lead architect and project manager for a wide range of affordable and special needs housing will discuss the connection between homelessness and the supply of affordable housing. 6:30 p.m. Wednesday. First Christian Church of Puyallup, 623 Ninth Ave. SW, Puyallup. Free.

Nifty 50 Community Networking Group Open to the public, new and fun speakers on key subjects, Bill Baarsma MC. 11:30 a.m. May 21. Joesepi's Italian Ristorante, 2207 N. Pearl St., Tacoma. \$10 optional lunch. 253-761-5555.

The Exiled Palestinians: Two Palestinian Refugees Coming to Tacoma Come and hear their stories; come and ask questions. 7:30 to 9:30 p.m. May 26. Fircrest United Methodist Church, 1018 Columbia Ave., Fircrest. Free. 253-564-7862, facebook.com/events/256713268013638.

VOLUNTEERING

Early Stage Memory Loss Zoo Walk offers walks Fridays at Point Defiance Zoo and Aquarium. Volunteers needed to accompany group for a morning walk followed by refreshments. Eight week sessions with breaks in between. Entry fees are paid for zoo. For more information contact Linda McCone, 253-722-5691 or email lmccone@lcsnw.org.

WORKSHOPS

Three Final Decisions seminar on funeral planning, learn about end-of-life choices. 9 a.m. to 3 p.m. Saturday. Powers Funeral Home, 320 W. Pioneer Ave., Puyallup; 9 a.m. to 3 p.m. May 21. New Tacoma Cemeteries, 9212 Chambers Creek Road W., University Place. Free. 253-798-8787, piercedarc.org.

Marlene's Market and Deli-Tacoma, 2951 S. 38th St.,

ON SALE
THIS WEEK

Mexican singer **JULION ALVA-REZ** will perform at 8 p.m. Nov. 18 at the Tacoma Dome. Tickets are \$63.50-\$163.50 and go on sale at 10 a.m. Friday.

KID ROCK, whose songs have jumped from rock, pop and country, will perform at 7:30 p.m. Sept. 3 at the Washington State Fair, Puyallup. **FLO RIDA** will perform at the fair at 7:30 p.m. Sept. 24. Kid Rock tickets are \$95-\$120, while Flo Rida tickets are \$40-\$68. Tickets for both concerts go on sale at 10 a.m. Saturday.

ALREADY ON SALE

BILLY GARDELL 8:30 p.m. Saturday, Emerald Queen Casino,

Tacoma. \$25-\$60.

TACOMA GUITAR FESTIVAL Saturday-Sunday, Tacoma Dome. \$15.

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

ROSEANNE BARR 8 p.m. May 26, Tulalip Resort Casino, Tulalip. \$45-\$55.

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

BOB DYLAN 7 p.m. June 4-5, Chateau Ste. Michelle Winery, Woodinville. \$70-\$144.50.

PARADISO FESTIVAL June 24-25, Gorge Amphitheater, George. \$199.

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

DWIGHT YOAKAM 8 p.m. July 9, Deep Water Amphitheater,

Manson. \$38-\$92.

PHISH 7:30 p.m. July 15-16, Gorge Amphitheater. \$65-\$110.
STING AND PETER GABRIEL 8 p.m. July 21, KeyArena, Seattle. \$45-\$250.

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

ADELE 7:30 p.m. July 25-26, KeyArena, Seattle. \$35.50-\$145.50.

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

VANS WARPED TOUR 11 a.m. Aug. 12, White River Amphitheater, Auburn. \$39.50-\$85.

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

JOURNEY AND THE DOOBIE BROTHERS 7 p.m. Aug. 23, White River Amphitheater, Auburn.

\$29.50-\$141.

JOSH GROBAN 7 p.m. Aug. 23, Chateau Ste. Michelle Winery, Woodinville. \$78-\$152.50.

GWEN STEFANI 7 p.m. Aug. 24, KeyArena, Seattle. \$35.95-\$144.95.

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

I LOVE THE 90s 7:30 p.m. Aug. 26, Tacoma Dome. \$25.50-\$99.50.

SNOOP DOGG AND WIZ KHALIFA 7 p.m. Sept. 2, White River Amphitheater, Auburn. \$26-\$70.75.

BUMBERSHOOT Sept. 2-4, Seattle Center. \$180-\$700.

COUNTING CROWS AND ROB THOMAS 6 p.m. Sept. 3, Chateau Ste. Michelle Winery, Woodinville. \$70.50-\$126.

TIM MCGRAW 7:30 p.m. Sept. 4, Washington State Fair, Puyallup. \$85-\$95.

CREEDENCE CLEARWATER REVISITED 7:30 p.m. Sept. 7, Washington State Fair, Puyallup. \$30.

CARRIE UNDERWOOD 7 p.m. Sept. 8, KeyArena, Seattle. \$45.50-\$75.50.

THOMPSON SQUARE DANCIN' IN THE DIRT PARTY 9 p.m. Sept. 9, Washington State Fair. \$35.

