



GUARDIAN WEEKEND  
A Zombie Run preview, 3c

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JBLM NORTHWEST

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# guardian

Authorized newspaper of Joint Base Lewis-McChord, Washington • October 13, 2017

DEPARTMENT OF DEFENSE

## Military aids relief efforts in Puerto Rico

### More than 13,000 troops involved in support operations, official says

BY CHERYL PELLERIN  
*Department of Defense News Service*

WASHINGTON, D.C. — The Defense Department continues to respond to deadly hurricane damage in Puerto Rico, with 13,229 personnel now on the island and medical support operations ongoing aboard the Navy hospital ship USNS Comfort

near San Juan, Pentagon spokesman Army Lt. Col. Jamie Davis reported Tuesday.

DOD response efforts in Puerto Rico and the U.S. Virgin Islands continue to focus on temporarily restoring power; distributing power generators and food, water and fuel; and expanding the distribution network, he said.

Response efforts also include medical support, route clearance, aviation support, planning support to the Federal Emergency Management Agency, and support of the Army Corps of Engineers' repair of Guajataca Dam, Davis said.

The first priority of Puerto Rico Gov. Ricardo Rossello and FEMA is to restore power, Davis said. The Army Corps of Engineers will work on power restoration in from San Juan east, and



PETTY OFFICER 3RD CLASS DANA DENICE LEGG U.S. Navy Photo

Service members and local volunteers unload drinking water from a Navy helicopter to distribute to residents of of Centro Communal, Puerto Rico, Sunday.

SEE RELIEF, 10A

JBLM CAN-AM CHALLENGE CUP

## BIG HITS, BUT BIGGER QUIPS



SCOTT HANSEN Northwest Guardian

Henry Lee, Team U.S.A. pitcher, left, delivers a pitch during the annual Can-Am Challenge Cup softball game on McChord Field Oct. 6.

## U.S., Canadian Airmen continue their friendly rivalry on softball field

BY DEAN SIEMON  
*Northwest Guardian*

The Canadian Detachment at Joint Base Lewis-McChord had a very successful first inning of the JBLM Can-Am Challenge Cup softball game Oct. 6 at Baker Field on McChord Field. After five runs scored, Keith Spilley suggested loudly from Canada's dugout that the game be called due to weather.

"I was hoping for a rain delay between

SEE RIVALRY, 10A



Team U.S.A. teammates listen to the national anthem before the annual Can-Am Challenge Cup softball game on McChord Field Oct. 6. Team U.S.A. defeated Team Canada 25-10.

AWARENESS MONTH

## Domestic violence impacts readiness

### Event to feature family counselor

BY RUTH KINGSLAND  
*Northwest Guardian*  
Domestic violence impacts the mission readiness of service members, civilians and family members, according to the Department of Defense website.

And, domestic violence is the result of choices. The choices one makes decide responses, ability to achieve healthy relationships and overall emotional well being, according to Hal Runkel, a relationship expert, marriage and family counselor and New York Times bestselling author.



Runkel

Runkel is the speaker at the upcoming "Choose your own Adulthood" — based on one of Runkel's books — Joint Base Lewis-McChord's event to shine a light on domestic violence prevention, in observance of October being National Domestic Violence Awareness Month.

The event is at the McChord Field Theater, 100 Colonel Joe Jackson Blvd., Oct. 20 from 1 to 3 p.m. Doors open at noon, but space is limited and preregistration is required.

The first 100 attendees will receive a free copy of Runkel's book and a chance to get the book autographed at the conclu-

SEE EVENT, 10A

AMERICAN RED CROSS HOMETOWN HERO

## WADS civilian honored for blood platelet donations

BY KIMBERLY BURKE  
*Western Air Defense Sector Public Affairs*

Aaron Boone, a finance specialist for the Western Air Defense Sector, was recognized as an American Red Cross Hometown Hero Sept. 28 by the American Red Cross Association Northwest Region. Over a 15-month period, Boone has donated blood platelets 26 times.

