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JBLM NORTHWEST

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MISSION ORIENTED TRAINING

Airmen, Soldiers train for the unexpected

Service members work together to load a 121,000-pound vehicle

BY SENIOR AIRMAN JACOB JIMENEZ
62nd Airlift Wing Public Affairs
The Airmen and Soldiers of Joint Base Lewis-McChord have learned how to train for the unexpected. Joint Base Lewis-McChord Airmen and Soldiers participated in a Mission Oriented Training exercise April 13 on the McChord Field flightline.

Loadmasters from the 62nd Airlift Wing trained alongside Soldiers from the 13th Combat Sustainment Support Battalion, 593rd Expeditionary Sustainment Command, to load a 121,000 pound Rough Terrain Container Handler onto a C-17 Globemaster III. Weighing almost as much as an M1 Abrams tank, the RTCH

was an unusual piece of equipment for loadmasters and Soldiers to load on a C-17 and a first time experience for all. "This is a 100 percent brand new experience for everyone involved," said Army Capt. Ni-ma Sarrafan, 62nd Operations Support Squadron ground liaison officer. "The vehicle is very large and heavy and few people have experience loading this. Having a heavy weight and large wheel



SENIOR AIRMAN JACOB JIMENEZ 62nd Airlift Wing Public Affairs

Airmen and Soldiers load a Rough Terrain Container Handler onto a C-17 Globemaster III during a Mission Oriented Training exercise on McChord Field April 13.

SEE TRAIN, 14A

SALUTE TO ARMED FORCES NIGHT

A SALUTE TO SERVICE



DEAN SIEMON Northwest Guardian

Members of the Joint Service Honor Guard, headed by members of the I Corps Honor Guard from Joint Base Lewis-McChord, present the colors for the pregame festivities before the Seattle Mariners faced the Texas Rangers at Safeco Field in Seattle Saturday.

Players, fans celebrate local service members

BY DEAN SIEMON
Northwest Guardian
SEATTLE — Major General Thomas James Jr., 7th Infantry Division commanding general at Joint Base Lewis-McChord, represented the U.S. Army and the installation at Safeco Field Saturday at the Seattle Mariners' Salute to Armed Forces Night. It was the second consecutive year James joined other service members representing all branches of the U.S. armed forces for the event. As a big fan of all sports, including baseball, James said he was honored to be one of the local senior leaders to accept a special plaque from Kevin Mather,

SEE SALUTE, 14A



Spc. Khalil Smith, left, of I Corps, one of nine honorary Mariners, greeted shortstop Taylor Motter moments before the Seattle Mariners played the Texas Rangers at Safeco Field in Seattle Saturday.

OPERATION PACIFIC REACH

Transport exercise tests joint partners

U.S. teams with South Koreans

BY SGT. QUANESHA DELOACH
5th Mobile Public Affairs Detachment
POHANG, South Korea — On a bright and windy day, a gray U.S. Army landing craft utility ship loaded with tactical vehicles and other mission equipment to support exercise Operation Pacific Reach 2017 April 13 slowly made its way to the Trident Pier causeway at Pohang, South Korea, while U.S. Soldiers and Marines patiently wait.

When the ship reached its mooring, service members grabbed lines to secure and position it, and then began unloading and transporting the equipment to the marshaling yard, a holding area where the equipment would be shipped to front-line forces.

South Korean and U.S. service members from the Army, Air Force, Navy and Marine Corps came together to test combined joint logistics over-the-shore capabilities, as well as their ability to use rail, inland waterways and air terminal supply point capabilities during combined joint and multidomain training focused on readiness.

The Army Soldiers include those from the 1st Brigade, 2nd Infantry Division from Joint

SEE REACH, 14A

LOGISTICS READINESS CENTER

Record haul of military vehicles en route to Indiana

BY RUTH KINGSLAND
Northwest Guardian
Travelers on Interstate 90 saw a slew of military vehicles — more than 650 vehicles and pieces of military equipment — on 300 commercial trucks making a cross-country trip April 14 to Tuesday from Joint Base Lewis-McChord to the Midwest. The commercial line haul is the largest number of vehicles to make the trek for the annual training exercise at Camp Atterbury, Ind., in support of Vibrant

Response and Guardian Response, according to Nick Kostelecky, installation transportation officer for JBLM's Installation Transportation Division. "We do this every day, just not in this volume," Kostelecky said, as he pointed to four separate areas near the Logistics Readiness Center filled with lines of military vehicles, ramps and commercial trucks. Normally, the exercise in-

SEE HAUL, 14A



RUTH KINGSLAND Northwest Guardian

Military vehicles are loaded onto commercial trucks near the JBLM Logistics Center for transport to Camp Atterbury, Ind. April 14.

CENTENNIAL CORNER



Courtesy Photo

A Women's Army Corps member practices firing a gun salute at Fort Lewis using a French 75 mm Field Gun from World War I.

FROM WACS TO SOLDIERS

The Women's Army Corps was established in 1942 as an auxiliary to the regular Army. Units of Women's Army Corps were active at Fort Lewis until 1978. That's when all Women's Army Corps units were integrated into the regular Army and WACs became known as Soldiers.

JBLM CENTENNIAL



Courtesy Photo

Advanced Infantry Training Soldiers scramble from a UH-1 helicopter mock-up on Fort Lewis in 1968.

Soldiers train for Vietnam

BY ERIK FLINT

Lewis Army Museum Director

In the spring of 1966, the Army struggled to meet growing manpower requirements for the rapidly expanding war in Vietnam. Draft calls during this period were 30,000 to 40,000 inductees per month.

The problem facing the Army was the lack of sufficient facilities to train the flood of recruits entering military service. In response to the training capacity crisis, Army leaders decided to establish three brand new basic combat training centers.

In April 1966, Washington Senators Henry “Scoop” Jackson and Warren Magnuson, as well as U.S. Representative Floyd Hicks, publicly announced that Fort Lewis had been chosen as home to one of the new training centers. With the departure that year of the post’s 4th Infantry Division for Vietnam, the future of Fort Lewis appeared uncertain.

The announcement that the new training center would take the 4th ID’s place was welcome news for the post and the surrounding community.

More than \$3.5 million dollars was allocated to establish the U.S. Army Training Center, Infantry, Fort Lewis. Most of the funds went toward the construction or refurbishment of North Fort Lewis facilities including

barracks, classrooms and ranges. The training center consisted of Basic Combat and Advanced Infantry Training brigades staffed by a cadre of around 4,500 Soldiers and civilian support personnel. The training center quickly became one of the Army’s busiest training posts graduating upwards of 1,100 Soldiers per month from Basic Combat Training alone.

In the beginning of 1968, a ninth week of basic training was added to specifically cover the unique requirements of Vietnam service. In 1970, 15 years before the creation of the Army Center for Lessons Learned, the Fort Lewis Training Center command initiated a formal program of de-briefing Vietnam returnees for the latest tactics and techniques to integrate into the training syllabi of both basic and advanced infantry training.

Also, that year UH-1 “Huey” helicopters were stationed at the post for the first time to support airmobile training for Infantry AIT Soldiers.

In the early 1970s, as the war in Vietnam wound down, Army manpower requirements dropped. In early 1972 the Army announced the shuttering of the Fort Lewis Training Center.

In February 1972, the center graduated its last infantryman, a Kentucky National Guardsman

named Roger Young. During its final year of operation, the training center shifted its focus from Vietnam to a more worldwide training syllabus meant to prepare new Soldiers for service anywhere the Cold War of the 1970s might take them.

Of the millions of men who served in the U.S. Army during the Vietnam War, hundreds of thousands underwent either basic or advanced infantry training, or both, at Fort Lewis. In fact, in the Army of the Vietnam era, Fort Lewis was truly unique.

Apart from the training center, the post was also home to one of the Army’s only two Asia-Pacific personnel processing centers. It was not uncommon for a Soldier to complete both Basic and Advanced Infantry training at Fort Lewis, be processed for Vietnam through the Personnel Center, fly to South Vietnam from nearby McChord Air Force Base, serve a one-year combat tour, return to McChord and be processed out of the Army without ever having been to another stateside Army post.

Though the drill sergeants and open squad bay barracks are gone, the legacy of the Fort Lewis Training Center remains. Joint Base Lewis-McChord remains a premier site for training and innovation in preparing Soldiers for the rigors of combat.

GRACE GOSPEL SERVICE

Dancers prepare for annual showcase

BY RUTH KINGSLAND

Northwest Guardian

Dozens of young people and adults are ready to dance in the ninth annual Praise Dance Showcase at Lewis North Chapel Sunday at 6 p.m. The event is free and open to all with base access.

Sixteen-year-old, Ta’Juan “TJ” James said dancing is a way for him to praise God and reach other people. The Lakes High School sophomore has been dancing most of his life and, for the past two months, he’s been with the young men’s dance group, Unashamed, at Grace Gospel Service at Lewis North Chapel.

“I like dancing and praising God because he has done so much for me,” James said.

Unashamed is one of a few dozen groups involved in the event, including dance groups from across the region, performing everything from ballet to hip hop and rhythmic dance. The dances are traditional, with a gospel twist that infuses worship and praise.

James previously lived in a southern state, but credits God with helping him move to the Lakewood area to live with his dad and grandfather.

“God got me out of a bad area,” James said. “I was in a bad community with drugs and gangs, and he moved me out to Washington and guided me to real friends. He opened my eyes.”

James plans to use his dance and passion for basketball for positive expression in his life.

“God gave me the love of basketball and dance, so I’m going to use that to praise him,” he said.

Dancing with Grace Gospel Services’ Endless Possibilities in Christ dance teams is fun for several young people in Graces’ Anointed, the teen girls’ group.

Taylinn Rollins, 13, an eighth-grader at Harrison Preparatory



RUTH KINGSLAND Northwest Guardian

Teen dance group members practice April 14 for Grace Gospel Service’s annual Praise Dance Showcase at North Fort Chapel Sunday.

If You Go

What: Ninth annual Praise Dance Showcase

Where: Lewis North Chapel, Bldg. 11621, South Drive

When: Sunday at 6 p.m.

School in Lakewood, and her friend and classmate, Kira Meredith, 14, both said dance is a way to express themselves and help others learn about their faith.

“I personally dance because sometimes when I can’t talk, or my mom tells me to be quiet, I have to get my feelings and emotions out somehow,” Kira said. “Dance gives me a way to do that.”

Taylinn said she also enjoys the outlet through dance.

“Any dance that can touch people and send a message, I like that,” she said. “They can feel it.”

For Anniah Smith, 13, a seventh-grader at Cascade Christian School in Federal Way, the church and its dance programs provide a family atmosphere and a way to connect with fellow believers and other dance enthusiasts.

“It’s fun, and I like being with my friends,” Anniah said, as she and a few dozen other young

people prepared during an April 14 dress rehearsal for their upcoming performance.

As the teens rehearsed, 5-year-old Eladia Youell, of Lakewood, stood in the aisle in front of the chapel and moved to the music, her actions mimicking the older dancers.

Eladia’s aunt, Crystal Kelly, said the child has always had an appreciation for dance.

“She’s in the (children’s group) Angels but started watching the older girls dance and wants to move up,” Kelly said.

Robin Jones, president of the Praise Dance event, said she’s excited for this year’s event, which will include music as well as dance.

“In previous years, we’ve just done dance, but this will add more ways to praise God,” she said.

Jones is a military spouse. Her husband, Spc. Andrew Jones, 1st Special Forces Group (Airborne), is deployed. Of the couple’s four children, 16-year-old Dennis will perform with Unashamed and 11-year-old Rayzen will dance with the Angels group.

“There are a few new dance groups and a lot of ones who’ve shared before,” Jones said. “I prefer not to say perform, because really it’s a ministry. We’re created to worship, and dance is our way to worship and praise.”

NEWS IN BRIEF

The Annual Retiree Appreciation Day takes place Friday on JBLM

The annual Joint Base Lewis-McChord Retiree Appreciation Day takes place Friday at the American Lake Conference Center on Lewis North.

Retired military TRICARE beneficiaries attending the Retiree Health Promotion Fair, will be able to take part in some health screening services, but limited from previous years. Considerable resources will still be committed to the fair, including representation from 53 sections, clinics and support services from Madigan — approximately 130 staff members.

For more information about the JBLM Retiree Health Promotion Fair 2017, call 253-968-4382.

— PAMELA KULOKAS, NORTHWEST GUARDIAN

Special Ops readiness exercise held on JBLM through Saturday

Soldiers from an element of U.S. Army Special Operations Command, stationed at Joint Base Lewis-McChord, are conducting a routine military readiness exercise through Saturday. This type of exercise, that kicked off Thursday, is used periodically to maintain a high level of combat readiness.

This element is the U.S. Army’s premier special operations raid force that conducts forcible entry operations and special operations raids across the entire spectrum of combat.

Soldiers must be ready to deploy worldwide on a moment’s notice. Therefore, tough, realistic training conducted regularly gives the Soldiers a decisive edge for real-world missions. Training such as this is the best method to test their readiness capabilities.

Soldiers will use training ammunition and other training devices to make the exercise as real as possible. There will be periods of increased air traffic to include low-flying helicopters, tilt-rotor CV-22 Osprey aircraft and fixed-wing airplanes during hours of darkness.

This training exercise was coordinated with Joint Base Lewis-McChord and local officials. The training is closed to the public and the media.

The participating units are extremely sensitive to the impact that such military exercises have on local citizens and we intend to train safely and courteously. Every measure will be taken to reduce the amount of noise associated with this training.

The U.S. Army Special Operations Command would like to thank Joint Base Lewis-McChord, and the neighboring communities for their support during the exercise and their understanding of any inconveniences this training may cause.

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

McChord Airmen awarded the Airmen’s Medal for water rescue

Staff Sergeant Matthew Siegele, 627th Force Support Squadron sports and fitness noncommissioned officer in charge, from Joint Base Lewis-McChord, was awarded the Airmen’s Medal for saving the life of a drowning child who had fallen through the ice Jan. 1, 2016, on Carter Lake, located on McChord Field.

Siegele was presented with the medal Monday during the U.S. Special Operations Commands 30th Anniversary All Hands call at MacDill Air Force Base, Fla.

With complete disregard for his own safety, Siegele unhesitatingly entered the frozen lake despite the child being completely out of his sight under ice and water. Courageously diving under the icy surface, he grasped the little girl’s jacket and safely returned her to the shoreline.

Siegele also received the 2016 Water Rescue Hero Award for his heroic act at the American Red Cross South Puget Sound Chapter’s annual Heroes Luncheon in Tacoma in September 2016.

— U.S. SPECIAL OPERATIONS COMMAND

The Golden West Winds provides two free concerts in Kent, Seattle

The U.S. Air Force Band of the Golden West will present two free concerts in Washington by the Golden West Winds Woodwind Quintet. In Kent, Wash., the Golden West Winds will perform a concert April 30 at 2 p.m. at the Kent United Methodist Church — 11010 SE 248th St. On May 1, the quintet will perform a 2 p.m. concert in Seattle at the Seattle Public Library — 1000 4th Ave.

The Golden West Winds is part of the United States Air Force Band of the Golden West from Travis Air Force Base, Calif. Comprised of flute, oboe, clarinet, French horn, bassoon and percussion, this ensemble supports a wide variety of musical events which include public concerts, military ceremonies, patriotic shows and educational programs.

The members of the Golden West Winds are all professional Air Force musicians working in support of Air Force and Air Mobility Command official military recruiting and community relations objectives.

These performances are family-friendly and open to the public. For more information, visit the Appearances page of the U.S. Air Force Band of the Golden West website — bandofthegoldenwest.af.mil.

— U.S. AIR FORCE BAND OF THE GOLDEN WEST

Air Force Chief of Staff discusses rebuilding readiness as priority

Air Force Chief of Staff Gen. David Goldfein addressed rebuilding the Air Force’s readiness during a discussion at the Heritage Foundation April 12 in Washington, D.C.

Goldfein said his number one priority is readiness; including reaching a manning end-strength over the next several years to help fill in gaps in the mission, such as the pilot shortage. The best option is to retain the pilots; morale is better when readiness is better, he said.

Goldfein added that a predictable budget and communication are important tools for readiness.

While the CSAF is taking steps at the institutional level, the most powerful impacts will be at the wing level. He said wing commanders are trusted to lean forward, talk to their people and make things happen.

“The heart of our culture is at the squadrons,” he said.

He also re-emphasized the importance of investing in nuclear deterrence, cyberspace and space capabilities.

“We have to be ready if war extends into space,” Goldfein said. “This is an obligation I have as a joint chief responsible for the preponderance of the space force and architecture.”

The question of a potential stop-loss was raised; the CSAF said he was not considering it at this time.

The CSAF said he is happy with the Air Force’s progression. “We’re better off today than we were a year ago,” he said.

— SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

Page Three

QUOTE OF THE WEEK

“(Sunday) morning’s provocation from (North Korea) is just the latest reminder of the risks each one of you face every day in the defense of the freedom of the people of South Korea and the defense of America in this part of the world. Your willingness to step forward, to serve, to stand firm without fear inspires our nation and inspires the world.”

Mike Pence
Vice President
of the United States

ALSO INSIDE



SCOTT HANSEN Northwest Guardian

KIDS RUN: More than 400 children participated in the annual JBLM Armed Forces Kids Run at Cowan Stadium Saturday. **See story, 1B**

NWGUARDIAN.COM

● **It’s their time:** Since 1948, women have served in the Air Force. From 1976, when women were allowed in the Air Force as equal members, to 2016 when all combat jobs were opened to women, Air Force women have been breaking historical barriers. The Air Force women’s rugby sevens team, a team made up of 19 women from across the Air Force, made its debut in March at the Las Vegas Invitational, the largest rugby tournament in North America. Lt. Col. Andy McQuade, 627th Air Base Group deputy commander at Joint Base Lewis-McChord, and U.S. Air Force Rugby director, said the future looks bright.

● **A common ground:** Defense Secretary Jim Mattis spoke to reporters after meetings Wednes-



day in Riyadh, Saudi Arabia, touching on the kingdom’s leading role in regional security as well as on countering Iranian influence and negotiating peace in Yemen. The secretary met with Saudi King Salman bin Abdulaziz al-Saud and Mohammed bin Salman, the deputy crown prince and defense minister. Mattis told reporters the meetings “could not have gone better.”

308TH BRIGADE SUPPORT BATTALION

Red Lions do evaluations at YTC

BY SGT. JACOB KOHRS
17th Field Artillery Brigade
Public Affairs

A maintenance convoy of 10 vehicles moves down the road with the gunners atop the vehicles, on a swivel, looking for enemy movements. Suddenly, figures pop up from the brush and start firing on the convoy.

The gunners return fire, and the convoy moves out of the line of small arms fire. As the convoy moves, an explosion is set off on the side of the road — disabling one of the vehicles and stopping the convoy while it takes small arms fire.

This scenario has happened many times over the past 16 years of combat when a convoy is ambushed and pushed into an Improvised Explosive Device. Today, though, this is just an exercise.

The 308th Brigade Support Battalion, 17th Field Artillery Brigade trained at the Yakima Training Center from April 7 to 12, conducting platoon evaluations to ensure that when called upon to deploy, Soldiers are prepared to conduct their daily combat operations.

“The purpose of the exercise is to evaluate the platoon collective training,” said Command Sgt.



SGT. JACOB KOHRS 17th Field Artillery Brigade Public Affairs

A 308th Brigade Support Battalion, 17th Field Artillery Brigade, Soldier lays down suppressive fire during a platoon training evaluation at Yakima Training Center April 8.

Maj. Phelicea Redd, command sergeant major of 308th BSB. “Each unit has a mission essential task list. We are evaluating if our headquarter platoons can accomplish their collective tasks on that list and to find out if they are: fully trained, trained but

need practice or untrained in those areas.”

Headquarters and Headquarters Company has two platoons: maintenance and support. The maintenance platoon takes care of the vehicles and generators, vehicle recovery and escort mis-

sions. The support platoon handles the logistics operations, such as resupply missions of food, ammunition, fuel and other supplies that may be needed at combat outposts.

“These evaluations represent what the 308th would see in a combat situation,” said Sgt. 1st Class Abraham Rivera-Perez, battalion support operations noncommissioned officer. “I’ve done three tours to Iraq and Afghanistan, and seeing what other units like ours do, running logistics and maintenance recovery operations, it prepares the Soldiers and helps them become better at conducting their jobs in logistic operations. When they have to engage the enemy while recovering vehicles, which does happen, they are ready.”

Service members from both platoons found room for improvement, chiefly with radio communications.

“We did have a few improvements that came from our after action reviews,” Smith said. “The things that we did identify, we are putting into our tactics, techniques and procedures so that we don’t make the same mistakes in the future.”

There are two sides to the evaluation: those evaluated and

the evaluators. The evaluator’s job is to assess operations in combat situations to measure how well Soldiers complete their tasks. Evaluators use oppositional forces to give the scenarios a more realistic feel.

Soldiers under Rivera-Perez’s leadership also learned a few things about real-life combat situations.