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- Poached Salmon
- Jaeger Schnitzel
- Sauerbraten
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FROM PAGE 2C
MOVIES

12:30, 3, 6:40, 9:40, 10 **Captain America: Civil War 3-D** (PG-13) noon, 12:20, 3:30, 3:50, 7:10, 7:20, 10:30 **Keanu** (R) 12:40, 3:20, 7:30, 10:40 **Mother's Day** (PG-13) 12:25, 3:35, 6:55, 10:05 **Ratchet and Clank** (PG) 3:45 **The Huntsman: Winter's War** (PG-13) 12:45, 6:20, 9:45 **The Jungle Book 3-D** (PG) 6:50, 9:50 **The Jungle Book** (PG) 12:50, 3:40, 6:30, 9:30 **Zootopia** (PG) 1:10, 4:10

GIG HARBOR GALAXY UPTOWN THEATRE:
253-857-7469
Money Monster (R) 10, 10:40,

1, 1:45, 3:45, 4:15, 6:15, 6:45, 9:10, 9:40 **Captain America: Civil War** (PG-13) 10, 11, 11:30, noon, 12:30, 1:20, 2:30, 3, 3:30, 4, 4:40, 6, 6:30, 7:30, 8, 8:45, 9:30, 9:50 **Captain America: Civil War 3-D** (PG-13) 10:10, 7, 10:30 **Mother's Day** (PG-13) 10:30, 1:15, 4, 6:45, 10:45 **The Huntsman: Winter's War** (PG-13) 11, 2, 4:45, 7:45, 10:30 **The Jungle Book** (PG) 11:15, 1:55, 4:15, 7, 9:35

PORT ORCHARD REGAL SOUTH SOUND 10:
360-871-2294
Money Monster (R) 12:30, 3:45, 7:10, 9:45 **Captain America: Civil War** (PG-13) 11:40, 3:05, 4:45, 6:30, 8:10, 9:55 **Captain America: Civil War 3-D** (PG-13) 12:10, 3:35, 7, 10:25 **Keanu** (R) 7:40, 10:20 **Mother's Day** (PG-13) 12:05, 3:15, 6:40, 9:35 **Ratchet and Clank**

(PG) 12:20, 2:45, 5:10 **The Huntsman: Winter's War** (PG-13) 11:55, 2:55, 6:20, 9:25 **The Jungle Book 3-D** (PG) 11:30, 2:05 **The Jungle Book** (PG) 11:45, 2:20, 4:55, 7:30, 10:05 **The Boss** (R) 7:55, 10:30 **Batman v. Superman: Dawn of Justice** (PG-13) 11:55, 3:25, 6:50, 10:15 **Zootopia** (PG) 11:50, 2:35, 5:15

OLYMPIA/LACEY MARTIN VILLAGE STADIUM
16: 360-455-5003
Money Monster (R) 11:30, 2:10, 3:40, 4:50, 6:40, 7:30, 9:20, 10:10 **The Darkness** (PG-13) 12:20, 2:50, 5:10, 7:50, 10:20 **Captain America: Civil War IMAX 3-D** (PG-13) 11:40, 3, 10 **Captain America: Civil War IMAX** (PG-13) 6:30 **Captain America: Civil War** (PG-13) 11:10, 12:10, 1:20, 2:30, 3:30, 4:30, 6, 7, 7:40, 8:10, 9:30, 10:30 **Captain**

America: Civil War 3-D (PG-13) 12:40, 1:50, 4, 5:20, 7:20, 8:50, 10:50 **Keanu** (R) 4:40, 11 **Mother's Day** (PG-13) 1, 3:50, 6:50, 9:40 **The Huntsman: Winter's War** (PG-13) noon, 3:02, 6:20 **Barbershop: The Next Cut** (PG-13) 12:50 **Green Room** (R) 9:55 p.m. **Sing Street** (PG-13) 1:10, 4:10, 7:10, 9:50 **The Jungle Book 3-D** (PG) 12:30, 3:10, 6:10, 9 **The Jungle Book** (PG) 1:20, 2, 5, 7:55, 10:40 **The Boss** (R) 1:40, 9:10 **Zootopia** (PG) 1:30, 4:20, 7:15

CENTURY OLYMPIA: 360-943-0769
The Boss (R) 11:10, 1:40, 4:20, 7:15, 10 **Captain America: Civil War 3-D** (PG-13) 12:30, 3:55, 7:30, 10:50 **Captain America: Civil War** (PG-13) 10:45, 11:30, 1:05, 2:10, 3, 4:40, 6:05, 7, 8:05, 9:30, 10:30 **The Darkness** (PG-13) 11:20, 1:55, 4:55,

7:45, 10:15 **Green Room** (R) 7:55, 10:25 **The Huntsman: Winter's War** (PG-13) 10:35, 1:20, 4:10, 7:25, 10:20 **The Jungle Book 3-D** (PG) 11:50, 2:30, 5:10 **The Jungle Book** (PG) 10:30, 1:15, 4, 7:04, 9:50

Keanu (R) 11:15, 1:45, 4:50, 7:35, 10:10 **Money Monster** (R) 11, 1:35, 4:15, 7:10, 9:55 **Mother's Day** (PG-13) 10:40, 1:30, 4:25, 7:40, 10:40 **Sing Street** (PG-13) 11:05, 1:50, 5, 7:40, 10:35

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May 22nd at 3:30 PM @ 711 South 25th Street 98405.