Each year, the American Red Cross Association holds a luncheon to recognize individuals and

ONLINE

For more information on donating whole blood or blood platelets on JBLM, visit [tinyurl.com/ya3m5gz5](http://tinyurl.com/ya3m5gz5) or sign up to donate at [militarydonor.com](http://militarydonor.com)

organizations from the northwest region that have made a positive impact on the lives of others, whether through a life-saving action or tireless work to

SEE BLOOD, 10A



Courtesy Photo

Aaron Boone donates blood platelets at the Armed Services Blood Bank Center-Pacific Northwest on Joint Base Lewis-McChord Oct. 5.



593rd Expeditionary Sustainment Command

Joint Base Lewis-McChord Soldiers compete at Expert Field Medical Badge qualification.

THEY EARNED IT

More than 200 Soldiers competed at the Expert Field Medical Badge qualification Sept. 16. Only 26 Soldiers earned the coveted badge. See story, 8A

## JBLM PRAYER BREAKFAST

# Faith is 'about actions, not words,' leader says

BY RUTH KINGSLAND

*Northwest Guardian*

As a few hundred service members began their morning meal, Chaplain (Lt. Col.) Charlie Lee, 593rd Expeditionary Sustainment Command chaplain, led off the I Corps and Joint Base Lewis-McChord Prayer Breakfast at Lancers' Dining Facility on Lewis North Oct. 5 with a prayer asking for the blessing of life, laughter, music, wisdom and food.

A soloist sang the national anthem and Grace Gospel Choir shared a few enthusiastic tunes. The keynote speaker, Lt. Gen. Gary Volesky, I Corps commanding general, shared a message of personal faith and why faith matters.

"I don't believe in coincidence; I don't believe in luck; I believe in the Man upstairs," Volesky said.

Although raised as a Roman Catholic, Volesky said faith is what matters, not which church you do or don't attend.

Volesky shared his own experiences and how his faith has sustained him. He previously endured months of emotional and spiritual struggles after a suicide vehicle borne improvised explosive device killed a friend who also was his son's soccer coach.

"I quit going to Mass; I really lost my way for about three months," he said.

His chaplain at the time came to him and asked what was wrong, which caused him to ponder what his problem actually was.

"I started thinking ... I should have done more; it wasn't God I was mad at," Volesky said. "I felt guilty."

Volesky said it was about that time when he first saw a poster of "Footprints in the Sand," which shows two sets of footprints in sand that becomes at one point only one set of prints.

Although it might seem the second set of prints was God leaving the lone walker, the



RUTH KINGSLAND Northwest Guardian

Lt. Gen. Gary Volesky, I Corps commanding general, delivers the keynote address during the quarterly Prayer Breakfast at the Lewis North Dining Facility Oct. 5.

poem shares God's response: "That was when I carried you."

Volesky said one doesn't have to stand on a street corner to proclaim one's beliefs.

"It's how you live — it's all about actions, not words," he said.

Volesky shared how he has been able to stop certain habits that he was told were hindrances to others following his example.

"Are you leading by the example that you want others to follow?" he asked the audience.

Volesky also shared how reading scripture has helped him in dealing with pain, discouragement and fear.

He shared a few Bible verses that have helped him: "Though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me ...." Psalm 23:4; and "Be strong and of good courage; be not afraid, neither be dismayed, for the Lord thy God is with you, wherever you go," Joshua 1:9.

And, he shared a statistic: "Do not be afraid" is written 365 times (in the Bible)," he said. "That's a daily reminder from God."

This was Volesky's second time to address a prayer breakfast, he said, and his first such speaking engagement at JBLM. It also was the first quarterly prayer breakfast at the installation.

Chaplain (Col.) Yvonne Hudson, I Corps chaplain, said JBLM regularly participates in the country's annual National Day of Prayer, but this was a nice opportunity to have Volesky as the first speaker for a more localized event.