“Playing (the) OpFor taught my Soldiers that there are people in this world that don’t agree with the principles that we stand for,” Rivera-Perez said. “It also teaches them that there are two sides of the spectrum; it’s not just us as the friendly forces and them as the enemy. They see us as the enemy as much as we see them as the enemy.”

Rivera also used this time to train the Soldiers in small unit tactics, how to use the local terrain for cover and concealment, and how to look for ways to gain the upper hand against a larger enemy force.

“Overall, I think the evaluations went well,” Redd said. “This training will help in a deployment. Since we train as we fight, (the Soldiers) can get proficient in the training, so that when they do fight, they will have the skills to survive.”

OPERATION DEEP FREEZE

Antarctic airlift capability is for science

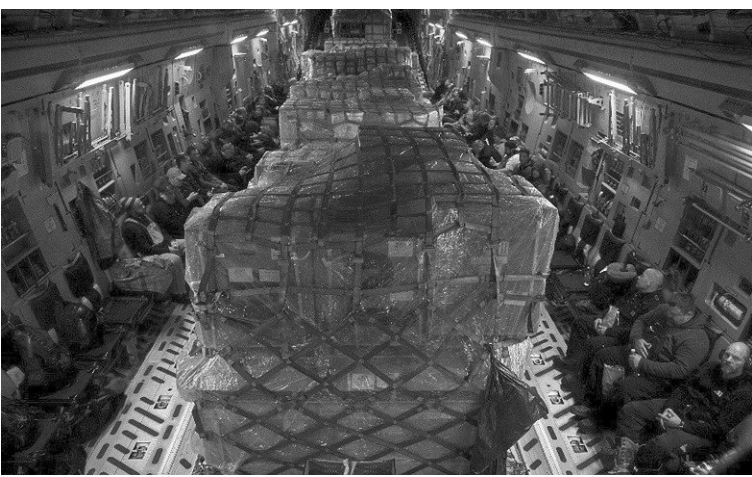
By 446th Airlift Wing
Public Affairs

Over the past 60 years, winter flying missions have provided a significant contribution to how the National Science Foundation conducts scientific research in Antarctica.

The C-17 Globemaster III 2016-2017 season recently wrapped-up, and the night vision goggle capability paired with mid-Austral winter flying continued to be a game changing airlift support for the National Science Foundation during Operation Deep Freeze.

Citizen Airmen assigned to the Air Force Reserve 446th Airlift Wing and active-duty from the 62nd Airlift Wing formed blended aircrews to deploy as part of the 304th Expeditionary Airlift Squadron, which provides airlift to the Antarctic in support of the NSF managed U.S. Antarctic Program.

“The 446th Operations Group performed at a high level of expertise this season,” said Se-



STAFF SGT. MADELYN MCCULLOUGH U.S. Air Force Reserve Photo

Passengers and cargo heading to Antarctica are ready to fly at Christchurch International Airport, New Zealand, in July.

nior Master Sgt. Derek Bryant, 446th Operations Group loadmaster. “Every aircrew member should know that they laid a foundation that the NSF is now building upon and the mid-winter missions coupled with our NVG capability have launched us into a new era for (Operation

Deep Freeze).”

Despite the difficulty of operating in an austere environment, the 166 total force service members deployed from Joint Base Lewis-McChord, airlifted 1.8 million pounds of cargo and transported 2,992 passengers into Antarctica. All total, air-

crews logged 393 flight hours.

“The new McMurdo-Phoenix Airfield was validated and approved for C-17 and wheeled aircraft operations,” said Lt. Col. Robert Schmidt, 304th EAS mission commander and 62nd Operations Group deputy commander. “The new field replaces Pegasus field, which has experienced several seasons of melting, and is expected to remain in use beyond 2030.”

Christchurch International Airport, New Zealand, is the staging point for deployments to McMurdo Station, Antarctica, a key research and operations facility for the U.S. Antarctic Program. Deployment support at McMurdo is provided by Joint Task Force-Support Forces Antarctica and led by Pacific Air Forces at Joint Base Pearl Harbor-Hickam, Hawaii.

Community outreach was a highlight for this season as well. Lianne Dalziel, the mayor of Christchurch, presented the 304th EAS with a civic award for

supporting local charities. Aircrews supported New Zealand’s yearly IceFest—a unique festival, with more than 4,500 attendees, highlighting New Zealand’s leadership in Antarctica and the Southern Ocean — with a C-17 static display.

Through six decades of continuous support, Operation Deep Freeze has evolved to meet today’s logistics requirements of the U.S. Antarctic Program. Joint Task Force-Support Forces Antarctica, headquartered at Joint Base Pearl Harbor-Hickam, executes inter- and intratheater airlift, tactical LC-130 deep field support, aeromedical evacuation support, search and rescue, sealift, seaport access, bulk fuel supply, port cargo handling and transportation requirements at NSF’s request in order to support the U.S. Antarctic Program.

Planning for the next season will include continued refinement of the mid-Austral schedule as well as supporting NSF future requirements.

MCCHORD’S LUNCH AND LEARN

Local business executive speaks at Lunch and Learn

BY SENIOR AIRMAN
JACOB JIMENEZ
62nd Airlift Wing Public Affairs

April’s McChord’s Lunch and Learn session featured a local business leader as the guest speaker.

Devin Craig, Jimmy John’s director of operations and 4th Airlift Squadron honorary commander, provided in-depth leadership advice from an experienced business viewpoint April 7 at the McChord Field Chapel Support Center.

The title of April’s event was called, “What Exactly is Leadership?” and focused on breaking

down the different traits that make a good leader.

“There are a lot of different definitions of leadership,” Craig said. “Basically if you have followers you have to take care of others. Every definition of leadership relates to others and purpose.”

Because each Airmen has served under different leaders, Craig asked Airmen to tell him leadership traits they liked or disliked in previous leaders.

“When we see good leadership, we know it,” Craig said. “When we see bad leadership, we also know it. We know the power of

leadership, but kind of like love, it’s hard to define.”

To help show the importance of leadership in different organizational positions, Craig explained the affects poor or good leadership could have on an organization and employees at every level.

“All of us that are put in a position of organizational authority, leadership is expected of us,” Craig said. “What people don’t realize is, when put in a position of managerial authority, the influence they have on others.”

The number one reason why people are disengaged in their

jobs is because of poor leadership from management, Craig said.

“When I first got to my current position, I noticed there was a lot of technical competence but a lack of morale,” Craig said. “I attributed this to poor leadership and sought to make managers better leaders.”

Most organizations focus on technical competence and not the most valuable leadership traits, Craig said.

Craig noted the Eight Most Important Qualities of Leadership identified by Google:

- providing good coaching,
- empowerment of others

without micromanaging,

- having empathy for others,
- being results driven,
- being a good communicator,
- developing people,
- being a visionary and strategist,

● having technical competence. “I want to encourage you, if you’re in a position of organizational authority, you have the opportunity to lead people and these are the skills that will help you do that,” Craig said. “Develop these skills and invest in yourself. You owe it to yourself and the people you lead to become the best leader possible.”

Viewpoint



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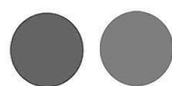
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STRAIGHT TALK

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



What was the best part of your Easter weekend?

"The sunny weather!"

— KELLY NGUYEN

"We were able to have Easter with some family for the first time in 11 years."

— WENDY COX

"Getting a brief message from my deployed son to say his Easter box finally arrived."

— WENDY HEAD-CHAPMAN

"Covering a shift for a single mom who wanted to spend the day with her boys."

— NIKKI CHIAVUZZI

"Talking to my husband. He got my care packages."

— KRISTA MAY LINDHOLM

"Having our son home from the Air Force after eight years and listening to him and his dad laughing and carrying on for hours — warms a mom's heart!"

— SUZANNE WEEKS JUITT

"Watching everyone's kids do Easter egg hunts and tear into their Easter baskets."

— BERNADETTE LIA CARSON

"The kids run was so much fun!"

— JAIME FERSCH

"The church service we attended was inspirational."

— DAVID KUHNS SR.

Next week's question

What used to be taught in school that you wish your kids learned nowadays?

VIEW FROM THE TOP



SPC. DANIELLE GREGORY U.S. Army Photo

Being supportive of your fellow service members can improve their mental health and can increase the chances they'll seek mental health help if needed.

Optimizing good mental health begins with you

BY COL. MICHAEL PLACE
*Madigan Army Medical Center
Commander*

For the past several years, we, as a military, have been encouraging service members to optimize their mental health. We know that mental health is just as important as physical



Place

health to service members' overall well-being, readiness and performance downrange, and because of this, we want more service members to proactively use mental health services.

But how do we get after truly lowering the traces of stigma about mental health that still linger in our military culture? The answer, quite simply, is for you to participate directly in this shift, and that starts with checking your own attitudes and thoughts about mental health.

Are you comfortable with thinking about mental health, talking about it, addressing your own mental health needs or encouraging others to get help? And what do you do if the answer to any of these is no? With nearly 20 percent of Americans experiencing mental illness in any given year, chances are that you know somebody who is living with a mental health illness. Studies show, however, that even family members of people with mental health conditions can still espouse stigmas which can show up as avoidance, gossip,

distrust or even pity.

So the question is, what can you personally do to change how we as a military culture think about mental health?

You can start by examining your own thoughts about mental health and mental illnesses — don't be too quick to judge yourself if some of those thoughts are negative, since they most likely reflect how society views mental health conditions. Once you realize that you may have stigmatizing thoughts about mental health, then you can start replacing them with the realization that mental health is a part of all of our lives and that we all will experience mental health stress, injuries or illnesses at some point.

It's a part of our makeup as human beings.

Next, think about how you talk about mental health, and most especially how you talk to people who are experiencing depression, anxiety, stress, grief or emotional trauma. Are you open to listening to them in a nonjudgmental way? Do you encourage them to get help when needed?

When you happen to talk about mental health in everyday conversations, would listeners assume that you are understanding and supportive of mental health treatment? Simply letting it be known that you're supportive of mental health in general may encourage more people — subordinates, peers or even family members — to open up to you.

You can also help normalize mental health by talking more about it, and comparing good mental health with good physical health. If someone has a knee injury, they might get surgery followed by physical therapy — we try to avoid stress injuries to begin with through regular physical training.

If someone is depressed, they may get prescribed an antidepressant along with regular counseling. Units can also offer regular mental health training by pairing up with their embedded behavioral health providers to learn how to decrease risk factors for mental health conditions.

When we're just as comfortable talking about mental health as we are talking about physical health, and when we're just as comfortable going to a behavioral health therapist as we are to a physical therapist, then we'll know that we've turned around our military and American cultures about mental health. Until then, I invite you to be a part of this change.

For mental health help, active-duty service members can contact their embedded behavioral health teams, while other patients can ask their primary care managers for referrals to behavioral health.

If you are thinking about harming yourself please call the 24/7 hotline National Suicide Prevention Lifeline 800-273-TALK. You can also call Military OneSource at 800-342-9647 for information on resources such as nonmedical counseling and peer support.

CHAPEL SERVICES

CATHOLIC MASSES

Saturday, 4:30 p.m. — Madigan Chapel

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

Sunday, 9 a.m. — Lewis Main Chapel

Sunday, 9 a.m. — Madigan Chapel

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

Sunday, noon — Lewis Main Chapel

Sunday, 5 p.m. — Lewis Main Chapel

Weekdays, noon — Lewis North Chapel

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

1st Friday, noon — McChord Chapel No. 2

PROTESTANT SUNDAY

9 a.m. — Liturgical — Soldiers' Chapel

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

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

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

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

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

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

11 a.m. — Gospel — Lewis North Chapel

DIVERSE WORSHIP

Jewish

Friday, 7 p.m. — Lewis Main Chapel

Islamic

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

Buddhist

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

Pagan/Wiccan

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

JBLM SNAPSHOT



SENIOR AIRMAN JACOB JIMENEZ 62nd Airlift Wing Public Affairs

Retired Lt. Col. Paul Needham, a former Iranian hostage tells his story of being held captive to Airmen during Wingman Day at Joint Base Lewis-McChord April 14. Needham told Airmen the challenges he faced while being held captive in Iran.

THIS WEEK IN HISTORY

April 21, 1895: First movie projector demonstrated in United States.

April 22, 2004: Pat Tillman killed by friendly fire in Afghanistan.

April 23, 1954: Hank Aaron hits first home run of his MLB career.

April 24, 1800: Library of Congress established.

April 25, 1947: Truman inaugurates White House bowling alley.

April 26, 1986: Nuclear disaster at Chernobyl.

April 27, 1773: Parliament passes the Tea Act.

CORPORATE FELLOWSHIP PROGRAM

From military to corporate world

More than 30 honored at graduation

BY DEAN SIEMON
Northwest Guardian

TACOMA — More than 30 service members and spouses were celebrated at the graduation for a 12-week Corporate Fellowship Program April 13 at the LeMay American Car Museum in Tacoma.

In the past three years, Camo2Commerce and Hiring Our Heroes have worked with several corporate businesses for the program, which has placed more than 1,000 transitioning service members in jobs.

“It’s humbling to watch a single idea take off,” said Sean Murphy, who now acts as the associate director of strategic initiative for Pacific Mountain Workforce Development, which oversees Camo2Commerce.

Service members were partnered with local corporate offices from companies like Amazon, Google and Starbucks for a chance to show how their skills from the military translated into the corporate world.

Captain Heather Bain came into the program with Headquarters and Headquarters Company, 16th Combat Aviation Brigade, with experience as an Army engineer. Her fellowship was with Alaska Airlines where she worked directly with a portfolio manager in the project management office, focusing on the Seattle Hub portfolio involving the North Satellite Terminal at Sea-Tac Airport.

Bain already has an offer to work in real estate project management with Alaska Airlines after she officially transitions out of the military May 1. She was also named the president of the fellowship cohort.

She already had the work experience, but military and



DEAN SIEMON Northwest Guardian



ABOVE: Capt. Anthonio Saw, left, shakes hands with Hiring Our Heroes' Rob Comer while receiving his certificate for completing the Corporate Fellowship Program during a graduation ceremony at LeMay — America's Car Museum in Tacoma April 13.

LEFT: Lizbeth Sanchez-Arce, center, and husband Paul Anderson, left, speak with Megan Gimmestad of Alaska Airlines during the networking portion of the graduation ceremony.

corporate careers can be like the same language with different dialects.

“The biggest takeaway (from the program) is the value of networking and how, as you transition, you have to learn a new language,” Bain said.

Lizbeth Sanchez-Arce was named the cohort vice president and was one of the program's first two spouses. Her husband, Capt. Paul Anderson, is the di-

rector of human resources for 2nd Infantry Division Artillery. She did have some experience working as a regional manager for Just Digital Marketing. Sanchez-Arce was able to work in a managerial role at Amazon's facility in DuPont.

Sanchez-Arce is currently pursuing another position with Amazon. She said she is more confident in applying for a job for a large corporation and noted

her pride in being one of the first two military spouses to complete the program.

“Not only (do I feel) pride, I feel a sense of responsibility to represent spouses for the cohorts to come,” Sanchez-Arce said.

Captain Anthonio Saw will be leaving the 2nd Brigade, 2nd Infantry Division, in July. Three months ago, he was accepted as a fellow into Google, but he also received support through the

“The biggest takeaway (from the program) is the value of networking and how, as you transition, you have to learn a new language.”

Capt. Heather Bain

Headquarters and Headquarters Company, 16th Combat Aviation Brigade

Corporate Fellowship Program.

Saw said he appreciated how the fellowship program helped coordinate with leaders at JBLM to help make his 12-week transition go smoothly.

Because of that support, Saw will continue working as a network hardware specialist for Google's Project Loon, providing internet in third-world countries through the power of balloons.

“It's the people aspect,” Saw said. “Nowhere will you find a more personable group that helps Soldiers transition. (The program) taught me there are people out there who are genuinely enthused.”

Many fellows have jobs lined up. Others are going through the interview process or salary negotiations. The program also builds a camaraderie; fellows support others still looking for jobs in the corporate world.

Rob Comer, the lead national trainer and program manager for Hiring Our Heroes, knows the benefits well. After 29 years of active-duty service, he retired as a sergeant first class. The transition process is one that Hiring Our Heroes, Camo2Commerce and the business partners look to continue supporting.

“It's more competitive now,” Comer said. “The landscape is changing. I've lived that transition myself, and now I'm helping guide those (military) leaders.”

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SEXUAL HARASSMENT/ASSAULT RESPONSE AND PREVENTION

7th ID keeps skills SHARP with training

BY DEAN SIEMON
Northwest Guardian

The 7th Infantry Division's Sexual Harassment/Assault Response and Prevention program showcased a variety of sexual assault and harassment scenarios during a Sexual Assault Response Coordinator/Victim Advocate situational training exercise April 13 at the Soldier Center Medical Home on Lewis North.

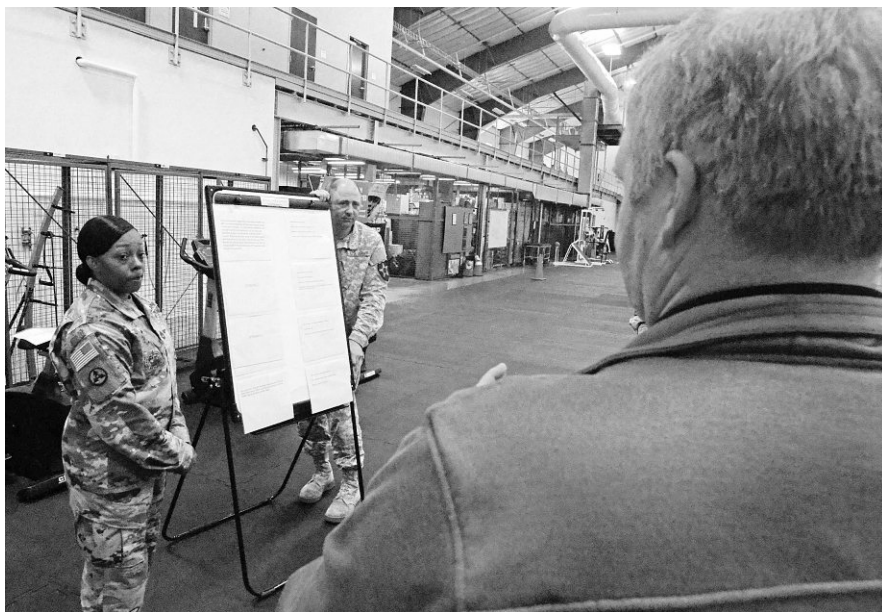
“The scenarios end with noting that this has already happened, and (the victim) is coming to you,” said Staff Sgt. Nathaniel Brown, victim advocate, Headquarters and Headquarters Battalion, 2nd Infantry Division Artillery. “(This training helps) keep our skill sharp.”

The training exercise was one of the regular Leadership Professional Development classes that Maj. Heath Major, 7th Inf. Div. SHARP program manager, schedules on a monthly basis. The focus of this one was to provide battalion level SARC and victim advocate's scenarios that have happened on JBLM and utilize them for instruction.

The scenarios started the conversation about what resources are available to SARCs and victim advocates on Joint Base Lewis-McChord.

“(The purpose is) to make sure they continue to stay up to date,” Major said.

SARCs and victim advocates from 7th Inf. Div. brigades led



DEAN SIEMON Northwest Guardian

six different stations such as sexual harassment and sexual assault. Role playing was done to visualize a situation that happened on base, like a noncommissioned officer commenting on a private's legs and wanting to touch them.

Staff Sergeant Jesse Barker, of the 2nd Battalion, 17th Field Artillery Regiment, was asked to act as the young private that was inappropriately approached by Master Sgt. Milton Pate Jr., of Headquarters and Headquarters Detachment, 6th Military Police Group (CID), and Sgt. 1st Class Ryan Yvega, of Headquarters and Headquarters Battalion, 2nd

Battalion, 17th Field Artillery Regiment, DIVIRTY.

“It was awkward,” Barker said. “This is a bad situation and a bad feeling all around. I've got this situation and then I have someone higher up coming in and doing the same thing.”

In addition to the stereotypical male-to-female, male-to-male and other variations of the scenario, the exercise also focused on how transgender service members might feel in similar situations.

Major said there are cases where a transgender service member is bullied, harassed or assaulted. More cases are being

reported, he said. JBLM has a diverse collection of victim advocates and SARCs ready to assist because of training opportunities.

“We have such a diverse staff,” Major said. “We have transgender advocates. We have the whole spectrum. The victim has a choice to choose their victim advocate.”

Another focal point is online harassment. SHARP staff members see and hear cases of service members going online through Facebook groups and other social media with the mindset of a predator.

“You're online activity is no

different than real-life — you're not hiding,” said Sgt. 1st Class Jason Brownlie, Headquarters and Headquarters Battalion, DIVARTY.

There is also a recent surge involving sextortion, where a service member connects with someone online who portrays someone else to work their way to get access to nude pictures. The second party then uses those pictures as blackmail to get money and other compensation. A predator grooms someone slowly and continues to push things little by little.

“It can be from afar, or it can be near,” Major said. “Soldiers are dealing with things I didn't deal with growing up, but my kids will when they eventually get online.”