If you would like to be a blessing you can donate to the church. If you can't make
it to our 20 anniversary service, you can always donate to the cause. Please send
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- Chirp & Company 3803 N 26th St

On the days of event, tickets will be available at the Curran House, 4009 Curran Lane.

For more information:
uphistoricalsociety.org

FROM PAGE 4C

OUT

beaches and tide pools. Paddle distance: approximately six miles. Minimum age: 12. Depart from the Northwest Adventure Center at Lewis North at 9 a.m. **\$60.**

MAY 25

PICNIC, BIKE AND YOGA IN RUSTON WAY

Take a bike out for a spin, exploring the beautiful boardwalk of Ruston Way in downtown Tacoma. Cruise by Chihuly glass art, restaurants, Point Defiance Park and other stunning landscapes on the nearly 10-mile path. Enjoy a picnic and some yoga in the park to loosen up your muscles after all that peddling. Depart from the Northwest Adventure Center at Lewis North at 6 p.m. Trip with NAC expert guides. **\$70.**

MAY 26

BELLA DONNA SUNSET SUP AND STEAK

Head to American Lake for an enjoyable paddle until the sun sets. All ages are welcome, but children younger than 12 must be on a board with an adult; steak dinner is an optional add-on. Depart from the Northwest Adventure Center at Lewis North at 6 p.m. Preregistration is required by May 24 at 5 p.m. **\$30**; ages; 3 to 12: **\$20.** Trip with NAC expert guides; add **\$20** for meal and souvenir cup.

MAY 27-29

MOUNT RAINIER CLIMB WITH THE ALPINE CLUB

Rising 14,410 feet above sea level, Mount Rainier offers nearly unlimited climbing possibilities. Tackle some of the 60 climbing routes on this iconic symbol of Washington state with the JBLM Alpine Club, including DC route/Gib Chute. Transportation and gear are provided on these multiday trips. Prerequisite requirements: demonstrated skills or completion of the Alpine Club's Basic Alpine Climbing Course. A **\$150** nonrefundable climbing permit fee or full payment is required upon registration for each trip. Full trip



JBLM Outdoor Recreation

The JBLM Northwest Adventure Center offers a number of whitewater rafting trip options, including Wet Planet Whitewater Center in White Salmon.

details will be provided upon registration. For more information, email jblmalpine-club@gmail.com. **\$750.**

MAY 28

APE CAVE ADVENTURE AT MOUNT ST. HELENS

Head to Mount St. Helens to explore the largest continuous lava tube in the Western Hemisphere. Go deep into the underside of a 2,000-year-old lava flow to scramble over and climb under volcanic formations. Two features that must be traversed include 6-foot and 8-foot vertical walls and numerous rock piles up to 20 feet high. In this subterranean environment, the average year-round temperature remains a constant 45 degrees, so dress warmly. Difficulty: moderate; distance: three miles; elevation gain: 250 feet. Minimum age: 12. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. Trip with NAC expert guides. **\$55.**

INTRODUCTION TO KAYAKING SKILLS CLASS

Learn the basic skills of kayaking so you can go out on your own. From paddling skills to rescue skills, you'll leave this trip

feeling more confident and comfortable in a kayak. Difficulty: beginner; distance: two to three miles; paddle time: five to six hours. Minimum age: 12. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. **\$35.**

MAY 29

WHITewater RAFT THE WENATCHEE RIVER

Take a trip down the beautiful Wenatchee River. Put in near Leavenworth before paddling through many exciting class-III rapids. No experience is required. Minimum age: 12. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. or McChord Field's Adventures Unlimited at 8:30 a.m. **\$65.** Reasonable accommodations can be made for persons with special needs; popular family trip with NAC expert guides; volunteer option. Ask about private trips for groups and

units. Groups of 24 or more are just **\$60** per person.

JUNE 1

JBLM ALPINE CLUB MEETING FOR CLIMBERS

Climbers are invited to the Alpine Club meeting at 6 p.m. The activity and meeting location differs each month. Members, check out jblmalpine-club.blogspot.com for more information.