Chaplain (Lt. Col.) Scott Tyman, McChord Chapel deputy chaplain, said he was glad he attended the early-morning event on Lewis North.

"The prayer breakfast was excellent and very inspiring," he said, adding it was nice to attend such an event more than once a year.

## TACOMA CONCERT BAND

## Local band to honor service members

RUTH KINGSLAND

*Northwest Guardian*

Growing up in the military, one hears a lot of military bands and, in particular, a lot of marches by John Philip Sousa.

Growing up to play those marches, as members of the Tacoma Concert Band, is especially delightful, according to some band members.

Several service members, retirees, veterans and military family members are part of the 60-piece band, which will perform a salute to Sousa, "Stars, Stripes, and Sousa," as its season opener at the Pantages Theater in Tacoma Saturday at 7:30 p.m.

The "Stars, Stripes, and Sousa" concert is free to all active-duty military members with valid ID, and there will be a special tribute to all service members and veterans during the event.

Tickets to the season's four concerts range from \$18 to \$36 for adults. At all Tacoma Concert Band performances, there is a discount for veterans, seniors and students.

"All of this season's concerts will be special because it's Bob (Musser, founder and conductor)'s final season after 38 years," said Lisa Cepeda, band member and marketing chair for Tacoma Concert Band. "We are so fortunate that (Musser) formed this band. There's nothing else with this quality in the area, and I'm so grateful to have this organization to play with."

Cepeda, who lives in University Place is a percussionist with the band, but she took her first music lessons as a fifth-grade flutist at Beachwood Elementary School on Joint Base Lewis-McChord.

She was born at Madigan Army Medical Center, where her dad, Sgt. 1st Class Gil Cepeda, served while she and her sister, Jennifer, were children. He retired at JBLM in 1992 and died in 2000. Lisa said she has fond memories of growing up on the installation and her years at Beachwood.

When Cepeda was about 20



RUTH KINGSLAND Northwest Guardian

Tuba player Jerry Smith, of Spanaway, rehearses at the McChord Exchange Oct. 6 for a Tacoma Concert Band performance in Tacoma Saturday.

### If you go

**What:** Tacoma Concert Band's "Stars, Stripes, and Sousa" concert

**Where:** Pantages Theater, 901 Broadway, in Tacoma

**When:** Saturday at 7:30 p.m.

**Cost:** Ticket prices range from \$18 to \$36. Free for active-duty service members with valid ID. Discounts for seniors, veterans and students.

years old, she transitioned from flute to percussion.

"Playing cymbals, mallet, snare drum, timpani, bass drum, triangle, claves and cowbells is so much more visual than blending in with the crowd as a flutist," she said.

Tacoma Concert Band tuba player, Jerry Smith, also has strong ties to JBLM. His dad, Senior Master Sgt. Gerald Smith, retired from the Air Force in 1973, and his mother, Ruth Smith, retired from work at the McChord Field Commissary in 1997.

Jerry Smith joined the Air Force in 1984 and played with various Air Force Bands, including the Band of Flight in Dayton, Ohio, and the Band of

Liberty at Hanscom Air Force Base, in Massachusetts. He and his wife, Janel, live in Spanaway, and she currently works at the McChord Field Commissary.

Smith started out as a trumpet player at the former Heartwood Elementary School, a school on McChord Field that closed in 2004.

In sixth-grade, at Spanaway Elementary School, he changed his instrument to tuba and still plays the horn his grandmother, Helen Landen, purchased for him when, in the ninth-grade, he persuaded his parents he wanted to be serious about a musical career.

Smith said he enjoyed playing in military bands and currently plays with the Tacoma Concert Band, as well as an ensemble at Tacoma Community College and with small productions at Life Center Church in Tacoma. He also enjoys the Sousa music the band will be performing at the upcoming concert.

"It's like being in the military; it's drilled into you," he said. "Sousa music is very patriotic and fun to play."