Training for prevention and understanding starts with battalion-level SARCs and victim advocates, who then disperse the information throughout their units. It has a ripple effect that 7th Inf. Div. SHARP staff have noticed in recent years.

“The changes that we're making, with the influx of Soldiers coming in and the outflux of those leaving, they take our values with them,” Brownlie said. “So we make a really large impact in the community outside of here. They can help be that change.”

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@deansiemon

JBLM DIRECTORATE OF EMERGENCY SERVICES

Remember spring fire safety as weather turns sunny

BY RIO FERNANDES
Northwest Guardian

The sun has finally started to shine and spring time is here in the Pacific Northwest and Joint Base Lewis-McChord. Although spring is an exciting time, it's also time to consider how safe your home is from fires.

One of the most common practices at the end of winter is spring cleaning, which while not only be cathartic, can help make you safer. It's critical to clean out your house, garage

and storage unit to remove anything that might be considered fire fuel, according to Ed Chavez, Joint Base Lewis-McChord Directorate of Emergency Services fire inspector.

“Clean your garage of stored newspaper and other rubbish that can fuel a fire,” Chavez said. “If you don't need it, get rid of it. Recycle all items that can be recycled. When you use recycling points on the installation, it comes back to JBLM financially.”

As always, make sure to take some time to ensure your smoke alarms are working at the batteries are fully charged. They are your first line of defense in the event of a fire, Chavez said, and it's critical that they are operating fully.

Also take some time to dispose of any greasy oily rags. Make sure that any gasoline you're storing is kept outside.

It's also a good idea to check and clean your dryer hoses and dryers, Chavez said.

While you're clearing out your house, take a moment to do the same for vegetation and debris that might have built up around your house.

“Dispose — do not burn,” Chavez said. “There is no open burning on the base. Check with (Lewis-McChord Communities) on what you are able to do on removing debris.”

Now that the weather is getting warmer, people may want to cook outside. While Chavez said this is fine, it's important

to remember some basic safety tips. If you use a propane fueled barbecue, take a second to check for any leaks. Remember to never store propane inside.

Once you get the grill inspected, remember that you need to cook at least 15 feet away from your home. It's also important to never cook under an overhead deck or cover of any kind. Never use gasoline to start the barbecue.

For more information, call 253-966-7164.

AQUATIC EASTER EGG HUNT

An Easter egg hunt with a splash

BY RUTH KINGSLAND
Northwest Guardian

Children dipped, dunked and dashed before departing the pool and dumping out on the pool deck floor their baskets each filled with a display of colored eggs at the ninth annual Aquatic Easter Egg Hunt Saturday.

A few lucky tickets were found inside some eggs but, for the most part, the plastic shells were empty inside or filled with shiny black rocks.

This was not exactly what 8-year-old Anthony Jones hoped for after collecting his basket full of empty eggs while participating in his session in Kimbro Pool's Easter egg hunt.

Anthony and 422 other children splashed, giggled and grabbed eggs as they grew their stash of plastic Easter eggs at the event. Moms and dads went in the pool with the youngest kids and waited on the sidelines either carrying baskets for their child or encouraging them as the kids swam or waded after the floating pink, green, yellow, orange and blue eggs.

Last year, Anthony's 2-year-old sister, Adriana, found one of the magic ticket eggs. There were two magic tickets in special eggs in each age category session — those tickets were turned in for Easter basket prizes. All other plastic eggs could be turned in for a goody bag of small toys and candy.

"We're crossing our fingers, but I don't think Anthony got one this time," his mom, Tiffany Jones said.

"It's OK; he's having fun anyway," she said.

Her husband, Aaron Jones, sports director at Joint Base Lewis-McChord, said he was excited so many children were having fun in the pool, collecting Easter eggs.

"It's really a great event the day before Easter," he said.



SCOTT HANSEN Northwest Guardian



"With having the hunt in the pool, the kids can have fun no matter what the weather is like outside."

Military spouse Monica Barrieau helped her children, Josie, 4, and Emilia, 2, as they worked to fill their baskets with eggs.

ABOVE: Vaniza Floyd, of JBLM, left, helps her daughter Harper, 1, collect Easter eggs during the annual Aquatic Easter Egg Hunt at Kimbro Pool on Lewis Main Saturday.

LEFT: Capt. Bob Nadeau, right, helps his daughter Emilia, 4, collect Easter eggs.

"She's scared of the water, but I'm not," Josie said.

Her basket was overflowing, and her little sister's had much

"I did Easter egg hunts as a child, but always outside — never in the water. It's different, but a great experience."

Dana Jackson

fewer eggs. Nearby, Capt. Andrew Jackson, Headquarters and Headquarters Company, Madigan Army Medical Center assisted his 3-year-old son, Joe, in dumping his eggs on the ground.

"Want to see what's inside?" Jackson asked the child, who quickly responded with a resounding "No!"

Dana Jackson walked out of the pool with her 21-month-old son, Eli, to join her husband and older son for their first Easter egg hunt.

"It's been great," she said. "I did Easter egg hunts as a child, but always outside — never in the water. It's different, but a great experience."

"Over here, Em, get this one," said Capt. Bob Nadeau, deputy chief, Department of Pathology at Madigan.

Four-year-old daughter, Emelia, quickly scampered through the water toward the pink egg her daddy located.

"This is great for the kids," Nadeau said, as he pointed out another egg, this one green, for Emelia. "It gives them something fun to do."

The child's mom, Christine, waited on the sidelines while her husband helped their child fill her wire basket.

"It's OK; I don't mind getting wet," Nadeau said of how he got the job in the water while his wife stayed dry.

"This is what dads do," he said with a laugh, before pointing out another egg for his daughter. "Here, Emmy — there's another one."

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\$29,995



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4X4, 5.7 HEMI, TOW PKG, LOCKS, STK#L16018B
\$28,205



2015 FORD EDGE TITANIUM
AWD, LEATHER, BACKUP CAMERA, NAV, HEATED SEATS, DUAL POWER SEATS STK#L4143
\$27,995



2014 FORD F-150
XL, CREW, PWR, PL, AC, CD, STK#L4150
\$27,995



2010 FORD F-250 XLT
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\$27,906



2015 FORD FLEX LIMITED
AWD, LEATHER, ALLOY WHEELS, STK#L4251
\$27,555



2011 FORD F-150 LARIAT
4X4, LEATHER, NAV, TOW PACKAGE, STK#L4265
\$26,888



2016 FORD MUSTANG
ECOBOOST PREMIUM, AUTO, 1 OWNER, CARFAX, STK#L4321
\$25,992



2011 DODGE RAM
5.7 HEMI, 4X4, STK#L4292
\$24,992



2014 FORD EDGE SEL
AWD, LEATHER, NAV, PWR SEAT, STK#L4274
\$24,893



2013 FORD F-150 XLT
4X4, 1 OWNER, PWR WINDOWS, FOG LIGHTS, STK#L4282
\$23,895



2010 FORD F-150
4X4, LEATHER, DUAL PWR SEATS, STK#L7329A
\$22,995



2012 AUDI A4 QUATTRO
S-LINE PLUS PKG, LEATHER, NAV, STK#L16772A
\$22,970



2014 FORD FOCUS ST
PWR WINDOWS, LOCKS, A/C, ALLOY WHEELS, REAR SPOILER, KEYLESS ENTRY, STK#L4086
\$19,995



2015 FORD FIESTA
ST, 6SPD, LTHR, ALLOYS, SPOILER, STK#L4281
\$18,492



2014 FORD EDGE SE
PWR WINDOW, LOCKS, ALLOY WHEELS, STK#L4179AA
\$17,994



2010 FORD F-150
PWR WINDOWS, LOCKS, 4X4, ALLOY WHEELS, TOWING PKG, A/C, STK#L4388
\$17,991



2014 FORD FLEX SE
PWR WINDOWS, LOCKS, KEYLESS ENTRY, STK#L4210
\$17,911



2016 JEEP COMPASS
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\$17,755



2013 FORD ESCAPE
SEL, AUTO, 4X4, LTHR, ALLOYS, STK#L71055A
\$16,991



2015 NISSAN ALTIMA 2.5 S
PWR WINDOWS, PWR LOCKS, PWR SEATS, STK#L41333A
\$15,995



2011 FORD TAURUS SEL
PWR WINDOWS, LOCKS, PWR SEATS, STK#L4324
\$15,987



2015 TOYOTA COROLLA LE
PWR WINDOWS, LOCKS, A/C, MOON ROOF, STK#L4298
\$15,777



2014 DODGE GRAND CARAVAN
SE, AUTO, PWR, PL, AC, CD, 1 OWNER, CARFAX, STK#L4254A
\$14,995



2014 DODGE GRAND CARAVAN
1 OWNER, A/C, PWR WINDOWS, PWR LOCKS, TILT CRUISE, QUAD SEATING, STK#L4254A
\$14,995



2015 MAZDA MAZDA3 I SPORT PWR
WINDOWS, LOCKS, KEYLESS ENTRY, A/C, STK#L4303
\$14,991



2016 FORD FUSION
SE, AUTO, ALLYS, POWER SEAT, 1 OWNER, CARFAX, CD, STK#L4195
\$14,894



2016 KIA RIO EX
PWR STEERING, A/C, TILT, STK#L4377
\$13,994



2004 TOYOTA TACOMA
XTR, CAB, PWR, RUNNER, AUTO, TOW, STK#L70056B
\$11,992



2016 HYUNDAI ELANTRA
SE, AUTO, PWR, PL, AC, CD, 1 OWNER, CARFAX, STK#L4192
\$11,593



2011 FORD FUSION SE
A/C, KEYLESS ENTRY, PWR SEAT, FOG LIGHTS, STK#L17247A
\$9,979



2011 NISSAN SENTRA SR
PWR WINDOWS, LOCKS, REAR SPOILER, STK#L7275B
\$9,966



2012 DODGE AVENGER SE
PWR WINDOWS, LOCKS, AUTO, STK#L4314
\$9,493



2012 NISSAN VERSA
AUTO, PWR WINDOWS, LOCKS, TILT, A/C, STK#L16678A
\$8,422



2011 CHEVY CRUZE
SS, SPO, ALLOYS, PWR, PL, AC, CD, STK#L4309
\$7,892



2009 FORD FOCUS
SE, SPO, 4DR, PWR, PL, AC, CD, STK#L70174
\$6,994



2008 PONTIAC G6
AUTO, 4DR, PWR, PL, AC, CD, STK#L4270B
\$6,994



2010 HYUNDAI ELANTRA
SS, SPO, 4DR, PWR, PL, AC, CD, STK#L70358A
\$5,996



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MEDIA



WHAT'S HAPPENING AT THE SHOW:

SATURDAY

- The Kids' Lego® Brick Building Contest, Ages 5-12
- 10am-4pm Bloodworks Northwest Mobile Blood Drive



SUNDAY

- The Kids' Lego® Brick Building Contest, Ages 13-110+



ALL WEEKEND

- Professionals in many home-related fields from Remodeling to Garage Doors to Landscaping!
- Fill out a survey for a chance to win a Green Mountain Pellet Grill w/ WiFi (Thank you to: Olympia Fireplace & Spa)
- Doghouse Contest - Vote with your dollars for your favorite dog house built by OMB members. All proceeds go to Concern for Animals. (Thank you to: Capital Mall and Olympic Moving & Storage)
- FREE Reusable Shopping Bag with Entry to the Show! (While supplies last)
- Bouncy House for Kids!
- Kitchen Demonstrations
- Free Parking

62ND COMPTROLLER SQUADRON

Squadron keeps finances straight

Experts offer one-on-one financial help

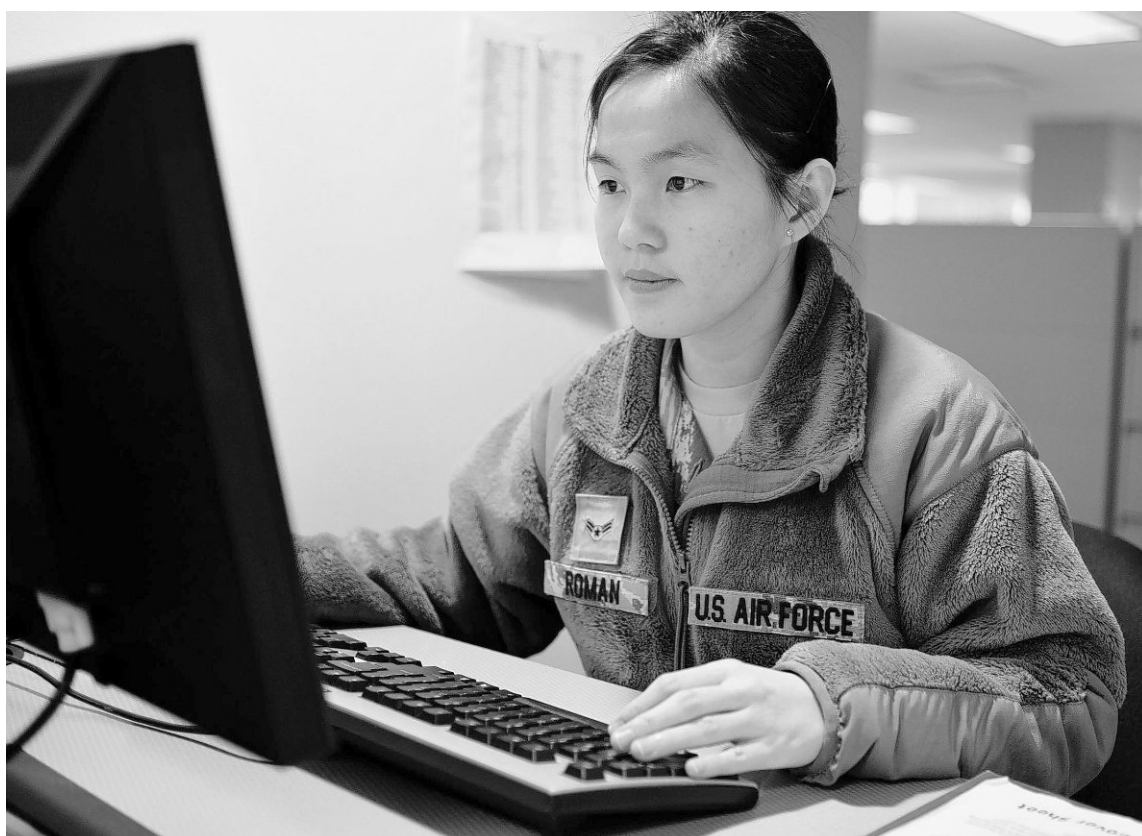
BY STAFF SGT. WHITNEY AMSTUTZ
62nd Airlift Wing Public Affairs

Every first and 15th of the month, Airmen across Joint Base Lewis McChord awaken to newly-replenished bank accounts. But much like children greeted by gifts on Christmas morning, few questions are asked about how those stockings — or wallets — went from barren to bursting overnight.

The answer is not a man whose belly shakes like a bowl full of jelly — it's the financial wizards assigned to the 62nd Comptroller Squadron. These Airmen work behind-the-scenes to ensure every member of the 62nd Airlift Wing stays on top of their finances and has a reason to celebrate at least twice a month, every month.

"We provide assistance with military pay, travel pay to include (permanent change of station) and (temporary duty assignment), LeaveWeb, and civilian pay and disbursing," said Master Sgt. Shannon Maycock, 62nd CPTS Financial Services flight chief.

Open Mondays, Wednesdays and Fridays from 9 a.m. to 3 p.m., and Tuesdays and Thursdays from 7:30 a.m. to 3 p.m., financial technicians assist customers one-on-one to ensure



STAFF SGT. WHITNEY AMSTUTZ 62nd Airlift Wing Public Affairs

Airman 1st Class Vien Roman, 62nd Comptroller Squadron financial services technician, inputs information at the finance customer service desk at McChord Field April 5.

mutual understanding and expeditious support.

"Though some vouchers may be completed online, we do offer face-to-face in-processing to guarantee the process is done correctly and members don't waste time reaccomplishing tasks," said Airman 1st Class Vien Roman, 62nd CPTS financial services technician. "In regard to pay, members can call

us, or drop in any time to ask questions or clarify anything they may not understand on their (Leave and Earnings Statement)."

Though top-tier customer service is available at the finance office, members of the 62nd AW do have online self-help options.

"MyPay is the biggest online tool for members to control their

pay," Maycock said. "There is also a virtual finance page located under 'Finance and Travel' on the Air Force Portal. This page provides information on everything from travel pay calculators to PCS entitlements and reviewing your LES."

Maycock encourages Airmen to be cognizant of their pay each month, and to remember that knowledge is power.

"We understand the average member is not going to be an expert on financial issues. All they have to do is take the initiative and ask questions."

Master Sgt. Shannon Maycock
Financial Services flight chief,
62nd Comptroller Squadron

"Members should contact the finance office if they feel something might be off with their pay," Maycock said. "It is important to understand your entitlements and allowances and what you should or should not be receiving. We would rather take the time to walk you through your pay record than possibly send you a debt notification."

Avoiding unexpected financial stressors is as simple as paying a visit to the finance office and tapping into the wealth of financial experience located just beyond the customer service counter.

"We understand the average member is not going to be an expert on financial issues," Maycock said. "All they have to do is take the initiative and ask questions."

Finance is located on the first floor of Building 100 on McChord Field and can be reached by phone at 253-982-2594.

WESTERN AIR DEFENSE SECTOR

WADS awarded Canadian commendation

BY CAPT. KIMBERLY BURKE
Western Air Defense Sector
Public Affairs

The 2nd Canadian Air Division/Air Force Doctrine and Training Division commander recognized WADS with the 2nd CAD Commander's Unit Commendation citation April 7. That recognition came during the Western Air Defense Sector Canadian Detachment's annual Mess Dinner marking the 93rd anniversary of the formation of the Royal Canadian Air Force April 7.

Canadian Brig. Gen. David Cochrane, 2nd CAD commander and guest speaker, wanted to formally recognize the strong, long standing binational relationship within WADS.

"As an integral part of NORAD, the Western Air Defense Sector plays a critical role to national sovereignty of guarding America's skies, but also providing support to Canada," Co-



CONRAD NEUMANN III Courtesy Photo

chrane said. "The interactions of WADS with our own Canadian Air Defense Sector in North Bay (Ontario) has been invaluable."

Cochrane explained that recent restructuring of the Royal

Canadian Air Force has placed more demand for aerospace controllers but in turn has created training issues.

"WADS has been stepping up consistently by providing critical

live and Distributed Mission Operations — virtual battlespace linking a wide array of high fidelity flight and mission crew simulators — in order for new Canadian aerospace controllers

to be qualified," said Canadian Lt. Col. Matt Wappler, WADS Canadian Detachment commander, as part of the training solution.

The 51 Aerospace Control and Warning (Operational Training) Squadron in North Bay, typically sends their weapon's director students and instructors to WADS for three weeks, a couple of times a year, to conduct the live phase of training and often the initial aerospace controller evaluations. Over the last three years, WADS has enabled 39 Canadian aerospace controller students to receive their qualification.

Wappler expressed that this award was a culmination of the efforts of the 225th Air Defense Group, 225th Air Defense Squadron, and 225th Support Squadron that make up WADS because "each contributed in different ways to the support of the combined force training."

2017 HQDA HOUSING SURVEY

Complete housing survey to be in running for prizes

BY RUTH KINGSLAND
Northwest Guardian

If you've ever thought of ways your community could better serve and accommodate you and your family or if you think local housing is doing a great job already, here's your chance to suggest change or say "thanks," as well as get your name in a few prize drawings.

The 2017 HQDA Housing Survey is being sent out Thursday via email to all Joint Base Lewis-McChord housing residents. If returned by mid-May, survey takers are in the running to win weekly prizes of the winner's choice of an Apple watch, Google Chromebook or a PlayStation4 gaming system. All participants also will be entered



INGRID BARRENTINE Northwest Guardian / 2017

into a grand prize drawing for a free month's rent.

"It's really worth it, and only takes five minutes to complete the survey, so why not just do it?"

said Marcia McDowell, marketing manager for Lincoln Military Housing.

The survey will be administered by a third party, CEL and

Associates, so unless the participant wants their name to be known, it's confidential, McDowell said. The main purpose of the survey is for residents to provide satisfaction and input.

"We really want voices to be heard," she said. "We want to know how we are meeting needs, how we are doing and what we can do to renovate or build houses. We want to hear some of the amazing ideas people have."

A comment card will also be provided for residents to write any concerns or ask questions that they'd like addressed by their district staff. Those cards can be returned to the specific district office.

Previous surveys have helped

impact change on the installation, McDowell said. For example, the neighborhood playgrounds created over the past 13 years are the direct result of customer satisfaction surveys.

Anyone who hasn't received a survey and would like to complete one can visit their district office to update their phone and email information.

For instructions on updating contact information, call 253-912-2150 and listen to the directory to be connected to your district. District office hours are Monday, Tuesday, Thursday and Friday from 8 a.m. to 4 p.m. and Wednesdays from 8:30 a.m. to 4 p.m. Offices are closed Saturday and Sunday.