JUNE 2

PADDLEBOARD YOGA AT AMERICAN LAKE

If your yoga routine's getting a little stale, try the challenge of

yoga on a stand-up paddleboard. Take your yoga practice outdoors and into nature for this ladies-only class. Break down the barriers of where your practice should take place, and change the expectations of what your practice should look like. Our sunset classes cater to all levels — from those with no prior yoga or stand-up paddleboard experience who are inspired to try something new to serious practitioners of both. The trips will reinvigorate you and push you to become an even better yogi than you thought possible — all while enjoying the natural splendor of floating on water. Explore the grounding challenge on a stand-up paddleboard and begin to experience the awakening of your great ability to focus. Meet at the Northwest Adventure Center at Lewis North at 6 p.m. Trip with NAC expert guides. **\$35.**

JUNE 3-5

INTRO TO SEA KAYAK NAVIGATION WEEKEND

This intermediate kayaking class is designed for sea kayakers ready to broaden their knowledge and experiences by safely planning their own adventures exploring the Puget Sound. Night one: Learn in a classroom setting to focus on core concepts that every kayaker needs to know before planning a trip: navigation and positioning, environmental awareness and forecasting, assessment of group abilities and risk management, rules of the road and leave-no-trace principles. Day two: Get out on the water to practice navigation and positioning, hazard awareness and environmental awareness to get to the campsite. Once at the campsite, the group will plan out Day three using new skills. Trip requirements:

Confidently paddle a solo sea kayak in wind and waves and perform assisted buddy rescue. Depart from the Northwest Adventure Center at Lewis North at 6 p.m. Trip with NAC expert guides. **\$150.**

JUNE 4

RAFT AND RIBEYE SKYKOMISH RAPIDS

Your expertly guided rafting adventure includes nine miles of class III-V whitewater rapids. Three miles into the trip, you're faced with the infamous class V "Boulder Drop." This drop challenges even the most experienced boaters. Exhilarating rapids will keep your adrenaline pumping the entire trip. A photographer will be there to capture the most memorable moments so you can share them with your friends, family and co-workers (photos are available for viewing and purchase). At

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Sing Street (PG-13)
Fri-Tue: 1:25, 3:50, 6:25, 9:00
Wed: 6:25, 9:00
Thu: 1:25, 3:50, 6:25, 9:00

The Man Who Knew Infinity (PG-13)
Fri: 2:00, 4:25, 6:50, 9:15
Sat-Sun: 11:30 AM, 2:00, 4:25, 6:50, 9:15
Mon-Thu: 2:00, 4:25, 6:50, 9:15

Sweet Bean (NR)
Fri-Sun: 4:05
Mon: 1:30
Tue: 4:05
Wed: 1:30
Thu: 6:20

A Hologram for the King (R)
Fri: 1:50, 6:35, 8:50
Sat-Sun: 11:35 AM, 1:50, 6:35, 8:50
Mon: 4:10, 6:35, 8:50
Tue: 8:50
Wed: 4:10, 6:35, 8:50
Thu: 1:50, 4:10, 8:50

Hello, My Name is Doris (R)
Fri: 1:40, 4:00, 6:15, 8:30
Sat-Sun: 11:25 AM, 1:40, 4:00, 6:15, 8:30
Mon-Tue: 1:40, 4:00, 6:15, 8:30
Wed: 1:40, 4:00
Thu: 1:40, 4:00, 6:15, 8:30

Francofonia (NR)
TUESDAY FILM SERIES
Tue: 1:50, 6:45

Gone with the Wind (G)
CLASSIC FILM SERIES
Wed: 1:45, 6:45

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FROM PAGE 5C
EVENTS

Tacoma. Thickies, smoothies and other quick and easy breakfasts. Registration required. 6 to 8 p.m. Tuesday. \$20; Plant Medicine When You Need it Most. Please register. 6:30 to 8 p.m. May 24. Free. 253-472-4080.

Marlene's Market and Deli-Federal way, 2565 S. Gateway Center Place, Federal Way. Iridology and the Five Pathways of Elimination with Nancy Coones, a trained iridologist, will discuss how to keep the five pathways of elimination healthy, strong and fully functioning in order to rid the body of toxic waste. 10 a.m. to noon Saturday. Free; Introduction to Pranic Healing with Meghan Kaul. 6:30 to 8 p.m. Thursday. Free; Escaping Sugar's Grip with Sherry Fry, NTP, CHFS and Steven Fry, CHFS seminar that's part workshop and part food prep demonstration for guidance on how to lose inches, gain strength, enjoy greater mental clarity and just feel better. Please register. 10 a.m. to noon May 21. \$10; Live Your Best Life: Learn to Love Yourself with Jessica Scales, MA,

LMFT 6:30-8 p.m. May 26. Free. 253-839-0933 marlenesmarket-deli.com.

Marymount Driver's Ed: Ford Model T One-day class is a unique hands-on experience for any car lover. Class size is limited, registration required. Lunch is included. Students must be at least 16 years old with a valid driver's license. 9:30 a.m. Saturday. LeMay Marymount Event Center, 325 152nd St. East, Tacoma. \$150. 253-272-2336, lemay-marymount.org/marymount-drivers-ed-class-ford-model-t.