Additional concerts this season include: Holiday Traditions, Dec. 10 at 2:30 p.m.; "Winter Celebration," Feb. 24 at 7:30 p.m.; and "Celebration, A Special Concert Honoring the Retirement of Robert Musser," April 28 at 7:30 p.m.

## NEWS IN BRIEF

## Soldier from Puyallup among 3 Soldiers killed in Niger Oct. 4

On Oct. 6, the Department of Defense released the names of the three U.S. Soldiers who were killed in southwest Niger Oct. 4. Staff Sergeant Bryan Black, 35, from Puyallup, was one of the three Soldiers who died as a result of hostile fire while on a reconnaissance patrol supporting joint U.S. and Nigerien train, advise and assist mission.

Also killed were Staff Sgt. Jeremiah Johnson, 39, of Springboro, Ohio; and Staff Sgt. Dustin Wright, 29, of Lyons, Ga. All three Soldiers were assigned to 3rd Special Forces Group (Airborne), Fort Bragg, N.C.

— DEPARTMENT OF DEFENSE NEWS SERVICE

## Retired Air Force pilots may be eligible to return to active duty

Retired Air Force pilots holding Air Force Specialty Code 11X are encouraged to apply for the Voluntary Retired Return to Active Duty Program in order to fill rated staff positions to help alleviate the existing manning shortages within the Air Force rated pilot community.

The Secretary of the Air Force approved the program for implementation in July as one of a wide-range of initiatives the Air Force is pursuing to improve pilots' quality of life and quality of service in order to increase retention.

Air Force efforts to address the pilot shortage include reviewing requirements to ensure pilots are utilized effectively. As a number of nonflying, staff positions require a pilot's expertise, the Air Force reviewed these positions to determine which ones require pilot expertise and which staff positions do not.

Pilots who retired within the last five years in the rank of captain, major or lieutenant colonel, and under age 60, may apply for the program. Participation is limited to 25 retired pilots and active-duty tour lengths are limited to 12 months.

In addition, the program requires applicants be medically qualified for active duty with a flying class II physical and they must have served in a rated staff position within 10 years or have been qualified in an Air Force aircraft within five years of application.

Retired pilots returned to active duty will not be eligible for the aviation bonus and will only deploy if they volunteer. Officers who retired pursuant to, or in lieu of, a Selective Early Retirement Board and officers who retired for physical disability are not eligible to apply.

VRRAD application procedures, to include detailed eligibility criteria, are located on [mypers.af.mil](http://mypers.af.mil) on the Retiree Officer Assignment landing page.

— AIR FORCE'S PERSONNEL CENTER PUBLIC AFFAIRS

## Joint Base Lewis-McChord to have late-night firing next week

Joint Base Lewis-McChord will conduct late-night firing on the following dates, times and locations:

- The 2nd Battalion, 75th Ranger Regiment will conduct training with demolitions starting Tuesday at 6:30 a.m. to Thursday at 11:59 p.m.

Training will occur throughout daytime and nighttime hours. Increased levels of activity will be noticed throughout the training.

This is required training, which allows military members to practice and improve skills necessary during combat. As often as possible, JBLM conducts larger scale artillery firing and demolition training at the Yakima Training Center in an effort to minimize inconvenience for the surrounding communities. However, some training must take place on base.

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

## Spouses club hosts its annual Holiday Market in Lakewood

The Lewis Community Spouses' Club will host its annual Holiday Market Nov. 4 from 10 a.m. to 4 p.m. at Lakes High School, 10320 Farwest Drive SW, in Lakewood.

There is a \$5 entrance fee for the market where you'll find handmade crafts and gifts, stocking stuffers, Christmas and home decorations, wreaths, jewelry, candles, clothing, jerky, military gifts, food and so much more. Children ages 17 and younger will be admitted free of charge.

Applications for vendors are now being accepted. The club is seeking makers, service based businesses and family readiness groups interested in participating.

For more information, visit [lewiscommunityspousesclub.org](http://lewiscommunityspousesclub.org) or email Rikki Goble at [holidaymarketlsc@gmail.com](mailto:holidaymarketlsc@gmail.com).