MILITARYCHILDCARE.COM

Military child care online resource hits launching pad

BY RUTH KINGSLAND
Northwest Guardian

With April being the Month of the Military Child, the Department of Defense chose Thursday as the launch date for militarychildcare.com.

The website is an online resource for military families to find child care and other useful information.

The national online resource is expected to be a big help for Joint

Base Lewis-McChord families.

"This single online gateway provides comprehensive information on military-operated or military-subsidized child care programs worldwide and simplifies the child care search and request process," said Noreen Naputi, Parent Central manager and military child care coordinator for JBLM Child and Youth Services.

The site has been rolled out to

military installations around the globe in previous months, with JBLM's access being the latest phase in the process, Naputi said.

JBLM has known about the upcoming launch since January, so it's highly anticipated. People can check out the information and ways to register for child care at any installation around the world.

There's a short video available on the site, which explains more

about how to register and what's available on the site, she said.

The local phase of the site launch fits well with the Month of the Military Child, which has been observed for the past three decades. It was first designated as such by the DOD in 1986.

"The strength of the nation is built on the readiness and (resiliency) of every member of the premier all-volunteer Army including the military children and

youth," reads the Army's website on the Month of the Military Child.

This year's theme for the Month of the Military Child is "Their Journeys and Adventures." Throughout the month, various installations across the country and around the world provide fun and exciting events, such as family fun nights, parades and festivals, including the recent Kids' Fest on JBLM.

Sustainability

NORTHWESTERN JOINT REGIONAL CORRECTIONAL FACILITY

'The Rocket' assists in composting

Composter can turn food waste into 'black gold'

BY CATHERINE HAMILTON-WISSMER
Directorate of Public Works

Sustainability is the last thing someone would think of when thinking of a correctional facility, but at the Northwestern Joint Regional Correctional Facility on Joint Base Lewis-McChord they are doing just that.

The correctional facility has been incorporating sustainability into their daily operations for years and it's had a positive impact on the inmates, staff and surrounding communities. Among one of their many activities, the inmates grow food for Thurston County Food Bank year-round — donating more than 6,500 pounds of food in 2016.

Currently, the correctional facility is expanding the horticulture program to capture food waste from their dining facility to add to their composting efforts.

"The Rocket" is an in-vessel composter, a self-contained, automated, agitating system to process food waste — including meat and dairy — and a welcome addition to the repertoire of projects on this working farm. It will be used by correctional facility staff and inmates to process dining facility food waste from the kitchen and uneaten leftovers from meals.

Scrapings will be transported to the outdoor location in five-gallon buckets, bulked up with wood chips in a one to one ratio, and deposited into the composter. Fourteen days later, the material will be extruded and cured before integrating back into the gardens and farm area as a soil amendment.

Remaining food waste from the correctional facility will



SGT. SCOT ROSE 42nd Military Police Brigade



ABOVE: 1st Lt. Andrew Satterlee, left, and Dan Watts examine "The Rocket" at the Northwestern Joint Regional Correctional Facility on Joint Base Lewis-McChord.

LEFT: 1st Lt. Andrew Satterlee, right, demonstrates the large vermicomposting bin to Watts and Cathy Hamilton-Wissmer in October.

continue to be transported to Earthworks for composting. The primary purpose of this composting operation is to provide education and job skills to the inmates while supporting the existing horticulture program.

Variations of in-vessel composting in correctional facilities is also being practiced at Whidbey Island Naval Base in Washington state, as well as within

civilian facilities within the Ohio Department of Rehabilitation and Corrections.

Many pieces needed to fit into place to activate this particular education project.

"(The Standard Operating Procedure) needs to be airtight before we officially begin," said Charles (Chuck) Kentfield Jr., Clover Park Technical College, instructor of the Horticulture Program at the NJRC.

First Lieutenant Andrew Satterlee, 42nd Military Police Brigade's environmental science officer, and staff met with Joint Base Lewis-McChord Directorate of Public Works Solid Waste and Dan Watts, Tacoma Pierce County Health Department regulator, to tour the facility prior to the new composting operation becoming operational in the fall.

Vermicomposting, a process

using worms, is another way the correctional facility composts. The specific species of worms, Red Wigglers, efficiently break down organic matter from farm waste such as grass, leaves and stalks.

The worms eat the material, and the resulting worm castings are a wonderful soil amendment. The gardener's mix the "black gold," as good compost is sometimes called, with vermiculite. The mixture is used in the correctional facility's greenhouses to start seeds for the next crop rotation.

The greenhouses are used to grow seedlings to plant in the outdoor gardens, aquaponics systems and hydroponics to grow lettuce and greens throughout the year. The gardeners, service members under incarceration for violating military law, earn college credits toward a horticultural certificate from Clover Park Technical College.

Instruction consists of a year-long curriculum learning about small farming equipment, diesel engines, landscape construction, nursery management, plant propagation and identification. The inmates learn to use chainsaws, tillers and tractors as well as proper maintenance of gardening tools.

The program provides real-life skills and rehabilitation for the service members to use once released.

The correctional facility is an excellent example of how sustainability can be used to enhance the mission, save money and improve quality of life. Sustainability goals on JBLM can be worked toward by every service member and staff, regardless of circumstances or job.

Programs like those at the correctional facility demonstrate a commitment to the Net Zero by 2020 goals and plant seeds for our community and our future, in every way.

BIKE CHALLENGE

Bicycle teams compete for miles, prizes

BY MEREDITH SHORES
Pierce County Planning and Public Works

It's a good workout. It relieves stress. And this May, it can bring you big rewards.

Teams of bicyclists across Joint Base Lewis-McChord are gearing up to win big prizes with Pierce Trips' Bike Everywhere Challenge.

This monthlong bike competition runs May 1 to 31. Teams track their bike miles on the PierceTrips.com during the month to contribute to their team's total. The more miles a team has, the more they increase their chances to win great prizes.

Interested parties can log in to PierceTrips.com and choose the Team tab at the top of the main page to create or join an existing team. Team captains can affiliate teams with their employer or association, including Joint Base Lewis-McChord.

Sonia Beare, Madigan Army Medical Center's environmental protection specialist, plans to bike as many miles as she



MEREDITH SHORES Pierce County Planning and Public Works

can to lead her Bike Everywhere Challenge team to the top. Beare first got interested in biking when she and her husband lived on base.

"I needed a quick way to get myself and our third child to my mother's house so that she could watch the baby while I went to school," Beare said.

Now she has expanded to weekend biking with co-work-

ers, biking and mountain biking with her husband and dogs, taking a mid-day bike ride, and soon — biking the 17 miles to work.

"It's definitely, hands down, a better experience riding my bike than it is driving," she said of getting back into biking to work.

She wants participating teams to remember that exer-

cise and time outside are just as important as other items on a to-do list.

"I want them to really get into biking," she said of her team. "Just to see that it's not only fun when the weather is nice. The hardest part, and it was for me, is to put that time aside and realize that that time is important."

There are several great bicy-

Staff Sgt. Jesus Carlos, right, 2nd Brigade, 2nd Infantry Division, checks out a bike at the Joint Base Lewis-McChord Reception Center from Staff Sgt. Phillip Good.

cle events that you can take advantage of to get you prepared for the Bike Everywhere Challenge.

Intercity Transit's Bicycle Commuter Contest is hosting an Earth Day Farmers' Market Bike Ride event Saturday at 9:45 a.m. at Heritage Park Foundation. This event will help participants learn about urban riding and meet bicyclists in their area. For more information on the Earth Day Market Ride, visit Intercity-Transit.com.

Additionally, the Ninth annual Bike Swap is taking place April 29 from 10 a.m. to 2 p.m. at the University of Puget Sound campus in Tacoma. Vendors and organizations will be there to help you sell, purchase, fix or accessorize your bicycle.

And if you don't have a bike to ride, don't worry. With the GO Lewis-McChord program, Service members and Department of Defense employees can check out a bike for up to 30 days for free. For more information, visit GOLewisMcChord.com.

Community Garden

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- Rakes, compost, and water hoses provided

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253-967-7744 Lewis North &
253-982-2206 at McChord Field



Community Ledger

ATTENTION

Event announcements must be received no later than the Friday before publication. They can be emailed to nwgeditor@nwgardian.com. Announcements can be viewed online at nwgardian.com. The Northwest Guardian office is in the basement of 1010 Liggett Ave. on Lewis Main. For more information, call 253-477-0182.



SNAPSHOT

Tic-tac-toe

Navy Diver 2nd Class Andrew Hulsey, from Ballwin, Mo., assigned to Naval Undersea Warfare Center-Keyport, plays a game of tic-tac-toe with third and fourth grade students from Kitsap County schools during the Kitsap Water Festival at the Kitsap County Fairgrounds Tuesday.

PETTY OFFICER 3RD CLASS WYATT ANTHONY U.S. Navy photo

LET'S HEAR IT

What do you want to know in 2017? The Northwest Guardian, Joint Base Lewis-McChord's command authorized source for installation news and information, wants to hear from you. Go to the JBLM Facebook page to answer the Straight Talk question of the week on Page A4, or submit a 1MB JPEG of your favorite photo of life on JBLM. Got a news tip or know a story you'd like to see in the Guardian? Coordinate with your unit public affairs section, then call 253-477-0182.

SCHEDULED FAMILY DAYS FOR 2017

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

May 30 - Air Force Family Day

May 26 - Army DONSA June 9 - Army DONSA

July 3 - Army DONSA and Air Force Family Day

EAGLE SCOUT BANQUET/REUNION

The sixth annual Eagle Scout Recognition and Reunion Luncheon to honor the Eagle Scout and Quartermaster Class of 2016-2017 will take place at Pacific Lutheran University in Anderson University Center Saturday from noon to 2 p.m. Registration will open and Eagle Scout photographs will begin at 11 a.m. Register online at phc.kintera.org/eaglebanquet2017. Call 360-481-3117 for more information.

SELL AND FIND AT SPRING FLEA MARKET

Sell your household and yard treasures at JBLM's Spring Flea Market in Family and MWR's Fest Tent off Liggett Ave. at Lewis Main Saturday from 9 a.m. to 1 p.m. No crafts or home-business items will be accepted. Sign up to rent spaces or tables by emailing specialevents@jblmmwr.com or calling 253-967-6772. Cost for two tables, spaces or a combination is \$26. For three spaces, tables or a combination, pay \$30. Each additional table or space is \$6.

KARAOKE AT SAM ADAMS BREWHOUSE

Belt out your favorite tunes for good times and lots of fun Saturday, May 20 and June 24 from 6 to 10 p.m. at Sam Adams Brewhouse, located at 2400 Bitar Ave. and Division at Lewis Main. For more information, call 253-964-2012.

ARMY, AIR FORCE PCS MOVE WORKSHOPS

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

EARN MONEY AS FCC PROVIDER

Looking for a fun, rewarding job? Become a Family Child Care provider and make a difference in the lives of military children and their families. FCC providers earn up to \$2,000 a month, may qualify for subsidies and receive free child care while in training and free resources for their business. Learn about FCC at the Tuesday orientation from 6 to 8 p.m. at the FCC office at 2013B 3rd and Pendleton at Lewis Main. Children are not permitted at orientation due to space/discussion topics. Full-day training classes meet weekdays from 8 a.m. to 4:30 p.m. following the orientation.

FCC will provide free child care during the training classes. For more information, call 253-967-3039.

JBLM FAMILY HOUSING FIRE SAFETY CLASS

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

TREAT YOUR ADMIN PRO TO LUNCH

Where would you be without your administrative pros? Thank them with a special sit-down lunch with dessert at the McChord Grill Wednesday from 11 a.m. to 1 p.m. on Administrative Professionals Day. The grill is inside the Club at 700 Barnes Blvd., McChord Field. For more information, call 253-982-5581.

WARRIOR ZONE'S OPEN MIC AND KARAOKE

Celebrate the return of Open Mic Night at the Warrior Zone the first and second Thursday of the month at 6 p.m. Entertain your friends on stage and come back for more. Karaoke Night debuts the first and third Saturdays of the month at 6 p.m. Have fun belting out your favorite tunes with your buddies with host DJ Rae. WZ is open to ages 18 and older only. For more information, call 253-477-5756. The WZ is on the corner of 17th and D streets at Lewis North.

JOIN IN WINE AND CANVAS EVENT

Join in the fun at the Wine and Canvas Night at the Nelson Recreation

Center April 28 from 6 to 8:30 p.m. Art supplies, light appetizers and your first glass of wine are included in the cost. You'll get instruction if you're a beginner, plus samples of completed paintings for inspiration. Seating is limited and you must be age 21 or older to attend; please arrive 15 minutes early. The cost is \$30 per person. Prepayment is required; call 253-982-6726/6718.

WIN PRIZES AT SAM ADAMS TRIVIA NIGHT

Are you good at trivia? Test your knowledge at Samuel Adams Brewhouse's free Friday trivia nights: April 28, May 12 and June 9 and 30 from 7 to 9 p.m. for fun and prizes. Sam Adams is located at 2400 Bitar Ave. and Division at Lewis Main. For more information, call 253-964-2012.

MONGOLIAN BBQ AT THE CLUB

All-you-can-eat Mongolian Barbecue Night at the Club at McChord Field is back by popular demand. Come out April 28 from 5 to 7:30 p.m. to pick your own veggies, meats, noodles and more cooked for you, fresh and hot off the grill. The cost is \$16.95 for adults and \$8.95 for kids. The Club is at 700 Barnes Blvd. at McChord Field. For more information, call 253-982-5581.

BUILDING MANAGERS FIRE SAFETY CLASS

All building managers on Joint Base Lewis-McChord are required to take a Building Managers Fire Safety Class. Classes are the first and third Wednesday of the month at 9 a.m. Bldg. 2014, Fire Station 107 Pendleton, on Lewis Main. The next class is May 3. For more information, call 253-966-7164.

networking opportunity for veterans, military spouses and business professionals. Guest speakers provide valuable insight on how veterans are using their military experience in enhancing civilian business operations. For more information, visit workofhonor.com/events.

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

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

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. Next meeting is May 3. For more information, call 206-205-3500.

What's My Next Move? Second Monday of the month

RESERVE SPOTS FOR MOTHER-SON DANCE

Enjoy a fun-filled evening at the Club at McChord Field's Mother-Son Dance May 5 from 6 to 9 p.m. with appetizers, punch, fun, door prizes and dancing. Reservations are required; the cost is \$20 per couple and \$8 per additional son. Dress is semi-formal. No walk-ins allowed. For reservations, call 253-982-5581/0718. Prepayment is required.

PLAY BUNCO AT SAM ADAMS BREWHOUSE

Like to play Bunco? Grab some friends or make some new ones Saturdays at Bunco at the Brewhouse May 6 and June 10 from 6 to 10 p.m. The buy-in per person is \$10. Sam Adams is located at 2400 Bitar Ave. and Division at Lewis Main. For more information, call 253-964-2012.

OFFICER CANDIDATE SCHOOL REUNION

The Army Officer Candidate School Alumni Association 2017 Reunion is scheduled May 7-11 in Columbus, Ga. The association represents all Army officers commissioned through any OCS, regardless of previous locations or branch affiliation. Demonstrations and briefings will highlight developments related to the OCS program. The itinerary includes the OCS Hall of Fame Induction Ceremony, OCS Alumni Banquet at the National Infantry Museum, Little White House Tour, Reunion Dinner and OCS Memorial dedication. The reunion will be conducted at the Columbus Marriott Hotel, 800 Front Ave., Columbus, Ga., 31901. Call 706-324-1800. For more information, call 813-917-4309 or visit ocalumni.org/events/cart.php?id=1.

EXTRAORDINARY DADS CLASSES ON JBLM

Join a dads support group "extraordinary dads" where fathers support fathers. Learn how to become a better father and have a place to do activities with your children. Receive support from other dads who understand the day-to-day struggle of raising children. Classes take place on the second Wednesday of the month from 11:30 a.m. to 12:30 p.m. at Bldg. 2013 N. 3rd Ave., Lewis Main. Next class is May 10. For more information, call 253-967-5901 or email extraordinarydads@gmail.com.

JOIN MCCHORD FIELD LIBRARY BOOK CLUB

Do you like to discuss books? Join the McChord Library's Novel Navigators. This adult discussion group meets the second Wednesday of each month at the McChord Library at 4:30 p.m. The next meeting is May 10 to discuss "The Fifth Avenue Artists Society" by Joy Callaway. Registration is required; register in person for the group. Copies will be available at the circulation desk, 851 Lincoln Blvd., ground floor, on McChord Field. For more information, call 253-982-3454.

AIR FORCE CLUB MEMBER SCHOLARSHIP

Need money for college? Are you, your folks or spouse a member of the Club at McChord Field? Enter to win up to a \$7,000 scholarship from Air Force Clubs with an essay or video. Submit by your video or essay by May 12; get complete information at myairforcelifelife.com/clubs or stop by the Club at McChord Field, 700 Barnes Blvd. For more information, call 253-982-5581.

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/technology/business/brief.

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

Land Management Information Session Tuesday from 2 to 3 p.m. at the Hawk Transition Center in Room 214. Are you interested in the U.S. Forestry career and working with the federal government? The Land Management Career Skills Program is seeking service members and veterans to train as wilderness rangers in the Cascade Crest Wilderness areas. Come learn the skills necessary to start your career in the forest service and how to enroll in the program. For more information, email sojourner.thomas.ctr@mail.mil.

Work of Honor Networking Event Wednesday from 6 to 7:30 p.m. at SODO Kitchen Restaurant, Starbucks Center, 2401 Utah Ave. South, Seattle, for an outstanding business

from 1:45 to 3:15 p.m. at Work Source Pierce. Next meeting is May 8. Email kmyers@esd.wa.gov or call 253-552-2547.

Hiring Our Heroes Corporate Fellowship Program

Training starts May 10 and continues through July 28. This program is open to eligible active duty service members transitioning out of the military within six months from the start of this program. Additionally, this program is also open to all military spouses of active duty service members. Military leaders and spouses need a transition program that can significantly build their civilian network and add civilian work experience to their resume. Becoming a fellow in this program notably increases the chances of landing a career that correlates with your education, experience and current level of pay. In addition, weekly fellow huddles and guest speaker/mentor programs will also be taught during the program. For more information, contact Rob Comer at robcomer@uschamber.com

Boots to Business This is a three-day workshop covering topics related to how to start a business. Gain tools and knowledge needed to identify a business opportunity, draft a plan and launch an enterprise. Day three will consist of a field trip. To register or for more information, call 253-967-5599 or 253-967-3258.

Spotlight Events and Employer Hiring Check for employer spotlight events on social media at facebook.com/jblmunlimited for more

information. Sign up at sfltap.army.mil or with your SFL-TAP Center at 253-967-3258/5599.

AGILE INFRASTRUCTURE INTERNSHIP IN BOTHELL

FUJIFILM Sonosite Inc. — Salary: DOQ. This position assists in the success of the System Engineering team in the development of tools to lower the investment in the labor for medical product definition and the creation of artifacts for compliance to global medical regulations. For more information, visit tinyurl.com/lrdky76.

HAZARDOUS WASTE COMPLIANCE INSPECTOR

Washington State Department of Ecology — Salary: \$48,060 to \$63,036 annually. The Hazardous Waste and Toxics Reduction program within the Department of Ecology is looking to fill a hazardous waste compliance inspector position housed in the Northwest Regional Office in Bellevue, Wash. The position: coordinates with the state lead for inspector training and HWTR compliance coordinator to survey inspectors for training needs on a regular basis, thus setting workload priorities for this position to address and develops training materials and/or procures training instructors for regular exchanges of information to and between compliance inspectors. This position also leads compliance inspections at complex generators, transporters and waste management facilities. For more information, visit careers.wa.gov.

SMA OF NORTHWEST MONTHLY MEETING

The general membership meeting of the Sergeants Major Association of the Northwest meets at Samuel Adams Brewhouse, Bldg. 2400 on South Division Street on the third Thursday of every month. Social time begins at 4:30 p.m. and business at 5 p.m. Next meeting is May 18.

REUNION: SECOND INFANTRY DIVISION

The Second (Indianhead) Division Association is searching for anyone who served in the Army's 2nd Infantry Division at any time. This year the association will commemorate the 100th anniversary of the division which was formed in France during World War I. For information about annual reunion in Arlington, Va., Sept. 13-17, contact Secretary-Treasurer Bob Haynes at 2idahq@comcast.net, call 224-225-1202 or visit 2ida.org.

FIRE EXTINGUISHER ANNUAL SERVICING

All facility fire extinguishers on base must be recertified and retagged annually. Accomplish this either by contractor via GPC card or hand-carry facility extinguishers to the fire extinguisher shop located at the rear of Bldg. 2014 on Lewis Main. The maximum number of extinguishers one facility manager may rotate a day is 10. For more information, call the fire extinguisher shop at 253-966-2600.

FROM PAGE 1A

TRAIN

frame makes this very difficult.”

Prior to loading the RTCH, Soldiers had to work with Airmen from the 62nd Aerial Port Squadron to ensure that it met all required standards.