Gig Harbor BoatShop's Community Boat Restoration Program Hands-on boatbuilding, restoration, and repair every Saturday from 9 a.m. to 5 p.m. Open to the public for viewing. Call 253-857-9344 or email info@gigharborboatshop.org to register, or visit gigharborboatshop.org for more information. Eddon Boat Park, 3805 Harborview Drive, Gig Harbor. \$10; free for members.

Gig Harbor BoatShop's Community Boat Restoration Program for Women Join a crew of women every Tuesday and Wednesday from 9 a.m. to 1 p.m. to learn boat maintenance and repair techniques. Call 253-857-9344 or email info@gigharborboatshop.org to register, or go to gigharborboatshop.org for more

information. Eddon Boat Park, 3805 Harborview Drive, Gig Harbor. \$10; free for members.

MUSIC AMERICANA

Grays Harbor Banjo Band 7 p.m. Saturday. First United Methodist Church of Olympia, 1224 Legion Way SE, Olympia. Free. 360-943-2661.

CHORAL

Federal Way Chorale Presents: "An Evening of American Folk Music" 7:30 p.m. Friday, 2 p.m. Sunday. St. Luke's Lutheran Church, 515 S. 312th St., Federal Way. \$15-\$18; youths 18 and younger Free; \$20 at the door. 253-250-3326, fwchorale.com.

Choral Evensong for Pentecost festive liturgy will include hymns, scriptures, choral music of Philip Wilby, Herbert Brewer, Craig Phillips, Peter Hallock and Nick Strimple, Pentecost organ music of Nicolas De Grigny, reception follows in the courtyard 5 p.m. Sunday. Christ Episcopal Church Tacoma, 310 N. K St, Tacoma. Donations accepted. 253-383-1569, ccptacoma.org.

Totemaires Barbershop Chorus 7 p.m. Monday and May 24. Allenmore Golf Course, 2125 S. Cedar St., Tacoma. Free. 253-752-5135.

Pacific Lutheran University Choral Union 8 p.m. May 20. Pacific Lutheran University-Lagerquist Concert Hall, Tacoma. \$5-\$8; Free for students; Free for 18 and younger. 253-535-7621.

Peninsula Community Chorus Spring Concert spirituals, folk songs, jazz. All are welcome and a reception with light refreshments will follow the performance. 3 p.m. May 22. Fox Island United Church of Christ, 726 Sixth Ave., Fox Island. Free, donations accepted. peninsulacommunitychorus.com.

CLASSICAL

International Artists Carillon Spring Concert "Pedals, Pipes, and Bells" concert featuring handbells and organ. 4 p.m. Sunday. Resurrection Lutheran Church, 134 S. 206th St., Des Moines. Donations accepted. 206-824-2978, seattlecarillon.org.

University Wind Ensemble and University Concert Band

under the direction of Dr. Ron Gerhardstein, 3 p.m. Sunday. Pacific Lutheran University-Lagerquist Concert Hall, Tacoma. \$5-\$8. 253-535-7621, plu.edu/soac/events/#/?i=1.

JAZZ

Bettye LaVette with Walter "Wolfman" Washington 7:30 p.m. Friday-Sunday, Dimitriou's Jazz Alley, 2033 Sixth Ave., Seattle. \$3.50.

206-441-97293, jazzalley.com.

Leif Totusek plays a jazz/blues mix. 8 p.m. May 20. Washington Center for the Performing Arts, 512 Washington St. SE, Olympia. \$27. 360-753-8586, washingtoncenter.org.

Spyro Gyra 7:30 p.m. Thursday, 7:30 and 9:30 p.m. May 20-22. Dimitriou's Jazz Alley, 2033 Sixth Ave., Seattle. \$30.50. 206-441-9729, jazzalley.com.

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FROM PAGE 8C

OUT

the end of the trip, you'll enjoy a quick shuttle back to the River House for a delicious dinner (included in the price). Minimum age: 16; difficulty: beginner; prerequisite: confident swimmer; time: 10 hours. Minimum age: 16. Depart from the Northwest Adventure Center at Lewis North at 11 a.m. or McChord Field's Adventures Unlimited at 11:15 a.m. Preregistration required by May 27 at 5 p.m. **\$120.**

BUNGEE JUMP OR ZIPLINE ADVENTURE

If adrenaline is what you crave, you won't be disappointed. Head to the base of Mount St. Helens to bungee jump off one of the highest bungee bridges in the country. If bungee jumping isn't your thing, you can zipline over the canyon for an adventure in the tree on seven different ziplines. Bungee jumpers get two jumps and a T-shirt. Minimum weight: 90 pounds. Depart from the Northwest Adventure Center at Lewis North at 9 a.m. Preregistration is required by May 31 at 5 p.m. **\$135.**