“We go through a lot of preparation to get the weight measurements for center of balance right and we get to see why we do it and how it fits in the big scheme of things,” said Spc. Justin Murphy, a cargo specialist from the 21st Inland Cargo Transfer Company, 13th CSSB. “Just making sure everything was done correctly and that we were all kept safe while doing it was the main objective.”

Most of the loadmasters or Soldiers were inexperienced with loading the RTCH, and it presented some unique chal-



SENIOR AIRMAN JACOB JIMENEZ 62nd Airlift Wing Public Affairs

Airman load a Rough Terrain Container Handler on a C-17 during a Mission Oriented Training exercise on McChord Field April 13.

lenges during the exercise, according to Sarrafan.

“Coordinating between driver and loadmasters and distributing the weight was difficult”

Sarrafan said. “This had to be done safely without damaging equipment or the aircraft. Loadmasters learned about complex loading procedures.”

In addition to training and gaining experience with a new piece of equipment, Airmen and Soldiers benefited from the opportunity to work together as a team, Sarrafan said.

“This builds camaraderie and lets them learn about each other’s jobs and competencies,” Sarrafan said. “Just being able to work with a team outside their normal unit is really beneficial for Soldiers and Airmen.”

The exercise provided beneficial training to loadmasters but also allowed them to practice training Soldiers on the proper loading of the C-17.

“We got to teach the Army how the Air Force does stuff like proper tie down and how stuff works on the aircraft,” said Staff Sgt. Donovan Eliopoulos, 62nd OSS loadmaster. “This gives them an opportunity to learn about our capabilities and allowed our newer loadmasters to see what all goes into planning.”

The loading and tie down of the RTCH was completed successfully without incident.

“Overall, today things went really well,” Eliopoulos said. “We got to work with different Army agencies, and we learned that a piece of equipment like this puts a lot of limitations on the aircraft. All in all, it went really well.”

The exercise increased proficiency of Airmen and Soldiers at JBLM and will benefit future missions, Sarrafan said.

“All the statics are in preparation for deployments and larger training exercises like this,” Sarrafan said. “For deployments, when they need to send large amounts of equipment with them via shipping containers, the RTCH is what moves them.”

JBLM Soldiers and Airmen have learned how to train for the unexpected and will continue to do so through monthly joint training scenarios.

FROM PAGE 1A

SALUTE

the Mariners team president.

“It’s really neat how they honor all services in a joint effort,” James said. “It’s an honor to represent all of the Soldiers and Airmen at JBLM.”

It was the 15th year the Mariners hosted the Salute to Armed Forces Night with service members and veterans taking the field along with the Seattle Mariners and the Texas Rangers.

As fans filled the seats, pregame festivities featured service members and veterans lining first and third baselines with the players. The colors were brought out by a Joint Service Honor Guard, headed up by members of the I Corps Command Honor Guard.

One service member was chosen to be one of the honorary starting nine to stand at a position on the field, Spc. Khalil Smith of Headquarters and Headquarters Detachment, 47th Combat Support Hospital, was genuinely excited to learn he was asked to stand at the short-stop position to greet Seattle’s Taylor Motter.

Having grown up in Spanaway, Smith said he attended games with his father at age 5 at Safeco Field.

“As a Mariners fan, to be able to step on the field is amazing,” Smith said. “It’s a dream come true. It makes this that much more special.”

Senior Airman Christopher LaCour, of the 225th Support Squadron, Western Air Defense Sector, was also an honorary Mariner who stood at third base with All-Star Kyle Seager.

“There are so many others who deserve to be here, so I feel very honored to be on the field,” LaCour said.

After the national anthem was played by the Navy Band Northwest, six service members took part in a ceremonial first pitch.



DEAN SIEMON Northwest Guardian

Senior Airman Shane Key, of the Western Air Defense Sector, throws out a ceremonial pitch before the Seattle Mariners game against the Texas Rangers at Safeco Field in Seattle Saturday.

The first to throw was Staff Sgt. Joshua Urtz of Headquarters Support Company, 7th Inf. Div.

Urtz said he didn’t practice in the weeks before the game; instead, he relied on his high school experience for Kempsville High School, in Virginia.

Like his military peers, Urtz said he felt honored to be cho-

sen to throw out a first pitch.

“I never thought I would get to throw out a first pitch,” Urtz said. “From pitching in high school to throwing at a major league stadium is amazing.”

Senior Airman Shane Key, of the 225th Support Squadron, Western Air Defense Sector

also threw out a first pitch. Key also grew up a Mariners fan in Spanaway. There was never enough money available to attend a game as a child he said. But he finally went to a game last season after arriving at his first duty station — Joint Base Lewis-McChord.

Like Smith, Key said he was

honored to be selected to stand on the field in front of 34,927 fans for the Saturday night game that the Mariners won 5-0.

“It’s pretty overwhelming,” Key said. “But I was really looking forward to it.”

Dean Siemon: 253-477-0235, @deansiemon

FROM PAGE 1A

REACH

Base Lewis-McChord.

The exercise could not be accomplished without the effort of Soldiers and Marines operating the Inland Petroleum Distribution System. The Army, working alongside the Marines Corps, maintained the system’s capability to transport fuel and water from the sea to major logistical transportation hubs.

During the two-week exercise, units worked together in sus-

tained winds and waves to construct the modular sections of the Trident Pier causeway while preparing to offload the heavy equipment on Dogu Beach.

Transporting equipment on- and off-shore was only one piece of the exercise. South Korean aircraft also transported equipment to locations where it was needed.

“Operation Pacific Reach has offered us a unique opportunity to inherent our interoperability between our (South Korean) and joint partners,” said Army Col. Christopher Dexter, commander

of Material Support Command Korea. “Every day, we work together, side-by-side, and have the opportunity to collaborate, cooperate and communicate with our (South Korean) counterparts.”

The exercise focused on logistical operations from the air, sea and shore to transport mission equipment across the Korean Peninsula using utility and mechanized landing craft, logistics support vessels and causeway ferries. The crafts transported and offloaded nearly 2,000 cargo containers during the operation.



SGT. QUANESHA DELOACH 5th Mobile Public Affairs Detachment

U.S. service members prepare to offload tactical vehicles from a Landing Craft Utility 2020 ship during Operation Pacific Reach 2017 at Pohang, Republic of Korea, April 10.

FROM PAGE 1A

HAUL

volves 100 to 150 commercial truckloads of vehicles and equipment, Kostelecky said, a retired chief warrant officer. Because the loading area is near the Logistics Center Gate, by exit 123 of Interstate 5, the vehicles didn’t disrupt traffic much, despite current construction and road repair projects nearby on the installation.

The load was planned primarily over the Easter weekend and trucks were staged along nearby side roads to lower the impact on JBLM commuters, Kostelecky said.

Commercial trucks began arriving each day at about 5:30 a.m. and were able to get loaded, then go right back on I-5 and go north to I-90 for the rest of

the trip eastward, he said.

Loading alone for the vehicles took place from April 14 to Tuesday, with Soldiers loading their own equipment and the commercial truck drivers doing the tie downs. All of the vehicles and equipment were weighed and measured prior to being assigned to the individual commercial trucks. The loading also was coordinated with JBLM’s directorate of Emergency Services, Kostelecky said.

The exercise involves 1,100 service members from JBLM’s 555th Engineer Brigade; 13th Combat Sustainment Support Battalion, 42nd Military Police Brigade; 62nd Medical Brigade, and 42nd Military Police Brigade. The service members will fly out Friday through Sunday on charter flights out of McChord Field, Kostelecky said.

Loading vehicles on the trucks went smoothly and quickly —



RUTH KINGSLAND Northwest Guardian

More than 650 vehicles and equipment bound for Camp Atterbury, Ind. were loaded onto trucks at the Joint Base Lewis-McChord Logistics Center from April 14 and Tuesday.

much faster than expected, said Arthur Green, unit movement coordinator with the Installation Transportation Division.

“There’s still the paperwork for the truck drivers, but the loading portion went fast,” Green said.

Loading the trucks went well in part because of skilled service members, such as Sgt. Sophia Howard, 56th Multifunctional Medical Battalion, 62nd Medical Litter Ambulance up a ramp, following the instructions of another service member aboard a commercial vehicle.

She said her vehicle tires weren’t getting a good grip, but with a few wood blocks and beams positioned in front of the vehicle wheels, she was able to drive her front wheels up onto a platform at the head of the truck bed. Then came the task of climbing out the driver’s side door, with only inches of truck bed on which to place her feet.

“It’s all about trust,” she said, after walking off the ramp. “It’s not bad at all, driving the vehicles onto the trucks, but it’s definitely about trust.”

Sports

1ST SPECIAL FORCES GROUP (AIRBORNE)

Soldiers crush Crossfit-inspired competition

Workout puts service members' fitness, determination to the test

BY SPC AMANDA RIDDER
1st Special Forces Group
Support Battalion

Sweat, heat and determination filled the gym as Soldiers grunted through Crossfit-inspired workouts at the 1st Special Forces Group (Airborne) Battle of the Brave competition at Thor3 gym April 13 on Joint Base Lewis-McChord.

The event kicked off with Kristyn Felix, event organizer and participant from 1st Special Forces Group (Airborne) Group

Support Battalion, calling 30 seconds until the first heat began. For Felix, this was more than any fitness competition, being her first time competing as well as hosting the event on base.

"I came up with this idea with some of my workout buddies last year," Felix said. "We thought it would be fun to have a Crossfit-type competition for the Group. I came up with the movements for the competition and started planning the event."

The movements were devised for a multitude of strength and cardiovascular endurance in mind and for those who were eager to test their strengths. The event was divided between three ability groups: Rx, Scaled and Mixed.

Rx teams, "Rx" a Crossfit term meaning "as prescribed," were required to complete 2,000-meter row, 50 squat cleans with 135 pounds, 50 wall ball throws with a 14 or 20 pound ball, 200 burpees, 50 deadlifts with 135 pounds and 50 partner sit-ups with legs interlocked.



SPC AMANDA RIDDER 1st Special Forces Group Support Battalion
The Battle of the Brave competition ends with a well-earned barbecue for service members, their guests and company supporters April 13.

SEE 1ST SFG, 2B

MONTH OF THE MILITARY CHILD



Participants begin the 2-mile race for 9 to 16-year-olds during the annual JBLM Armed Forces Kids Run at Cowan Stadium Saturday.

SCOTT HANSEN Northwest Guardian

ANNUAL KIDS RUN DRAWS HUNDREDS

More than 400 JBLM kids participate in run

BY DEAN SIEMON
Northwest Guardian

More than 400 military youths — ages 5 to 16 — participated in half-mile, 1 mile and 2-mile runs Saturday at the Joint Base Lewis-McChord Armed Forces Kids Run.

Near the final stretch of the 1-mile run, Everett Roberson, 8, was setting the unofficial pace well ahead of the pack.

His father, retired Chief Warrant Officer 4 Dennis Roberson, ran alongside him as the course brought runners back into Cowan Stadium on Lewis Main. Everett finished with a time of 7 minutes and 40 seconds. Roberson cheered him on with alternating looks between Everett and his wristwatch.

"He loves to run up to 2 or 3 miles per day," Roberson said. "It's awesome to see his progress and see how fast he's become."



Volunteer Brad Petek, right, offers encouragement as James Lathrop, 13, left, and Ahmad Pierce, 14, near the finish line Saturday. Pierce finished first in the 2-mile race.

SEE KIDS, 2B

ON THE SCHEDULE

SIGN UP FOR MASTERS BOWLING TOURNAMENT

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

FIRST TEE GOLF CAMP REGISTRATION OPEN

Youth: Golfers ages 7 to 18 can be registered for the First Tee Youth Golf Camp offered through Joint Base Lewis-McChord's Child and Youth Services. Two camps are provided: Eagles Pride Golf Course, on Lewis Main, and Whispering Firs Golf Course, on McChord Field. There is an additional Lil' Drivers camp for ages 5 and 6. Camps begin Thursday. For more information, visit jblmcy-registration.com, or call 253-967-2405.

GOLF AFTER DARK AT WHISPERING FIRS

Golf: Whispering Firs Golf Course on McChord Field will host a special Glow Ball Tournament April 28. The tournament begins at 8:30 p.m. with sign-in starting at 6 p.m. Limit 52 total players (13 teams of four). \$45 per person includes a barbecue dinner with nine holes of golf with a cart, glow ball and prizes. Registration is due Friday at the Whispering Firs pro shop. For more information, call 253-982-4035.

REGISTER FOR JBLM 5K AWARENESS RUN

Races: The first Joint Base Lewis-McChord Awareness Run is set for April 29 at 10 a.m. at Family and Morale, Welfare and Recreation's Fest Tent on Lewis Main. Register online at jblmmwr.com/races. First 1,000 people to sign up will get a free T-shirt and custom finisher's medal. For more information, call 253-967-4768.

SIGN UP FOR 59TH ANNUAL AMATEUR GOLF TOURNEY

Golf: Eagles Pride Golf Course on Joint Base Lewis-McChord will host the 59th annual Fort Lewis Amateur Golf Tournament May 6 and 7. The 36-hole stroke play tournament features prizes for gross and net scores, as well as a senior division age 50 and older. Entry fee is \$145 due by May 3. For more information, call 253-967-6522.

JBLM CENTENNIAL

Eagles Pride, Whispering Firs have history of golf champions

BY DEAN SIEMON
Northwest Guardian

Joint Base Lewis-McChord has two golf courses — one on Lewis Main, Eagles Pride Golf Course; and one on McChord Field, Whispering Firs Golf Course. Both have earned recognition for their sustainability efforts as "green" golf courses.

Through the years, JBLM has seen a number of talented golfers come through the installation. Lee Elder, the first African-American to play in the Masters

Tournament in 1975, was drafted and assigned to Fort Lewis in 1959. Bob Hamilton, who won the 1944 PGA Championship, also served at Fort Lewis during the final years of World War II.

Golf is a big part of the Pacific Northwest and it makes sense that the local military installations would provide those opportunities for their service members; however, there were some bumps in the road in early JBLM history.

Duane Denfeld, historian at

JBLM's Directorate of Public Works, has found that there was a push to build a golf course at Camp Lewis shortly after the installation opened in 1917. Due to a focus on training, service members who wanted to play golf had to go off base.

"Tacoma Country Club allowed officers to play there," Denfeld said. "Other enlistees played at another local club that no longer exists."



SCOTT HANSEN Northwest Guardian / 2014

John Meyer watches his tee shot during a tournament at Eagles Pride Golf Course in 2014. Eagles Pride first opened as a nine-hole course in 1930.

SEE GOLF, 2B

FROM PAGE 1B

1ST SFG

Scaled teams, meaning tailored to suit beginners, needed to execute half of the amount of repetitions as Rx with less weight. Mixed teams modified their workouts to suit either Rx or Scaled requirements.

Soldiers, however, proved more than just their physical strength; they demonstrated team camaraderie and pride in their unit.

"It is really inspiring to watch people take part in a competition and push themselves as much as they can," Felix said. "It is also

awesome to see the crowd react to the competitors and cheer them on. Competition brings a team closer together."

Soldiers gathered in their teams of two to trade-off completing each event. Participants were required to finish each workout but could take breaks to catch their breath while their partner completed the required number of repetitions.

After finishing the event, the Soldiers threw on their weighted rucksacks and bolted out the back door to run a two-mile route.

In the third heat, Heather Jantsch, from the group's Headquarters and Headquarters

Detachment, and one of the winning teams, pushed through what she said was her toughest event, the squat cleans, with the encouragement from her team and the crowd.

"The best part about it was participating with my first sergeant and the Soldiers cheering us on," she said.

Following Jantsch, a winning competitor from "Team Maint," Andrew Kievit, from GSB Maintenance, said that whenever he felt like giving up, he told himself to "just keep going." Kievit was grateful that Felix motivated Soldiers to jump in and work together as a team.

"I want to thank Major Felix for setting this up and inspiring me to do this," he said.

Following the event, all participants, guests and supporting members joined behind the Group Support Battalion building to celebrate with a live DJ, barbecue and awards.

Winning Soldiers were awarded 1st SFG metal plaques engraved with the Special Forces' motto, "To Free the Oppressed." Although the barbecue served to be the highlight of the event, the coordinator enjoyed seeing the Soldiers put forth their energy and focus into the challenge itself.

"The most exciting part of the event is seeing people push themselves during the competition," Felix said. "It is awesome to see people really put everything out there."



SPC. AMANDA RIDDER 1st Special Forces Group

Heather Jantsch lifts 135 pounds at the Battle of the Brave challenge at Thor3 Gym April 13.



SCOTT HANSEN Northwest Guardian

ABOVE: Hundreds of young participants begin the 1-mile race for 7 and 8-year-olds during the annual JBLM Armed Forces Kids Run at Cowan Stadium on Lewis Main Saturday.

FROM PAGE 1B

KIDS

None of the kids were officially timed. Although some parents wanted to track the progress of their young athletes, other parents wanted to take advantage of a sunny day activity after a few days of rain.

"Here (in the Pacific Northwest), you have to take advantage of every opportunity," said Maj. Will Spence, 504th Military Police Battalion, 42nd Military Police Brigade. "It's also about creating memories."

His son John, 7, was excited to be in the 1-mile run — enough to wake up on a Saturday morning at 6 a.m. His daughter Genevieve, 5, was also enthused for the half-mile.

Spence said they were sucked into attending partly because he's into ultrarunning — a form of long-distance running.

"They like to run whenever they can," Spence said.

The JBLM Armed Forces Kids Run wasn't just for athletic kids who play a variety of sports. Children of all different fitness levels were cheered on as parents lined both sides of the track.

Lieutenant Colonel Yvonne Miller, 504th MP Bn., 42nd MP Bde., brought her three children — Alex, 11, Maria, 10, and Corina, 8. The event is intended to be fun and family-oriented. It also helps get children involved in something important in their parents' careers — physical training.

"Being in the military, being in shape is part of the job," Miller said. "That translates into events like this. (Children) see their parents working out all of the time."

This year's event adopted the theme of "Purple Up Day" to support military youths during Month of the Military Child.



AT LEFT: Larry Taylor-Eliou III, 6, of DuPont, nears the finish line during the half-mile race for 5 and 6-year-olds during the annual Armed Forces Kids Run at Cowan Stadium Saturday.

BELOW LEFT: More than 400 children participated in the annual JBLM Armed Forces Kids Run at Cowan Stadium Saturday.

BELOW RIGHT: Half-mile race participants near the finish line during the annual Armed Forces Kids Run at Cowan Stadium Saturday.



FROM PAGE 1B

GOLF

The idea of a golf course on Camp Lewis was finally realized in 1922, but it was quickly abandoned.

"By 1922, the population of the camp was down to 1,000 troops," Denfeld said. "There wasn't enough population to sustain a golf course."

Another golf course was built in 1929 near the old Liberty Gate across from where the Lewis Army Museum stands. Unfortunately, that course did not last long.

Part of it had to do with

concerns for service members having to cross Clark Drive multiple times as they played through a round.

A permanent golf course was finally finished in 1930 on Fort Lewis — now the Eagles Pride Golf Course near the outskirts of Lewis Main. Although it now stands with 27 holes, it was a lot smaller when it was first established.

Eagles Pride Golf Course first opened up with nine holes and then added another nine holes by 1940. In 1978, another set of nine holes was added.

Denfeld said a lot of the original layout still remains with some of the original holes being renumbered, but in its early

years, it was a lot rougher and not as finished as it is today.

"(Construction of Eagles Pride) was done largely by hand," Denfeld said. "There wasn't a lot of heavy construction (equipment). Building it was more labor intensive than it would be today."

Whispering Firs Golf Course on McChord Field was built in 1961 and has also seen several changes like Eagles Pride. Both courses have been certified as environmentally friendly by the Audubon Society Wildlife Sanctuary and host a variety of tournaments.

Dean Siemon: 253-477-0235, @deansiemon



SCOTT HANSEN Northwest Guardian / 2015

Joe Jarzynka, of Tacoma, right, and Miles Ford, 5, watch as Jarzynka's putt drops in the cup during a round of footgolf at Eagles Pride Golf Course on JBLM Lewis Main in 2015.

SPRING FLEA MARKET



SATURDAY, APRIL 22
9 AM - 1 PM
MWR FEST TENT

\$26 - 2 SPA...
\$30...
\$6...
TABLES SOLD OUT

MORE INFO:
SPECIALEVENTS@JBLMMWR.COM

SPENCER FAMILY DENTAL
JBLM MWR

ADMIN PRO DAY

at the Club

Wednesday, April 26
11 a.m. - 1 p.m.

Treat your administrative pro to a tasty sit-down lunch with dessert at the McChord Grill.

700 Barnes Blvd. | JBLM McChord Field | (253)982-5581

Harborstone Credit Union

Saturday, APRIL 29
MWR FEST TENT
2200 Liggett Ave. at Lewis Main

JBLM 5K AWARENESS RUN 2017

Registration details at
JBLMmwr.com/races.
Questions?
Call 253-967-4768.

Open to the JBLM Community • Race bib pickup starts at 8AM.
• Race begins 10AM. • First 1,000 to register receive a T-shirt & custom finisher's medal; entry is capped at 2,000
• Photo Booth • Arts & Crafts • Information Booths • Giveaways

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MAY 13
0900 - 1400
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jblm-kudo-2017.eventbrite.com
(253) 982-2695
Bldg. 576 McChord Field

AFCS

11th Annual NW Military Masters Bowling Tournament

Saturday, April 22
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Practice: 9:30 a.m.
Qualifying: 10 a.m.
Entry: \$100

1st place prize: \$1,000
Based on 36 Entries.

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JBLM DOWN & DIRTY MUD RUN 2017

5K Fun Run & Obstacle Course

Saturday, May 13
Soldiers Field House
JBLM-Lewis Main

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JBLMmwr.com/races/mudrun
Questions?
Call 253-967-4768

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Register at jblmafcs.checkappointments.com
APR. 12-VOLUNTEER FAIR
9 a.m.-12 p.m. at Nelson Recreation Center, Lewis-Main
APR. 24-COOKIE SOCIAL
1-2:30 p.m. at Waller Hall, Lewis-Main
APR. 23-BOWLING
2 free games of bowling including at Bowl Arena & Sounders Lanes
APR. 28-COOKIE SOCIAL
12-1:30 p.m. Commissary, McChord Field
MILITARY VOLUNTEERS

US FAMILY, Armed Forces Bank

The Novel Navigators

Adult Book Discussion Group

May 10 • 4:30 p.m.
McChord Library

Join us the second Wednesday of each month at McChord Library for our book discussion group. This month we'll be discussing "A Man Called Ove" by Fredrik Backman

Registration is required.

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

Harborstone Credit Union

MOTHER-SON DANCE

Friday, May 5
6-9 PM
Club at McChord Field

\$20/Couple
\$8 ea. Additional Son

Cover includes light appetizers and punch

Prepayment is required, please call 253.982.5581

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McCHORD LIBRARY
Mon.-Fri. 10am - 6pm

JBLMmwr.com/libraries

STRONG B.A.N.D.S., JBLM MWR, Harborstone Credit Union

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WINE & CANVAS

Friday, April 28
6 - 8:30 P.M. • \$30
Nelson Recreation Center

Please arrive 15 minutes prior to start time.
Call 253.982.6726 or 253.982.6718 to register and prepay.
This Event is for 21 & older

3168 2nd Division Dr.
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JBLMmwr.com/cc_nelson

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SIGN-UP MEETING:
May 10 at 6PM
Nelson Rec Center

REGISTRATION:
\$300 per team

SEASON BEGINS:
June 17

LEAGUE TOURNEY:
July 29

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SECTION C

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FOR THE WEEK OF APRIL 21-27

21

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McCHORD PUB 4 to 9 p.m. Enjoy programs on four overhead TVs and challenge your friends to a game of darts or poker. Order appetizers, chili and hearty sandwiches from the pub menu to go along with your favorite drinks.

22

SAMUEL ADAMS BREWHOUSE 9:30 a.m. to midnight. Grab some friends and belt out your favorite tunes from 6 to 10 p.m.

BOWL ARENA LANES Noon to 9 p.m. Come watch the Northwest Military Masters, have lunch in the Strike Zone and cheer on your team.

23

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

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

24

BATTLE BEAN AT McCHORD FIELD 7 to 11 a.m. Order breakfast with your made-to-order coffee. Breakfast burritos, muffins, pastries and more.

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

WARRIOR ZONE 10 a.m. to 11 p.m. Order a strawberry, lime or jalapeño margarita for \$6.

25

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 6 p.m. Swedish meatballs over rice for \$8.25.

SAMUEL ADAMS BREWHOUSE 4 to 10 p.m. Flip a coin for your first drink. Call it correctly and you get \$1 off.

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

26

McCHORD GRILL 11 a.m. to 1 p.m. Treat your administrative professional to a special lunch today.

WHISPERING FIRS HABAÑERO MEXICAN GRILL 11 a.m. to 2 p.m. Bring in your administrative professional and save 15 percent off their lunch.

THE CLUB AT McCHORD FIELD 5 to 7 p.m. Club Member Appreciation Dinner. Free for cardholders, \$5 for guests.

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 6 p.m. Barbecue pork with potato salad for \$8.25.

27

STRIKE ZONE AT SOUNDERS LANES 11 a.m. to 6 p.m. Beef stroganoff over noodles for \$8.25.

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

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

JOINT BASE LEWIS-McCHORD MARKETPLACE DIRECTORY

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

AT THE MOVIES

Carey Theater on Lewis Main

CHiPS (R)

Friday at 7 p.m.

Power Rangers (PG-13)

Saturday at 3 p.m.

CHiPS (R)

Saturday at 7 p.m.

Power Rangers (PG-13)

Sunday at 3 p.m.

CHiPS (R)

Sunday at 7 p.m.

MOVIE TIMES

FRIDAY

TACOMA AREA

BLUE MOUSE THEATRE: 253-752-

9500

The Shack (PG-13) 7 **Troll** (PG-13) 10 p.m.

GRAND CINEMA: 253-593-4474

Tommy's Honour (PG) 1:15, 3:50, 6:30, 9:05 **T2 Trainspotting** (R) 1, 3:35, 6:15, 8:50 **Gifted** (PG-13) 11:45, 2:05, 4:25, 6:50 **The Zookeeper's Wife** (PG-13) noon, 2:45, 5:30, 8:15 **Trainspotting** (R) 9:10 p.m.

LAKELWOOD TOWNE CENTER CINEMAS: 888-262-4386

Born in China (G) 9:45, 11:50, 2, 4:10, 6:20, 8:30, 10:35 **Phoenix Forgotten** (PG-13) 11:20, 1:40, 3:55, 6:10, 8:30, 10:45 **Unforgettable** (R) 10:30, 2:40, 5:20, 7:50, 10:25 **The Fate of the Furious** (PG-13) 10, 11, 12:20, 1:10, 2:10, 3:25, 4:20, 5:15, 6:30, 7:30, 8:25, 9:45 10:40, 10:50, 11:35, 11:50 **Going in Style** (PG-13) 1:10, 3:35, 6,

8:15, 10:50 **Smurfs: The Lost Village** (PG) 10:30, 12:45, 3:10, 6 **Ghost in the Shell** (PG-13) 5, 8:20 **The Boss Baby** (PG) 11:40, 2:20, 4:45, 7:05, 9:25 **Life** (R) 10:35 p.m. **Power Rangers** (PG-13) 10:40, 1:30, 4:20, 7:20, 10:15 **Beauty and the Beast** (PG) 10:15, 11:40, 1, 2, 4, 7, 10 **Logan** (R) 10:45, 7:40

REGAL LAKEWOOD STADIUM 15: 844-462-7342

Born in China (G) 12:30, 2:30, 5, 7:30, 10 **Free Fire** (R) 2:15, 5:30, 8, 10:30 **Phoenix Forgotten** (PG-13) 1:30, 4, 7:45, 10:15 **The Promise** (PG-13) 1:15, 4:30, 6:25, 9:30 **Unforgettable** (R) 1, 4:45, 7:15, 9:45 **Grow House** (R) 12:45, 3:15, 5:45, 8:15, 10:30 **The Fate of the Furious** (PG-13) 12:30, 1, 2, 3, 3:45, 4:30, 5:15, 6:10, 7, 7:40, 8:30, 9:20, 10:05 **Gifted** (PG-13) 1:15, 4, 6:45, 9:15 **Smurfs: The Lost Village** (PG) 12:45, 3:15 **The Case for Christ** (PG) 1:30, 4:15 **The Boss Baby 3-D** (PG) 12:45, 6:15 **The Boss Baby** (PG) 3:30, 8:45 **Power Rangers** (PG-13) 6, 9 **Beauty and the Beast** (PG) 1:45, 3:30,

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

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

Born in China (G) 9:55, 12:20, 2:40, 5, 7:20, 9:40 **Unforgettable** (R) 11:30, 2:10, 4:50, 7:35, 10:15 **The Fate of the Furious** (PG-13) 10, 11, noon, 1:15, 2:20, 3:15, 4:30, 5:40, 6:45, 7:45, 9, 10, 11 **Gifted** (PG-13) 10:40, 1:50, 4:40, 7:30, 10:20 **Going in Style** (PG-13) 7:10, 9:50 **Smurfs: The Lost Village** (PG) 10:50, 1:40, 4:20 **The Boss Baby** (PG) 10:30, 1:10, 4, 6:50, 9:30 **Beauty and the Beast** (PG) 9:50, 1, 4:15, 7:40, 10:40

PUYALLUP

LONGSTON PLACE: 253-770-9901

Born in China (G) 12:30, 2:45, 5, 7:15, 9:45 **Free Fire** (R) noon, 2:30, 5, 7:30, 10:30 **Phoenix Forgotten** (PG-13) 12:15, 2:45, 5:15, 7:45, 10:15 **The Promise** (PG-13) 12:30, 3:45, 7, 10 **Unforgettable** (R) 1:15, 4:15, 7, 9:45 **Grow House** (R) 1, 3:15, 5:30, 7:45, 10 **The Fate of the Furious** (PG-13) noon, 12:45, 1:30, 2:15, 3, 4, 4:45, 5:30, 6:30, 7:15, 8, 8:45, 9:30,

10:15 **Ghost in the Shell** (PG-13) 1, 9:45 **Power Rangers** (PG-13) 3:45, 6:45 **Beauty and the Beast** (PG) noon, 3:15, 6:15, 9:15 **Kong: Skull Island** (PG-13) 1:45, 4:30, 7:15, 10 **Logan** (R) 1, 4, 7:15, 10:15

SOUTH HILL MALL SIX: 253-445-8801

Gifted (PG-13) 12:30, 3:45, 6:30, 9:15 **Going in Style** (PG-13) 1, 4:15, 7, 9:30 **Smurfs: The Lost Village** (PG) 12:45, 3:15, 5:30, 8:45 **The Case for Christ** (PG) 1:30, 3:30, 6:15, 8 **The Boss Baby** (PG) 1:15, 4, 6:45, 9 **Life** (R) 3, 9:15 **The Shack** (PG-13) 1, 5:45

BONNEY LAKE

REGAL TALL FIRS 10: 253-891-5445

Born in China (G) 12:45, 3:40, 6:15, 9:10 **Phoenix Forgotten** (PG-13) 1:30, 4:20, 7:15, 9:50 **The Promise** (PG-13) noon, 3:15, 6:30, 10 **Unforgettable** (R) 12:20, 3:30, 7, 10:10 **The Fate of the Furious** (PG-13) noon, 1:40, 3:20, 5:15, 6:45, 8:45, 9:45 **Gifted** (PG-13) 12:30,

SEE MOVIES, 7C



SCOTT HANSEN Northwest Guardian / 2016

Debra Farah, of DuPont, left, purchases two sets of towels from Devon Jackson, middle left, during the 2016 JBLM Flea Market at Family and MWR's Fest Tent on Lewis Main.

Lana Rafael, 12, of JBLM, left, helps Melissa Rice, middle, and Gina Brandt, both of JBLM, hunt for items during the 2016 JBLM Flea Market on Lewis Main.



JBLM SPRING FLEA MARKET

THE PRICE IS RIGHT

Deals available for buyers, sellers

BY RUTH KINGSLAND
Northwest Guardian

If you've already done your spring cleaning and you're looking for some new-to-you, unique treasures —

from clothing to housewares, garden or mechanical items — Joint Base Lewis-McChord's annual Spring Flea Market may be the right shopping opportunity.

The free event has been a part of JBLM for the last several years and is a chance for service members and others to sell gently-used items or find some great bargains.

The JBLM Spring Flea Market

SEE MARKET, 11C



JBLM Outdoor Recreation

The JBLM Northwest Adventure Center has whitewater rafting trips in Wenatchee planned for Sunday and April 29, as well as a special Mother's Day trip May 14.

APRIL 22

PEDALS AND PINTS ALONG SAMMAMISH

Head to Woodinville to bike along the Sammamish River Trail to Marymoor Park and back. The excursion ends with a tour of the famous Redhook Brewery and dinner at the Forecaster Pub.

Difficulty: beginner to intermediate; distance: 12.5 miles. Minimum age: 21. Depart from the Northwest Adventure Center at Lewis North at 10 a.m. Clinic with NAC expert guides. \$55.

BACKCOUNTRY SKI, SNOWBOARD TRIP

Backcountry skiing and snowboarding refers to areas not covered by a resort or lifts. This includes terrain reached by hiking, split-boarding, touring or sledding (snowmobile).

The backcountry usually has the best snow because it's not easily accessible to others and almost all of the best snowboard videos are filmed in the backcountry. Join Outdoor Recreation for a mega-fueled snowmobiling adventure where you can get dropped off at the top of a hill, shred it on skis or snowboard, then hop back on

and do it all over again.

Ground transportation, snowmobile, backcountry ski or split snowboard, avalanche beacon, shovel, probe and airbag included. Must have some resort ski abilities. Minimum age: 16.

Depart from the Northwest Adventure Center at Lewis North at 7 a.m. \$165.

APRIL 23

LANDSCAPE PHOTO MASTER CLASS

This course aims to help beginners and intermediate-level photographers to consciously improve their expertise in the field of landscape photography with a focus on DSLR camera skills. It covers topics that include basic and advanced camera settings, equipment, shooting techniques, post processing, knowledge and planning aspects of your photographic adventures. Most importantly, to help make your work special, it focuses on soft skills that include composition and properties of a good image:

- Understand how a camera works.
- Select appropriate values for aperture, shutter and ISO in the camera.

- Understand what camera settings should be selected for taking landscapes and portraits.

- Choose the right camera for landscape photography.

- Select the right lenses.

- Comprehend the use of camera equipment like tripod, shutter release, various camera filters, camera bags and cleaning tools etc. and their use in landscape photography.

- Use photographic filters in the field.

- Learn important camera settings like white balance, image quality modes, histogram etc.

- Compose images based on professional guidelines for successful landscape work.

- Plan a landscape photography shoot by scouting the field and gaining the appropriate knowledge for a successful adventure.

- Do night time photography (star trails and Milky Way practical).

- Realize the value and potential of post processing tools like Adobe Lightroom.

- Post Process a landscape photo.

SEE OUT, 9C

SYMPHONY TACOMA

SARAH IOANNIDES
MUSIC DIRECTOR

Symphony Sweethearts

April 22 • 7:30 p.m. • Pantages Theater
Tickets: \$19+

Themes from "007," My Funny Valentine, St. Louis Blues, You Made Me Love You, Over the Rainbow ... and more!

Jens Lindemann, trumpet • Stephanie Porter, vocalist
PLU Jazz Ensemble

SPONSORS

BUY TODAY!
253.591.5894
BROADWAYCENTER.ORG

BROADWAY CENTER PRESENTS

Arlo Guthrie

RUNNING DOWN THE ROAD

April 23 • 7:30 p.m. • Pantages Theater
Tickets start at \$29

The son of the famous folk singer returns to Tacoma for an evening of stories and classic songs.

SPONSORS

UNIVERSITY OF WASHINGTON TACOMA AND BROADWAY CENTER PRESENT

Black Lives Matter:

A CONVERSATION WITH SPEAKERS

PATRISSE CULLORS & JAMELLE BOUIE

May 3 • 7:30 p.m. • Pantages Theater
Tickets \$24

PARTNER

PAULSEN LECTURE SERIES

A conversation about race relations in America and how social activism emerged from the fringes to a national movement with the co-founder #BlackLivesMatter and the chief political correspondent for Slate Magazine.

253.591.5894 BROADWAYCENTER.ORG

SEASON SPONSORS

PANTAGES THEATER · RIALTO THEATER · THEATRE ON THE SQUARE · TACOMA ARMORY

EVENTS

COMMUNITY

Meaningful Movies 7 to 9 p.m. Friday. Center for Spiritual Living, 206 N. J St., Tacoma. Tacoma screens "Racing Extinction" in celebration of Earth Day. There will be a facilitated discussion to follow with Southsound Surfrider, Citizens for a Healthy Bay and Point Defiance Zoo. Free. 206-948-8309, meaningfulmovies.com.

Upside of Downsizing Conference 9:30 a.m. to 3 p.m. Saturday. Tacoma Dome, 2727 E. D St., Tacoma. Learn about the powerful benefits of downsizing, when and where to begin your new adventure in life and learn the Eight-Step Checklist to downsizing successfully and profitably. \$35 includes lunch and event materials. 206-430-5249, upsideofdownsizing.com.

Historic Fort Steilacoom Open House and Used Book Sale 10 a.m. Saturday. Historic Fort Steilacoom, 9601 Steilacoom Blvd. SW, Lakewood. Free. 253-582-5838, historicfortsteilacoom.org.

It's Your Day Women's Event 11 a.m. to 4 p.m. Saturday. Tacoma Mall, 4502 S. Steele St., Tacoma. Discover cutting edge health information, wellness and beauty advice, cooking tips and spa treatments. Free. tinyurl.com/mu22y3j.

Earth Day Wine Tasting 4 to 7 p.m. Saturday. Workshop Tasting Room, 3906 N. 34th St., Tacoma. With Oregon's Arlie Winery \$5. 206-250-2854, orkshoptastingroom.com.

Loose Canon Community Sing-along and Pie Social 6 to 8 p.m. Saturday. Bethany Presbyterian Church, 4420 N. 41st St., Tacoma. Bring non-perishable/cash donation for FISH food bank. Free. 253-752-1123, bethanytacoma.org.

Meeker Mansion Cellar to Attic Tours Noon to 3 p.m. Sunday. Meeker Mansion, 312 Spring St., Puyallup. Docs will be available to answer questions. \$6 for adults, \$3 for children. 253-848-1770, meekermansion.org.

LeMay Valve Cover Races 11 a.m. to 4 p.m. April 28. LeMay Marymount Event Center, 325 152nd St. E., Tacoma. Build and race your own valve cover cars. Free. 253-272-2336, lemaymarymount.org.

YMCA Healty Kids Day 10



KATIE DARBY Invision/AP

Arlo Guthrie will bring his "Running Down the Road" show to the Pantages Theater in Tacoma Sunday. Tickets are \$29, \$49, \$69 and \$85.

a.m. to 1 p.m. April 29. Mel Korum Family YMCA, 302 43rd Ave. SE; Morgan Family YMCA, 1001 S. Pearl St., Tacoma. Family activities and free helmet give away.

Cheese and Meat Festival 3 to 5 p.m. and 7 to 9 p.m. April 29. Prelude at McCaw Hall, 321 Mercer St., Seattle. \$55. cheeseandmeatfestival.com.

Master Gardener Plant Sale 9 a.m. to 4 p.m. April 29 and 9 a.m. to 3 p.m. April 30. WSU Extension Puyallup Research Center, 2606 W. Pioneer, Puyallup. WSU Ext Pierce County Master Gardeners. 253-798-7170 ext100, wsu.edu/pierce.

First Time Home Buyers Brunch 11 a.m. to noon April 30. LaFlamme Group, 711 St. Helens Ave., Tacoma. Learn the steps, from financing and pre-approval to searching for your perfect home and putting in an offer. Free. 253-306-4205, firsttimehomebuyerbrunch.eventbrite.com.

Ground Breaking Social 4 to 6 p.m. May 5. EFN's Distribution Center, 3318 92nd St. S., Lakewood. New land purchased during EFN's Capacity Building Campaign. 253-584-1040, efoodnet.org.

Senior to Senior 6 to 8 p.m. Wednesday. Portland Avenue Community Center, 3513 E. Portland Ave., Tacoma. Fifty and Better program invites high

school seniors in transition to adulthood to get tips from experienced seniors on topics such as banking, setting financial goals and paying for college and cars. Additional events planned for May 10, 17 and 24. Free. 253-278-1475, metroparkstacoma.org.

FILM

"Weird Elephant" 11 p.m. Saturday. The Grand Cinema, 606 S. Fawcett Ave., Tacoma. Weekly late-night cinephile infusion. Trivia, beer and hand-screened posters by local artists. Continues April 28-29. 253-593-4474, grandcinema.com/films/lost-highway

TALKS

Global Classroom: Trump's Travel Ban, the Constitution, and Our Community 5:30 to 7 p.m. Thursday. University Y Student Center, 1710 Market St., Tacoma. With Liz Dunbar, executive director of Tacoma Community House, and Jeff Riedinger, UW Vice Provost for Global Affairs. Space is limited; registration required. Free. 253-251-2750.

Oh My Gosh - Now What? Part 2 6 to 7 p.m. Thursday. WSU Pierce County Extension Office, 3602 Pacific Ave., Tacoma. "How does the disease progress? What should I expect?" Free. No RSVP

required. 253-798-4600, pierceadrc.org.

Black Lives Matter: A Conversation 7:30 p.m. May 3. Pantages Theater, 901 Broadway, Tacoma. Founders and leaders of the #BlackLivesMatter movement will discuss the feelings and frustrations that led to their revolutionary new approach to social activism. \$24. 253-591-5894, broadwaycenter.org.