JUNE 5 ATV SAFETY RIDER COURSE CERTIFICATION

In this half-day course, ATV Safety Institute instructors will guide you through the fun and excitement of safely riding an all-terrain vehicle. We ride rain or shine, so dress for the weather. ASI ATV RiderCourse™ certification will be awarded upon completion. Minimum age: 16. Meet at the JBLM ORV Park at 9 a.m. Trip with NAC expert guides. **\$35.**

BELLA DONNA HORSEBACK TRAIL RIDE

This ladies-only trip takes you to the beautiful Cascade Mountains and Cle Elum's Flying Horseshoe Ranch. This dude ranch has been around since 1955. Staff will walk you through the steps it takes to groom, prepare and safely ride your horse before cruising around the hillsides. Escape the hustle of the city and get away with a new furry friend. Depart from the

Northwest Adventure Center at Lewis North at 9 a.m. **\$70.**

JUNE 9 BELLA DONNA SUNSET SUP AND STEAK

Head to American Lake for an enjoyable paddle until the sun sets. All ages are welcome, but children younger than 12 must be on a board with an adult; steak dinner is an optional add-on. Depart from the Northwest Adventure Center at Lewis North at 6 p.m. Preregistration is required by June 7 at 5 p.m. **\$30;** ages, 3-12: **\$20.** Trip with NAC expert guides; add **\$20** for meal and souvenir cup.

JUNE 10-13 MOUNT RAINIER CLIMB WITH THE ALPINE CLUB

Rising 14,410 feet above sea level, Mount Rainier offers nearly unlimited climbing possibilities. Tackle some of the 60 climbing routes on this iconic symbol of Washington state with the JBLM Alpine Club, including Kautz-DC Carryover. Transportation and gear are provided on these multiday trips. Prerequisite requirements: demonstrated skills or completion of the Alpine Club's Basic Alpine Climbing Course. A **\$150** nonrefundable climbing permit fee or full payment is required upon registration for each trip. Full trip details will be provided upon registration. For more information, email jblmalpineclub@gmail.com. **\$750.**

JUNE 11 WHITewater RAFT THE WENATCHEE RIVER

Take a trip down the beautiful Wenatchee River. Put in near Leavenworth before paddling through many exciting class-III rapids. No experience is required. Minimum age: 12.

Depart from the Northwest Adventure Center at Lewis North at 8 a.m. or McChord Field's Adventures Unlimited at 8:30 a.m. Reasonable accommodations can be made for persons with special needs; popular family trip; trip with NAC expert guides; volunteer option. Ask about our private trips for groups and units. Groups of 24 or more are just **\$60** per person. **\$65.**



JBLM Outdoor Recreation

JBLM Northwest Adventure Center provides a chance to see a number of different waterfalls in the Pacific Northwest, including Wahkenna Falls in Corbett, Ore.

JUNE 12 BEACH BOULDERING EXCURSION AT LARABEE

If you're interested in learning rock-climbing skills, this is a good place to start. Spend a day on the beaches of Larabee State Park exploring the incredible sandstone features on Chuckanut Drive. The sound comes right up to the rocks as you scamper around practicing

strength and endurance on any of the vast bouldering routes. Depart from the Northwest Adventure Center at Lewis North at 7 a.m. Trip with NAC expert guides. **\$75.**

WATERFALL PHOTO WORKSHOP WITH NAC

Capturing waterfalls, a continuously flowing subject, requires a delicate balance of the available light through proper use of

aperture and shutter-speed. This workshop will show you how and when to use different shutter-speeds to convey your mood. Travel to hidden gems in the Mount Adams area for spectacular scenery and marvel at the power and beauty of nature. What you need to bring: camera and tripod, good, sturdy footwear, rain gear, food/snacks and water. Minimum age: 12. Depart from the Northwest Adventure

Center at Lewis North at 7:30 a.m. Trip with NAC expert guides. **\$85.**

JUNE 13 PHOTO WORKSHOP: MASTERING EXPOSURE

Light and exposure are at the very heart of photography. Exposure is one of the topics many photographers struggle with most. Learn how to avoid common challenges and use the available light for best effect. You'll also learn more advanced techniques including capturing long exposures, using exposure bracketing and more. If you've ever wanted to truly master light and exposure, grab your camera for this exceptional photography workshop. This workshop is held at the Northwest Adventure Center at Lewis North at 6 p.m. **\$10.**

JUNE 16 STAND-UP PADDLEBOARD YOGA AT AMERICAN LAKE

If your yoga routine's getting a little stale, try the challenge of yoga on a stand-up paddleboard. Take your yoga practice out the doors and into nature. Break down the barriers of where your practice should take place, and change the expectations of what your practice should look like.

Our sunset classes cater to all levels — from those with no prior yoga or stand-up paddleboard experience who are inspired to try something new to serious practitioners of both. The trips will reinvigorate you and push you to become an even better yogi than you thought possible — all while enjoying the natural splendor of floating on water.

Explore the grounding challenge on a stand-up paddleboard and begin to experience the awakening of your great ability to focus. Each class begins with a brief shore lesson on the basics of SUP, followed by a guided paddling warm-up.

Work to improve your balance and keep above water (yet don't be afraid to splash around) with invigorating SUP sun salutations flowing into strengthening and lengthening postures, breathing exercises and guided meditation on American Lake. Meet at the Northwest Adventure Center at Lewis North at 6 p.m. Trip with NAC expert guides. **\$35.**



RUTH KINGSLAND Northwest Guardian

Shoppers sort through organic produce at the 41-year-old Olympia Farmers Market's Rain Song Farms booth.

FROM PAGE 3C FRESH

flower, hot dog or even a caricature balloon of the late King of Rock 'n Roll, Elvis Presley.

"It takes two balloons to make Elvis, three if you want him to have a microphone," Bamboozle said.

He has been a part of the Olympia Farmers Market for the last decade.

On a recent Friday afternoon, Bamboozle set out to twist and busk balloons for a teen hoping for a

pretty flower for her mother and a "singing unicorn" for 6-year-old, Blueberry Harmell. The young girl said she comes to the market every week with her dad, Leland Harmell and brother, Cerulean, 3.

Every week, her dad buys her and her brother each a different kind of balloon, she said.

"I like this because he puts a bell in the balloon and makes the (unicorn) sing," the Olympia Waldorf School kindergartener said.

The Harmell family isn't the only "regulars" at the market, according to Mary DiMatteo, Olympia Farmers Market manager.

"We have a lot of regulars, but it doesn't take long to cultivate relationships with neighbors at the market," she said. "Whether you want to or not, you'll never be a stranger here."

Also on the list of voted on favorite markets in the area, the Puyallup Farmers Market came in at No. 12. That market, at Pioneer Park, Meridian and Fourth Avenue, is open Saturdays from 9 a.m. to 2 p.m. The market offers Northwest-grown vegetables, fruit, flowers, music and specialty food vendors.

The Tacoma Proctor Farmers Market made it to

No. 19 on the list and also was recently voted the "Super Best Farmers' Market in Tacoma," by readers of one Lakewood weekly paper.

Tacoma Proctor Farmers Market offers fresh produce, pasture-raised meats, seafood, wine, beer and a variety of food vendors. It is open at 2702 N. Proctor St. Saturdays now through December from 9 a.m. to 2 p.m.

Also popular with many locals is the Steilacoom Farmers Market, which is in its eighth year of operation. The market is at the corner of LaFayette and Wilkes Street, and is open Wednesdays from 3 p.m.

South Sound Farmers Markets

Where to find your local farmers market:

- **Fife Farmers Market**, Dacca Park, 2820 54th Ave. E., Fridays, 3 p.m. to 7 p.m., June 3 to Sept. 23.
 - **Gig Harbor Waterfront Farmers Market**, Skansie Brothers Park, 3211 Harborview Drive, Thursdays, 3 p.m. to 7 p.m., June 2 to Aug. 25.
 - **Gig Harbor Farmers Market at Uptown Shopping Center**, 4701 Point Fosdick Drive NW, Sundays, 11 a.m. to 4 p.m., now through Sept. 27.
 - **Gig Harbor Farmers Market at Peninsula Gardens**, 5503 Wollochet Drive NW, Saturdays, 9 a.m. to 3 p.m., now through Dec. 19.
 - **Lakewood Farmers Market**, 6000 Main Street SW, Tuesdays, 10 a.m. to 3 p.m., June 2 to Sept. 15.
 - **Olympia Farmers Market**, Capitol Way North and Market Street, Thursdays through Sundays, 10 a.m. to 3 p.m., now through October.
 - **Orting Valley Farmers Market**, 101 Washington, Highway 162 and Calistoga, Fridays, 3 p.m. to 7 p.m., June 17 to Oct. 21.
 - **Puyallup Farmers Market**, Pioneer Park, Meridian and Fourth Avenue, Saturdays, 9 a.m. to 2 p.m., now through Oct. 17.
 - **Tacoma-Sixth Avenue Farmers Market**, Sixth Avenue and North Pine, Tuesdays, 3 p.m. to 7 p.m., June 7 through Aug. 30.
 - **Tacoma-Broadway Farmers Market**, Ninth and Broadway, Thursdays 10 a.m. to 3 p.m., now through Oct. 27.
 - **Tacoma-Eastside Farmers Market**, 1708 E. 44th St., Wednesdays, 3 p.m. to 7 p.m., June 1 to Aug. 31.
 - **Tacoma-Proctor Farmers Market**, 2702 N. Proctor St., Saturdays, 9 a.m. to 2 p.m., now through Dec. 17.
 - **Tacoma-South Tacoma Farmers Market**, Metro Parks STAR Center, 3873 S. 66th St., June 5 to Aug. 28.
 - **Tenino Farmers Market**, 213 Sussex Ave. W., Saturdays, 10 a.m. to 3 p.m., now through Sept. 24.
 - **Tumwater Town Center Farmers Market**, 7000 Capitol Blvd., Wednesdays, 10 a.m. to 2 p.m., now through Sept. 28.
 - **Yelm Farmers Market, Nisqually Springs Farm**, 17835 State Route 507, Sundays, 10 a.m. to 3 p.m., now through Oct. 16.
- to 7 p.m., beginning June 1. It offers dozens of vendors, including everything from jewelry and crafts to fresh produce, plants and flowers.