WORKSHOPS

Pack like a Pro 10:30 a.m. to noon and 2:30 to 4 p.m. Thursday. Cruise and Travel Presented by AAA, 1801 S. Union Ave., Tacoma. Learn how to pack like a pro at this informative workshop with Kathleen Collum, AAA Travel Store Buyer and Packing Coach. Space is limited; reservations required. Free. 253-756-3034, aaa.com.

Investing Basics for Busy People 10:30 a.m. April 29. Tacoma Public Library — Mary Rose Kobetich Branch, 212 Browns Point Blvd. N.E., Tacoma. Free. 253-248-7265, tacomalibrary.org.

MUSIC

South Sound Classical Choir 7:30 to 9 p.m. April 28. Beautiful Savior Lutheran Church, 2306 Milton Way, Milton. Spring concert featuring composers

Gretchaninoff, Whitacre, Brahms, Gjeilo, Sibelius and others. Series continues 3 to 5 p.m. April 30. St. Matthew Episcopal Church, 6800 Eastside Drive NE, Tacoma; 7:30 to 9 p.m. May 5. Puyallup United Methodist Church, 1919 W. Pioneer Ave., Puyallup. Free. 253-507-4183, southsoundclassicalchoir.org.

CLASSICAL

Christopher Holman 12:10 to 1 p.m. Friday. Christ Episcopal Church Tacoma, 310 N. K St., Tacoma. Organist plays music of Buxtehude, Sweelinck, Frescobaldi, Haydn and Bach. Donation. 253-383-1569, ccptacoma.org.

CONTEMPORARY CHRISTIAN

Chris Tomlin 7 p.m. May 4. KeyArena, 305 Harrison St., Seattle. \$13-\$65.75. Ticketmaster.

COUNTRY

Arlo Guthrie: Running Down the Road 7:30 p.m. Sunday. Pantages Theater, 901 Broadway, Tacoma. \$29, \$49, \$69, \$85. 253-591-5894, broadwaycenter.org.

POP

Bastille 8 p.m. Wednesday. WaMu Theater, 1000 Occidental Ave. S., Seattle. \$42. Ticketmaster.

Tacoma Concert Band "In The Spring" 7:30 to 10 p.m. April 29. Pantages Theater, 901 Broadway, Tacoma. \$18-\$36. 253-581-7006, tacomaconcertband.org.

Sounds of Brass Pops 1 to 2:15 p.m. April 30. Tacoma Community College, 6501 S. 19th St., Tacoma. With jazz-blues guitar soloist Tim Lerch of Pearl Django. Free. 253-627-2800, brassunlimited.org.

David Crosby 8 p.m. May 3. Neptune Theatre, 1303 N.E. 45th St., Seattle. \$53.50. stgpresent-s.org.

PJ Harvey 8:30 p.m. May 5. WaMu Theater, 1000 Occidental Ave. S., Seattle. \$59.50. Ticketmaster.

R&B/HIP-HOP

The Weeknd 7:30 p.m. Wednesday. KeyArena, 305 Harrison St., Seattle. \$35.50-\$121. Ticketmaster.

Lupe Fiasco 9 p.m. April 28. Neptune Theatre, 1303 N.E. 45th St., Seattle. \$40-\$43. stgpresent-s.org.

ROCK

The xx 8 p.m. April 24. WaMu Theater, 1000 Occidental Ave. S., Seattle. Three-piece rock outfit from London. \$39. Ticketmaster.

The 1975 8 p.m. April 30. WaMu Theater, 1000 Occidental Ave. South, Seattle. \$36.95. Ticketmaster.

NIGHTLIFE

FRIDAY

Buffino's Golden West Saloon 5228 South Tacoma Way, Tacoma, Back Porch Band 9 p.m. 253-471-9892.

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

Forza Coffee Company 1520 Wilmington Drive, DuPont, live music 6:30 p.m. 253-964-1407.

Forza Coffee Company 2209 N. Pearl St., Tacoma, open mic 7 p.m. 253-759-9320.

G. Donnalson's 3814 N. 26th St., Tacoma, Bill and Denny's Little Big Band 7:30 p.m. 253-761-8015.

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

Jazzbones 2803 Sixth Ave., Tacoma, Kim Archer 9 p.m. 253-396-9169.

Louie G's 5219 Pacific Highway E., Fife, Midnight Rambler, Body Electric 8 p.m. 253-926-9700.

Muckleshoot Casino 2402 Auburn Way S., Auburn, The Cured 8 p.m., Sway 10:30 p.m. 253-333-1848.

Real Art Tacoma 5412 South Tacoma Way, Tacoma, Cheap Sweat, Stamps, Sprisim, Mop 8 p.m. realarttacoma.com.

Rock The Dock 535 Dock St., Tacoma, Kurt Lindsay 8 p.m. 253-272-5004.

Royal Bear 35731 West Valley Highway S., Algona, Boinkers 9 p.m. 206-628-0888.

Stonegate Restaurant Bar and Grill 5421 South Tacoma Way, The True Romans 9 p.m. 253-473-2255.

The Swiss 1904 S. Jefferson, Tacoma, The Covers 9 p.m. 253-572-2821.

Urban Timber Co. 6621 166th Ave E, Sumner open mic 6 p.m. 253-826-3936.

The Valley Pub 1206 Puyallup Ave., Tacoma, Super Dub Family Jam 8 p.m. 253-248-4265.

ON SALE THIS WEEK

GORILLAZ will tour North America for the first time in seven years, performing at 8 p.m. Sept. 30 at KeyArena, Seattle. Tickets go on sale at 10 a.m. Friday.

MAXWELL is bringing his summer tour to the ShoWare Center in Kent for an 8 p.m. show June 20. Tickets are \$56-\$96 and go on sale at 10 a.m. Friday.

MASTERS OF ILLUSION perform at 7:30 p.m. Sept. 13 at the Washington State Fair, Puyallup. Reserved seating on the infield is \$25-\$35, while grandstand seating is free. Tickets go on sale at 10 a.m. Saturday.

ALREADY ON SALE

PROFESSIONAL BULL RIDERS 2 p.m. Sunday, Tacoma Dome. \$15-\$350.

THE WEEKND 7:30 p.m. Wednesday, KeyArena, Seattle. \$35.50-\$121.

KANSAS 8 p.m. April 29, The Moore Theatre, Seattle. \$37-\$122.50.

KEITH SWEAT 8:30 p.m. May 6, Emerald Queen Casino, Tacoma. \$30-\$70.

U2 6:30 p.m. May 14, CenturyLink Field, Seattle. \$35-\$280.

STARS ON ICE 7:30 p.m. May 20, KeyArena, Seattle. \$25-\$155.

DEF LEPPARD 7 p.m. June 9, White River Amphitheatre, Auburn. \$29.50-\$139.50.

CHEECH and CHONG 8:30 p.m. June 9, Emerald Queen Casino, Tacoma. \$35-\$90.

TOOL 8 p.m. June 17, Gorge Amphitheatre, George.

BRAD PAISLEY 7 p.m. June 20, White River Amphitheatre, Auburn. \$33-\$62.75.

STYX and REO SPEED-WAGON 7 p.m. June 21, White River Amphitheatre, Auburn. \$27.50-\$99.50.

ROGER WATERS 8 p.m. June 24, Tacoma Dome. \$55-\$199.50.

SASQUATCH May 26-28, Gorge Amphitheatre, George. \$295.

TIM MCGRAW and FAITH HILL 7:30 p.m. May 27, Tacoma Dome, Tacoma. \$66.50-\$116.50.

NEW KIDS ON THE BLOCK with **BOYZ II MEN** and **PAULA ABDUL** June 7, KeyArena, Seattle, \$25.95-\$194.95.

CARLOS SANTANA June 23-24, Chateau Ste. Michelle, Woodinville. \$67-\$146.

DEFTONES and RISE AGAINST 6:30 p.m. July 3, White River Amphitheatre, Auburn. \$25-\$75.

SHAWN MENDES 7:30 p.m. July 9, KeyArena, Seattle. \$43.50-\$63.50.

J. COLE 8 p.m. July 17, KeyArena, Seattle. \$25.50-\$121.50.

MATCHBOX TWENTY and **COUNTING CROWS** 6:45 p.m. July 18, White River Amphitheatre, Auburn. \$29.50-\$99.50.

JOHN MAYER 7 p.m. July 21, Gorge Amphitheatre, George. \$28-\$117.

BRUNO MARS 7:30 p.m. July 24, Tacoma Dome. \$41-\$121.

ED SHEERAN 7:30 p.m. July 29, Tacoma Dome. \$36.50-\$86.50.

GREEN DAY 7 p.m. Aug. 1, White River Amphitheatre, Auburn. \$22-\$81.50.

LADY GAGA 7:30 p.m. Aug. 5, Tacoma Dome, Tacoma. \$45-\$250.

METALLICA 6 p.m. Aug. 9, CenturyLink Field, Seattle. \$55-\$155.

STEVE MILLER BAND 7:30 p.m. Aug. 5, White River Amphitheatre, Auburn. \$20.25-\$101.

TOM PETTY AND THE HEARTBREAKERS 7:30 p.m. Aug. 19, Safeco Field, Seattle. \$49-\$149.

NICKELBACK 7:30 p.m. Sept. 1, Washington State Fair, Puyallup. \$80-\$100.

GUNS N' ROSES 7:30 p.m. Sept. 3, Gorge Amphitheatre, George. \$90-\$275.

FOREIGNER and CHEAP TRICK 7 p.m. Sept. 9, White River Amphitheatre, Auburn. \$29.95-\$99.95.

BEACH BOYS 7:30 p.m. Sept. 14, Washington State Fair, Puyallup. \$30-\$55.

I LOVE THE '90S 7:30 p.m. Sept. 15, Washington State Fair, Puyallup. \$40-\$75.

HANK WILLIAMS JR. 7:30 p.m. Sept. 16, Washington State Fair, Puyallup. \$45-\$70.

ABOVE AND BEYOND 4 p.m. Sept. 16, Gorge Amphitheatre, George.

JIM GAFFIGAN 8 p.m. Sept. 16, KeyArena, Seattle. \$31.75-\$65.75.

THOMAS RHETT 7:30 p.m. Sept. 20, Washington State Fair, Puyallup. \$70-\$90.

MODEST MOUSE 7:30 p.m. Sept. 21, Washington State Fair, Puyallup. \$58-\$85.

EARTH, WIND AND FIRE 7:30 p.m. Sept. 22, Washington State Fair, Puyallup. \$45-\$80.

COLDPLAY 7 p.m. Sept. 23, CenturyLink Field, Seattle. \$25.50-\$185.50.

JASON ALDEAN 7:30 p.m. Sept. 24, Washington State Fair, Puyallup. \$100-\$150.

THE PIANO GUYS 7:30 p.m. Oct. 3, McCaw Hall, Seattle. \$47-\$167.

DEPECHE MODE 7:30 p.m. Oct. 21, KeyArena, Seattle. \$45.50-\$124.50.

ANDRE RIEU 8 p.m. Oct. 28, Tacoma Dome, Tacoma. \$39-\$99.



JOHN SALANGSANG Invision/AP

U2 is scheduled to perform at CenturyLink Field in Seattle May 14. Tickets are \$35-\$280.

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FROM PAGE 2C
MOVIES

3:10, 5:50, 9:20 **Going in Style** (PG-13) 7:30, 10 **Smurfs: The Lost Village** (PG) 1, 4:10 **The Boss Baby** (PG) 12:10, 2:40, 6, 9 **Beauty and the Beast** (PG) 11:50, 3, 6:20, 9:30

GIG HARBOR GALAXY UPTOWN THEATRE: 253-857-7469

Born in China (G) 9:30, 10, 12:15, 2:30, 4:45, 7, 9:15 **Met Opera: Eugene Onegin** (Not Rated) 9:55 a.m. **The Promise** (PG-13) 10, 1, 4, 7:15, 10:20 **Unforgettable** (R) 11, 2, 4:50, 7:45, 10:30 **The Fate of the Furious** (PG-13) 11:30, 12:30, 12:45, 2:45, 3:45, 4:15, 6:15, 7, 7:30, 9:30, 9:45, 10:15 **The Zookeeper's Wife** (PG-13) noon, 6 **Gifted** (PG-13) 3:15, 9:10 **Going in Style** (PG-13) 10:15, 12:45, 3:30, 6:30, 9 **The Boss Baby** (PG) 10:45, 1:15, 4, 6:45, 10:40 **Beauty and the Beast** (PG) 10:25, 1:25, 4:25, 7:25, 10:25

EATONVILLE ROXY THEATRE: 360-832-7699

The Fate of the Furious (PG-13) 7

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

Born in China (G) 11, 1:40, 4, 6, 8:30, 10:45 **Free Fire** (R) 12:15, 2:45, 5:15, 7:45, 10:45 **Phoenix Forgotten** (PG-13) 11:15, 2, 4:30, 7, 10:15 **The Promise** (PG-13) 11:45, 3, 6:15, 9:30 **Unforgettable** (R) 12:30, 3:15, 4:45, 7:30, 10:15 **Grow House** (R) 12:45, 3:15, 5:40, 8:05, 11 **The Fate of the Furious** (PG-13) 11, 11:45, 12:30, 1:30, 2:20, 3:05, 3:50, 4:50, 5:45, 6:30, 7:15, 8:15, 9:10, 9:40, 10:10, 10:40 **Gifted** (PG-13) 11:30, 2:15, 5, 7:45, 10:20 **Going in Style** (PG-13) 11:15, 1:45, 4:15, 6:45, 8:30 **Smurfs: The Lost Village** (PG) 11:30, 2, 2:45, 6:30, 8:45 **The Case for Christ** (PG) 11:20, 8 **Ghost in the Shell 3-D** (PG-13) 11 p.m. **The Boss Baby** (PG) 11, 12:15, 2:45, 5:15, 8:15, 10:30 **Power Rangers** (PG-13) 5, 9:45 **Beauty and the Beast** (PG) 11:30, 1:15, 2:30, 4:30, 5:30, 7:30, 10:30 **Kong: Skull Island** (PG-13) noon, 10:45

CENTURY FEDERAL WAY 16: 253-946-0942

Born in China (G) 10:15, 12:25, 2:35, 4:45, 6:55, 9:05 **Free Fire** (R) 10:05, 12:20, 2:35, 4:50, 7:10, 10:40 **The Promise** (PG-13) 10:25, 1:30, 4:35, 7:40, 10:45 **Unforget-**



Focus Features

Jessica Chastain and Johan Heldenbergh star in the new Focus Features release, "The Zookeeper's Wife."

table (R) 9:55, 12:25, 2:55, 5:25, 7:55, 10:30 **Manje Bistre** (Not Rated) 12:10, 3:20, 6:30, 9:40 **The Fate of the Furious** (PG-13) 10, 11, 11:20, 11:40, 12:40, 1:10, 2:10, 2:30, 3, 3:50, 4:20, 5:20, 5:40, 6:15, 7, 7:30, 8:30, 8:50, 9:30, 10:10, 10:40 **The Lost City of Z** (PG-13) 12:50, 4:05, 7:20, 10:35 **Colossal** (R) 11:05, 1:55, 4:45, 7:35, 10:25 **Gifted** (PG-13) 11:15, 1:55, 4:30, 7:05, 9:40 **Going in Style** (PG-13) 10:10 p.m. **Smurfs: The Lost Village** (PG) 10:30, 12:50, 3:10, 5:30, 7:50 **The Boss Baby** (PG) 10:10, 12:40, 3:10, 5:40, 8:10, 9:25 **Beauty and the Beast** (PG) 10:15, 1:15, 4:15, 7:15, 10:15

FEDERAL WAY GATEWAY 8: 253-946-5289

CHIPS (R) 2, 4:45, 7:30, 10:10 **Before I Fall** (PG-13) 1:25, 4, 6:40, 9:20 **Fist Fight** (R) 1:30, 6:45 **Fifty Shades Darker** (R) 1:15, 4:15, 7, 9:50 **John Wick: Chapter 2** (R) 3:50, 9:10 **The Lego Batman Movie 3-D** (PG) 7:10 **The Lego Batman Movie** (PG) 4:40, 9:45 **Split** (PG-13) 1:40, 4:30, 7:15, 10 **Monster Trucks 3-D** (PG) 1:50 **Rogue One: A Star Wars Story 3-D** (PG-13) 6:15 **Rogue One: A Star Wars Story** (PG-13) 2:45, 9:15 **Moana 3-D** (PG) 4:10, 9:30 **Moana** (PG) 1:20, 6:50

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

Born in China (G) 12:20, 2:40, 5, 7:20, 9:40 **Free Fire** (R) noon, 2:30, 5:10, 7:40, 10:10 **Phoenix Forgotten** (PG-13) 1:20, 3:55, 6, 8:25 **The Promise** (PG-13) 12:10, 3:30, 6:50, 10 **Unforgettable** (R) 2, 4:50, 7:30, 10:10 **The Fate of the Furious** IMAX (PG-13) 11:45, 3, 6:15, 9:30 **The Fate of the Furious** (PG-13) 12:30, 1:20, 2:10, 3:45, 4:35, 5:25, 7, 7:50, 8:40, 10:15 **The Lost City of Z** (PG-13) 11:55,

3:15, 6:35, 9:55 **Colossal** (R) 1:10, 4:05, 7:10, 10:05 **Gifted** (PG-13) 12:05, 2:45, 5:30, 8:10 **Going in Style** (PG-13) 12:50, 3:25 **The Case for Christ** (PG) 11:50, 2:50 **The Boss Baby** (PG) 12:25, 3:10, 5:50, 8:35 **Beauty and the Beast** (PG) 12:40, 3:40, 6:45, 9:50 **Kong: Skull Island** (PG-13) 6:25, 9:20 **Logan** (R) 5:30, 9

CENTURY OLYMPIA: 360-943-0769

Beauty and the Beast (PG) 10, 1, 4:15, 7:25, 10:40 **Born in China** (G) 9:45, noon, 2:40, 4:40, 7:10, 9:30 **The Boss Baby** (PG) 9:50, 12:20, 2:50, 5:20, 7:55, 10:35 **Can't Help Falling in Love** (Not Rated) 10:20, 1:10, 4:05, 7:05, 10:05 **The Fate of the Furious** (PG-13) 9:30, 10:05, 12:05, 12:40, 1:15, 3:20, 3:55, 4:30, 6:35, 7:15, 7:50, 9:55, 10:30, 11 **Free Fire** (R) 10:15, 12:35, 2:55, 5:15, 7:35, 10 **Ghost in the Shell** (PG-13) 9:30 a.m. **Gifted** (PG-13) 9:55, 12:30, 3:05, 5:40, 8:15, 10:55 **Going in Style** (PG-13) 10, 12:25, 3, 5:25, 8:05, 10:45 **Logan** (R) 7, 10:15 **Phoenix Forgotten** (PG-13) 10:30, 12:50, 3:15, 5:45, 8, 10:25 **The Promise** (PG-13) 10:10, 1:20, 4:25, 7:30, 10:50 **Smurfs: The Lost Village** (PG) 9:35, 11:55, 2:15, 4:35 **Unforgettable** (R) 9:40, 12:10, 2:40, 5:10, 7:45, 10:20

YELM YELM CINEMAS: 360-400-3456

Gifted (PG-13) 12:15, 2:45, 5:15, 7:45, 10 **The Zookeeper's Wife** (PG-13) 11:30, 2, 4:30, 7, 9:35 **The Fate of the Furious** (PG-13) 11:30, 12:30, 2:30, 3:30, 5:30, 6:30, 8:30, 9:30 **Smurfs: The Lost Village** (PG) 11:30, 1:35, 3:45, 6 **Going in Style** (PG-13) 12:15, 2:40, 5, 7:20, 9:40 **The Boss Baby** (PG) noon, 2:15, 4:30, 6:45, 9 **Beauty and the Beast** (PG) noon, 3, 6, 9 **Kong: Skull Island** (PG-13) 8, 10:30

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EVENTS

SATURDAY

B Sharp Coffee House 706 Opera Alley, Tacoma, T-Town Blues Revue 8 p.m. 253-292-9969.

Buffino's Golden West Saloon 5228 South Tacoma Way, Tacoma, Back Porch Band 9 p.m. 253-471-9892.

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

G. Donnalson's 3814 N. 26th St., Tacoma, Bill and Denny's Little Big Band 7:30 p.m. 253-761-8015.

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

Jazzbones 2803 Sixth Ave., Tacoma, Spawnbreezie's Rest Your Hands 9 p.m. 253-396-9169.

Louie G's 5219 Pacific Highway E, Fife, Hookerfest, Lithium 8 p.m. 253-926-9700.

Muckleshoot Casino 2402 Auburn Way S., Auburn, Motown Cowboys 5 p.m., DJ Lourawk 10:30 p.m. 253-333-1848.

Real Art Tacoma 5412 South Tacoma Way, Tacoma, Wells, Lobsana, Horse Grenades, Animal Backwards 7:30 p.m. realarttacoma.com.

Rock The Dock 535 Dock St., Tacoma, Not My Tempo 8 p.m. 253-272-5004.

Royal Bear 35731 West Valley Highway S., Algonia, Boinkers 9 p.m. 206-628-0888.