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MAY 15	SUNDAY	5PM	MAY 20-JUNE 12	FRI/SAT, 7:30PM & SUN, 2:00PM
Christ Episcopal Church PENTECOST CHORAL EVENSONG	310 North K St, Tacoma Christ Church Choir presents music of Hallock, Brewer, Phillips, Strimple, Wilby and DeGrigny. Kathryn Nichols, conductor, Mark Brombaugh, organ. Reflection: Priest Janet Campbell. Ticket Info: Free, 253-383-1569. www.ccptacoma.org		Tacoma Little Theatre Smokey Joe's Cafe	Tacoma Little Theatre 210 N I Street Tacoma, WA 98403 With nearly 40 of the greatest songs ever recorded, SMOKEY JOE'S CAFE isn't just great pop music - it's compelling musical theatre! Featuring Stand By Me, Yakety Yak, On Broadway, Jailhouse Rock, and Fools Fall in Love Ticket Info: \$26 (Adult) \$24 (Sr/St/Mi) \$22 (Children 12 and under) www.tacomalittletheatre.com 253-272-2281
MAY 18	WEDNESDAY	7 P.M.	MAY 20-JUNE 12	FRI & SAT 8PM & SUN 2PM SAT MATINEES JUNE 4 & 11 @ 2PM
Immanuel Presbyterian Church BOOK EVENT: Garrard Conley, 'Boy Erased'	Immanuel Presbyterian Church 901 North J Street, Tacoma Conversation – Book Signing – Reception The son of a Baptist pastor Garrard Conley was terrified and conflicted about his sexuality. At nineteen he was forced to attend a church-supported conversion therapy program. In the memoir, he shares his journey as he traces the complex relationships among family, faith, and community. This book is a testament to love that survives despite all odds. Ticket Info: Free. 253.627.8371 iptacoma.org		Tacoma Musical Playhouse THE WIZ Musical	Tacoma Musical Playhouse 7116 Sixth Avenue, Tacoma, WA 98406 Winner of 7 Tony Awards, including Best Musical! This beloved Broadway musical sets Dorothy's adventures in the Land of Oz to a dazzling, lively mixture of rock, gospel and soul music! Ticket Info: Adults: \$31.00, Senior/Military/Students: \$29.00, Children: \$22.00; Groups of 10 or more: \$27.00 For More Information: 253-565-6867 or www.tmp.org All Seating Reserved.
			MAY 21 AND 22	SAT & SUN 11 AM TO 4 PM
			UP Historical Society University Place Garden Tour 'Spring into Summer'	Visit five amazing and unique gardens in University Place. An additional bonus: visit the Curran House at Curran Apple Orchard Park to see progress made by the UP Historical Society to restore this mid-century landmark. Ticket Info: \$20 - Available at Willow Tree Gardens and Interiors, Chirp & Company, Grassi's Boutique, and Portland Avenue Nursery. Also available days of the tour at the Curran House, 4009 Curran Lane. UPHistoricalsociety.org
MAY 20	FRIDAY	7:30PM	MAY 21 & 28	SATURDAY 11AM & 2PM
City of Auburn BRAVO Performing Arts Series COMEDY AT THE AVE	Auburn Avenue Theater 10 Auburn Avenue Comedy Night at the Ave will keep you laughing all night long as three comedians will work to twist your funny bone. Ages 18 and over only. Ticket Info: \$17/\$15 253-931-3043 www.auburnwa.gov/arts		TMP Family Theater PINOCCHIO	Tacoma Musical Playhouse 7116 Sixth Avenue, Tacoma, WA 98406 Trunk show style of production based on the classic Italian story, by Carlo Collodi. This musical brings to life the story of Pinocchio through a band of traveling players- imaginations are sparked as normal, everyday objects are transformed into the props and costumes needed to tell the show. Ticket Info: \$15 Adults; \$13 Senior, Military, Students; \$12 Children 12 & under; \$10.00 Groups of 10 or more. All Seating is Reserved. 253-565-6867 or www.tmp.org
			MAY 25	WEDNESDAY 7PM
			Tacoma Musical Playhouse A NIGHT AT THE OPERETTA	Tacoma Musical Playhouse 7116 Sixth Avenue, Tacoma, WA 98406 Classic Beautiful Operetta Songs sung by local favorites: Karen Early Evans, Soprano; Dana Johnson, Soprano; James Walters, Tenor; John B. Cooper, Baritone. Ticket Info: \$25 (Kids 18 and under accompanied by an adult FREE.) All seating is reserved. 253-565-6867 or www.tmp.org

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