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

Stonegate Restaurant Bar and Grill 5421 South Tacoma Way, The Return of White City Graves with Rikkha, Crown Villans 8 p.m., S.O.B. Sandra Lopez 9 p.m. 253-473-2255.

The Swiss 1904 S. Jefferson, Tacoma, Strangely Alright, Limberlost, The Revolving Bullets 9 p.m. 253-572-2821.

Uncle Thurm's Finger Lickin' Ribs & Chicken 3709 S. G St., Tacoma, live music featuring blues, brews and barbecue 8 p.m. 253-475-1881.

The Valley Pub 1206 Puyallup Ave., Tacoma, Deathbed Confessions, Redeem the Exile, Sweater For An Astronaut 8 p.m. 253-248-4265.

SUNDAY

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

G. Donnalson's 3814 N. 26th St., Tacoma, open mic 5 p.m.

253-761-8015.

Great American Casino 10117 South Tacoma Way, Lakewood, Cambodian Night 8:30 p.m. 253-396-0500.

Jazzbones 2803 Sixth Ave., Tacoma, DJ Reign 9 p.m. 253-396-9169.

Real Art Tacoma 5412 South Tacoma Way, Tacoma, One Tribe Movement, Just Wright and Kana Ariy 7 p.m. realarttacoma.com.

The Spar 2121 N. 30th St., Tacoma, New Rhymatics 7 p.m. 253-627-8215.

Stonegate Restaurant Bar and Grill 5421 South Tacoma Way, Brand X, Steele Cross, Juke Joint Jess 1 p.m. 253-473-2255.

The Swiss 1904 S. Jefferson, Tacoma, The Kareem Kandi Band with Sonya Murphy Acord 5 p.m. 253-572-2821.

The Valley Pub 1206 Puyallup Ave., Tacoma, Rock and Roll Magic 7 p.m. 253-248-4265.

MONDAY

G. Donnalson's 3814 N. 26th St., Tacoma, open mic 7 p.m. 253-761-8015.

Jazzbones 2803 Sixth Ave., Tacoma, Rockaroake with a live band 10 p.m. 253-396-9169.

The Swiss 1904 S. Jefferson, Tacoma, open mic 7 p.m. 253-572-2821.

TUESDAY

Antique Sandwich Company 5102 N. Pearl St, Tacoma, open mic 7 p.m. 253-752-4069.

Daves of Milton 1502 11th Ave, Milton, Jerry Miller and CD Woodbury alternate Tuesday 7 p.m. 253-926-8707.

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

G. Donnalson's 3814 N. 26th St., Tacoma, James Hays 7 p.m. 253-761-8015.

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

Jazzbones 2803 Sixth Ave., Tacoma, The Plot Sickens, Stop Don't Stop, Neutral Boy 9 p.m. 253-396-9169.

Muckleshoot Casino 2402 Auburn Way S., Auburn, Society

of Seven 8 p.m. 253-333-1848.

The Valley Pub 1206 Puyallup Ave., Tacoma, Jerry Miller 7 p.m. 253-248-4265.

WEDNESDAY

Dawson's Bar and Grill 5443 South Tacoma Way, Tacoma, Linda Myers 8 p.m. 253-476-1421.

G. Donnalson's 3814 N. 26th St., Tacoma, James Hays 7 p.m. 253-761-8015.

Jazzbones 2803 Sixth Ave., Tacoma, Jake "The Snake" Roberts, Susan Jones 8 p.m. 253-396-9169.

Muckleshoot Casino 2402 Auburn Way S., Auburn, Society of Seven 8 p.m. 253-333-1848.

Rock The Dock 535 Dock St., Tacoma, open mike with Verginia 8 p.m. 253-272-5004.

THURSDAY

B Sharp Coffee House 706 Opera Alley, Tacoma, Elliot Turner and the Ground Up Trio 8 p.m. 253-292-9969.

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

G. Donnalson's 3814 N. 26th St., Tacoma, Rod Cook 7 p.m. 253-761-8015.

Jazzbones 2803 Sixth Ave., Tacoma, DJ Sessions 10 p.m. 253-396-9169.

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Tue-Thu: 1:15, 3:50, 6:30, 9:05

T2 Trainspotting (R)

Fri-Mon: 1:00, 3:35, 6:15, 8:50
Tue-Wed: 3:35, 8:50
Thu: 1:00, 3:35, 6:15, 8:50

Gifted (PG-13)

Fri: 11:45 AM, 2:05, 4:25, 6:50
Sat: 11:45 AM, 2:05, 4:25, 6:50, 9:10
Sun: 11:45 AM, 4:25, 6:50, 9:10
Mon: 4:25, 6:50, 9:10
Tue-Thu: 2:05, 4:25, 6:50, 9:10

The Zookeeper's Wife (PG-13)

Fri-Sun: 12:00, 2:45, 5:30, 8:15
Mon-Thu: 2:45, 5:30, 8:15

Trainspotting (R)

WEIRD ELEPHANT SERIES: Fri: 9:10

The Void (NR)

WEIRD ELEPHANT SERIES: Sat: 11:00

Sonita (NR)

TCC DIVERSITY FILM SERIES:
Sunday: 2:00

Ayanda (NR)

SISTER CITIES FILM FESTIVAL:
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Tanna (NR)

TUESDAY FILM SERIES:
Tue: 1:00, 6:30

The Fits (NR)

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FROM PAGE 4C OUT

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Minimum age: 12. Depart from the Northwest Adventure Center at Lewis North at 9 a.m. Clinic with NAC expert guides. **\$45.**

WENATCHEE RIVER WHITewater RAFT TRIP

Take a trip down the beautiful Wenatchee River where we'll put in near the unique Bavarian town of Leavenworth and paddle through the many exciting class-III rapids. Travel to the east side of the mountain for a hot day in the sun.

Gear, instruction and transportation included. Minimum age: 12. No rafting experience necessary. 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 with NAC expert guides. **\$65.**

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

APRIL 29 ADVENTURE TRIP APE CAVE MOUNT ST. HELENS

Travel 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 under and climb over volcanic formations. In this subterranean environment, the average year-round temperature remains a constant 45 degrees, so dress warmly. Difficulty: moderate; distance: 3 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 BACKCOUNTRY SKIING

Whether you're wanting to get into skiing or want to take the plunge into the backcountry with your skills, this educational day will teach you everything from how to set up your ski kit and how to engage the avalanche float bags to perfecting your turns in deep powder. Get away from the lift lines and

learn how to earn your turns anywhere the snow falls. Minimum age: 16. Trip with NAC expert guides. **\$95.**

APRIL 30 FAMILY TRIP TO WATCH GRAY WHALES

Early spring provides a unique opportunity to view migratory gray whales in the calm, comfortable and protected waters of the Puget Sound. This amazing boat trip provides plenty of opportunities to see a variety of wildlife. Depart from the Northwest Adventure Center at Lewis North at 7:30 a.m. or McChord Field's Adventures Unlimited at 7:45 a.m. Preregistration required before April

26 at 5 p.m. Popular family trip. **\$120; \$80** for ages 3 to 12 and **\$40** for ages 2 and younger.

WENATCHEE RIVER WHITewater RAFT TRIP

Take a trip down the beautiful Wenatchee River where we'll put in near the unique Bavarian town of Leavenworth and paddle through the many exciting class-III rapids. Minimum age: 12. No rafting experience necessary. 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 with NAC expert guides. **\$65.** Ask about our private trips for

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

MAY 3 ATTEND THE NEXT ALPINE CLUB MEETING

Climbers are invited to the Alpine Club meeting at 6 p.m. The activity and meeting location differ each month. Members, check out jblmalpineclub.blogspot.com for additional information. **Free.**

MAY 5-7 SOUTH SPUR ROUTE CLIMB AT MT. ADAMS

Mount Adams, situated in the eastern Cascade Range east of

Mount Saint Helens and north of Mount Hood, is the second most massive and the third-tallest volcano in the Cascade Range.

The South Spur route is a nontechnical glacier climb often done in three days. It's an excellent training and conditioning climb for Mount Rainier preparation, and you can climb with Outdoor Recreation. While often called a neglected mountain, this is debatable.

During an early summer weekend, the Mount Adams Ranger Station recently issued Cascade Volcano Passes for more than 350 people.

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FROM PAGE 9C

OUT

close to the South Spur described. Be careful of rock falls, especially on the headwall routes. There's a reason why most Mount Adams headwall routes remain unrepeated. **\$750.**

MAY 6

COASTAL NIGHT SKY PHOTOGRAPHY TRIP

Learn to photograph the stars and night sky, while traveling to one of the darkest and most photogenic locations on planet Earth.

You'll receive photography instruction in the best camera settings and shooting techniques. We'll also use this opportunity to capture an amazing sunset.

We'll return to the NAC around 2 a.m. Minimum age: 16. Anyone younger 18 must be accompanied by an adult.

Meet at the Northwest Adventure Center at 3:30 p.m. Trip

with NAC expert guides. **\$85.**

BICYCLE TRIP THROUGH SNOQUALMIE VALLEY

Ride through the Snoqualmie Tunnel, which is nearly 2 miles long. From there, we'll snake our way around the hills and over old train trestles on the way to Rattlesnake Lake. The best part is, it's all downhill. Difficulty: easy; distance: 22.5 miles; ride time: three-and-a-half hours. Minimum age: 14. 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 with NAC expert guides. **\$55.**

MAY 7

BELLA DONNA STAND-UP PADDLEBOARD TRIP

This is a ladies-only standup paddleboard trip down the beautiful Skykomish River. Travel from Big Eddy through the many exciting class I and II rapids to the riverside town of Sultan. When the river level is low, this is the best way to enjoy it. Gear, transportation and

instruction are included. This is an intermediate SUP trip; prior SUP experience or Intro to SUP class is required. Minimum age: 16. Depart from the Northwest Adventure Center at Lewis North at 8 a.m. **\$65.**

PHOTO COMPOSITION WORKSHOP CLINIC

In this clinic, you'll learn techniques to enable you to turn everyday snapshots into beautiful compositions. You'll learn to see beyond your primary subject so that everything in the frame improves the image. Instructors will discuss composition techniques, including eliminating distractions and elements of composition to include leading lines and Rules of Thirds to create more dynamic images. Begin to shoot with an eye that draws the viewer's attention into vibrant and stimulating photography. Travel to Point Defiance Park to put into practice what we learned in the classroom. Minimum age: 12. Depart from the Northwest Adventure Center at Lewis North at 9 a.m. Trip with NAC expert guides. **\$50.**

MAY 10-30

ALPINE CLUB DENALI MULTIDAY EXPEDITION

Alaska is home to one of the most impressive mountains in North America: Denali. Standing at 20,310 feet, it's the highest mountain in North America and one of the world's Seven Summits. The Alpine Club is running a 20-day expedition to this gem for a once-in-a-lifetime experience. This expedition will attempt the West Buttress route from Kahiltna Glacier. Although there's no technical difficulty, many stretches leave very little margin for error. Prospective climbers should be highly competent in travel on moderately steep snow/ice and exposed traverses. Family and Morale, Welfare and Recreation's Outdoor Recreation program will offer a Winter Cascade Expedition Seminar course to prepare you. Included

in the cost is transportation and airfare, lodging and technical gear (except boots, clothing, food, sleeping bag and expedition pack). The expert guides can assist you in ordering discounted boots as needed. For more information, email jb1alpinedclub@gmail.com. **\$5,000.**

MAY 14

MOTHER'S DAY RAFTING TRIP IN WENATCHEE

Join us for a trip down the beautiful Wenatchee River. Instructors will start the course near the unique Bavarian town of Leavenworth and paddle through the many exciting class-III rapids. Travel to the east side of the mountain for a hot day in the sun. Gear, instruction and transportation included. Minimum age: 12. No rafting experience necessary.

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 with NAC expert guides. **\$65;** add **\$20** for a steak dinner. Ask about our private trips for groups and units. Groups of 24 or more are just **\$60** per person.

PEDALS AND PINTS ALONG SAMMAMISH

Head to Woodinville to bike along the Sammamish River Trail to Marymoor Park and back. The excursion will end with a tour of the famous Red-hook Brewery and dinner at the Forecaster Pub. Difficulty: beginner-intermediate; distance: 12.5 miles. Minimum age: 21. Depart from the Northwest Adventure Center at Lewis North at 10 a.m. Clinic with NAC expert guides. **\$55.**



PRESENTED BY THE
TACOMA HISTORICAL SOCIETY

2017

PROCTOR/STEVENS STREET HIGHLIGHTS
Historic Homes of Tacoma Tour

Saturday, May 6 - 10am to 5pm
Sunday, May 7 - 1pm to 5pm

Tour features Bethany Presbyterian Church as our Reception Center, plus six beautiful, historic homes in the Proctor/Stevens Street Neighborhood.

THE NEWS TRIBUNE
thenewstribune.com

For more information and tickets call 253.472.3738 or visit tacomahistory.org

Tickets: \$25 each

Available at Tacoma Historical Society Museum, 919 Pacific Avenue, the Pacific Northwest Shop, Stadium Thriftway, Columbia Bank branches at Fircrest and Westgate, and brownpapertickets.com

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SCOTT HANSEN Northwest Guardian / 2016

Mari Swick, of JBLM, right, purchases a children's game from Bryan Manley, of Tacoma, left, during the 2016 JBLM Flea Market at Family and MWR's Fest Tent on Lewis Main.

FROM PAGE 3C MARKET

is at Family and Morale, Welfare and Recreation's Fest Tent, 2200 Liggett Ave., next to Bowl Arena Lanes, on Lewis Main, Saturday from 9 a.m. to 1 p.m. Parking is available in front of the Fest Tent or across the street.

The event is so popular on the installation that Family and MWR holds two such events

each year — one in the spring and one in the fall.

Last year's fall event involved more than 50 vendors and thousands of items, from boots, bicycles, books and baby clothes to guitars, games, furniture, handbags, Disney items and DVDs. This year's spring event has 97 spaces already sold, according to Family and MWR staff.

According to Colin Brooks, special events coordinator for Family and MWR, the event is a fun shopping experience

and a way to find bargains, as well as get rid of stuff that's cluttering the house, garage or yard.

"With people PCSing and moving all the time, this is a great chance for people to recycle their stuff — including baby items," Brooks said. "We get a lot of baby clothes, strollers and such. If someone is looking for cheap baby clothes, this is where to get it."

Recycling is the key word, since this year's Spring Flea Market is happening on Earth

Day. The JBLM Directorate of Public Works will have an information table at the event, Brooks said.

As in previous years, a Goodwill truck also will be on hand for any items not sold; sellers don't have to cart home unsold goods.

Brooks suggested attendees plan to arrive early.

"With flea markets and garage sales, people always get there early, and the early bird gets the worm — and the good deals," he said.

If You Go

What: The JBLM Spring Flea Market

Where: Family and Morale, Welfare and Recreation's Fest Tent, 2200 Liggett Ave., next to Bowl Arena Lanes, Lewis Main

When: Saturday from 9 a.m. to 1 p.m. Parking is available in front of the Fest Tent or across the street.

TUESDAY: Spaghetti & Meatballs \$10.99

WEDNESDAY: 1/2 off bottled wine

THURSDAY: Dessert free with entree

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

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upcoming events »

MEEKER MANSION

Total Mansion Tours April 23
12 to 4pm - Attend cellar to attic tours.
FREE TO MEMBERS, \$6.00 charged to the general public

Mother's Day Teas May 13 & May 14
12:30, 2:00 Seatings - Reserve an English tea & tour, Saturday or Sunday, \$12.00 per person, Reservations are needed.

312 Spring St. Puyallup
For information and reservations:
253.848.1770
www.meekermansion.org
ezra@meekermansion.org

The Imperial Dragon Restaurant

COUPON

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Sweet & Sour Pork • Almond Fried Chicken • Chicken Chow Mein
Pork Fried Rice • Tea & Fortune Cookie

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One coupon special per party. Please present coupon. Expires 5/4/17. Not valid with any other discount.

artix

FRIDAY/SATURDAY AT 7:30PM & SUNDAY AT 2:00PM APRIL 21-MAY 7, 2017 PAY WHAT YOU CAN THURSDAY, MAY 4, 2017 AT 7:30PM.

Tacoma Little Theatre Address of Event Tacoma Little Theatre 210 N I Street Tacoma, WA 98403

EXIT LAUGHING

When the biggest highlight in your life is bridge night out with the "girls," what do you do when one of your foursome inconveniently dies? You "borrow" the ashes from the funeral home for one last card game, and the wildest, most exciting night of your lives.

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

SAT, APRIL 22 & 29, 11AM & 2PM • SUN, APRIL 23 & 30, 2PM

TMP Family Theater 7116 Sixth Avenue - Tacoma, WA 98406

Dress up in your most glamorous attire, pour a spot of tea, and join us for the most elegant musical ever - Fancy Nancy!

FANCY NANCY THE MUSICAL

Ticket Info: \$15, Adults ' \$13, Senior, Military, Students ' \$12 Children (12 and under) • \$10 groups of 10 or more 253-565-6867 • www.tmp.org

APRIL 28 • FRIDAY • 7PM

UP for Arts UP Civic/Library Atrium 3609 Market Square (36th & Bridgeport) University Place

SPRING ARTS & CONCERT SERIES

Soprano Leischen Moore and Pianist Terry O'Harra perform "From Gold to Platinum" songs from the golden era of musicals including "The Sound of Music" along with recent hits from "Shrek" and "The Little Mermaid".

Featured Artist - **Ruth Doumit** - Ceramic, stained glass and mosaics.

Ticket Info: \$15 adults, \$5 students, free for UP for Arts members. Tickets at door. www.upforarts.org



SAT, APR 29, 2017 • 7:30PM

Tacoma Concert Band Pantage Theater Downtown Tacoma

Tacoma Concert Band is proud to present "IN THE SPRING," a salute to the "Season of Renewal." Featured will be the sensational artistry of clarinetist Robert Spring. Also on the program will be several works by David Holsinger including the award-winning composition "In the Spring," as well as work by Li Huanzhi.

CONCERT BAND PRESENTS "IN THE SPRING"

Ticket Info: Broadway Center Box Office, 901 Broadway, 253-591-5894 www.broadwaycenter.org \$18 - \$36 with discounts for students, seniors, and military personnel



APR 14 - MAY 7 • FRI & SAT 8PM • SUN 2PM

Lakewood Playhouse Lakewood Playhouse 5729 Lakewood Towne Center Blvd SW

A modern comic masterpiece, Hamlet as told from the worm's-eye view of two minor characters, a Shakespearean Laurel and Hardy.

Tom Stoppard's "Rosencrantz and Guildenstern Are Dead"

LAKEWOOD: Shop, Eat, Play, Stay!
Ticket Info: Adults: \$25; Seniors/Military: \$22; Students/Educators: \$19, (253) 588-0042 or online www.lakewoodplayhouse.org

APRIL 23 • SUN • 4PM

Second City Chamber Series First Lutheran Church 524-South "I" Street, Tacoma, WA 98405

Soprano Christina Kowalski and pianist Jinshil Lee recreate the works of Debussy, Mozart and Rachmaninoff first performed on the Second City Chamber Series in 1977.

SPOTLIGHT SERIES II: "Ancestral Voices"

Ticket Info: \$25/single; \$23/seniors & military; \$10/students; Under 10: FREE. www.sccchamberseries.org (253) 572-TUNE (8863)

SAT, MAY 6, 10AM-5PM • SUN, MAY 7, 1-5PM

Tacoma Historical Society PROCTOR/STEVENS STREET HIGHLIGHTS: Tour features Bethany Presbyterian Church as our Reception Center, plus six beautiful, historic homes in the Proctor/Stevens Street Neighborhood.

2017 HISTORIC HOMES OF TACOMA TOUR

Ticket Info: \$25 each. Available at Tacoma Historical Society Museum, 919 Pacific Ave, and at Pacific Northwest Shop, Stadium Thriftway, Columbia Bank branches at Fircrest and Westgate and brownpapertickets.com. For more info and tickets call: 472-3738 or visit tacomahistory.org

SATURDAY • APRIL 29 • 7:30 PM

City of Auburn BRAVO Performing Arts Series Auburn Avenue Theater, 10 Auburn Avenue

SIGNED, SEALED, DELIVERED - A STEVIE WONDER TRIBUTE

Los Angeles/Las Vegas-based entertainer Sheldon Craig brings his new salute to the music of Stevie Wonder to the stage. Back by the 9-piece Purple Phoenix Rock Band and two back-up vocalists, Craig will perform such popular hits as "For Once in My Life", "Isn't She Lovely", "You are the Sunshine of My Life", and the title song "Signed, Sealed, Delivered" among several others.

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



SATURDAY, APRIL 29 • 7:30 P.M. FRIDAY, MAY 5 • 7:30 P.M. SUNDAY, MAY 7 • 2:00 P.M.

Tacoma Opera presents LA PÉRICHOLE BY JACQUES OFFENBACH

Rialto Theater

A charming operetta with frolicking fun for the entire family! Two impoverished lovers discover intoxicating true love in Peru. Sung in English with English Supertitles.

Ticket Info: \$25 - \$85. Box Office: 253.591.5894.

TACOMA OPERA



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