— LEWIS COMMUNITY SPOUSES' CLUB

## Exchanges' creative pet costumes could win \$1,000 in gift cards

The Army and Air Force Exchange Service is giving military pet owners the chance to win \$3,000 in gift cards for showcasing their most creative Halloween pet costumes.

From Friday to Oct. 31, shoppers can enter the Halloween Pet Costume Contest by submitting a photo of their pet at [ShopMyExchange.com/sweepstakes](http://ShopMyExchange.com/sweepstakes). One grand prize winner will receive a \$1,000 Exchange gift card, and four runners-up will each receive a \$500 gift card. Photos must be in .jpg, .png or .pdf file format.

Winners will be drawn on or about Nov. 7.

— ARMY AND AIR FORCE EXCHANGE SERVICE

## JBLM commissaries to accept the Military Star Card starting Nov. 2

The Defense Commissary Agency is rolling out acceptance of the Military Star Card in all its stores to offer greater convenience to service members and their families and further strengthen funding of critical military quality-of-life programs, said Command Chief Master Sgt. Stuart Allison, DeCA senior enlisted adviser.

By Nov. 2, the card's acceptance will be expanded to both commissaries on Joint Base Lewis-McChord. By Nov. 9, the Military Star Card can be used at commissaries worldwide for all branches of service.

Commissaries will accept the card only as a form of payment, meaning that customers cannot get cash back from the card. Customers will need to visit an Exchange or MyECP.com to apply for a card as well as make payments and redeem their points on eligible purchases.

While customers can earn reward points on commissary purchases, Military Star Card Rewards gift cards are not redeemable at the commissary.

— DEFENSE COMMISSARY AGENCY

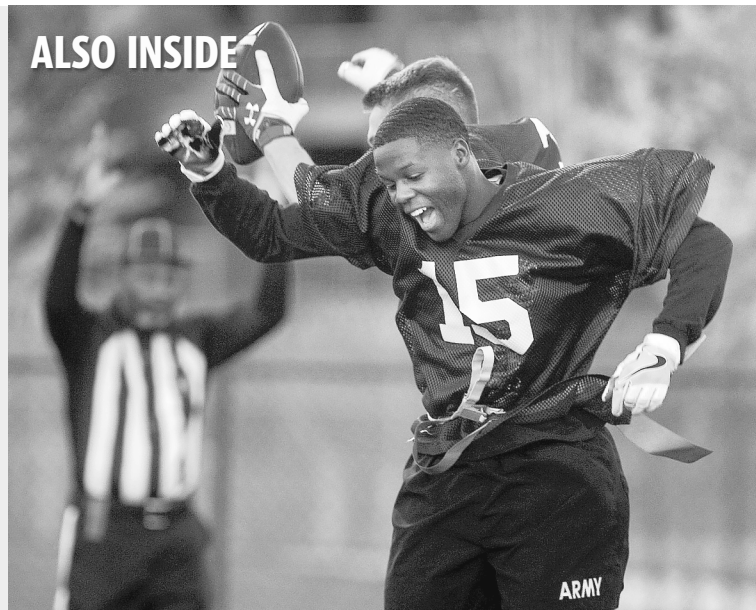
# Page Three

## QUOTE OF THE WEEK

“Set disciplined goals, collaborate across components, and model appropriate ethical behavior. Remember, attitudes are caught from those who set the example. Use your force of personality to lead with a sense of urgency and purpose every day, so that we leave this Department in even better shape for those that follow.”

**Jim Mattis**  
Secretary of Defense

## ALSO INSIDE



SCOTT HANSEN Northwest Guardian

**FOOTBALL:** 502nd MI Bn. defeated 627th CS to win the JBLM Commander's Cup Flag Football Championship Oct. 5. **See story, 1B**

## NWGUARDIAN.COM

● **Hurricane Harvey support:** Soldiers of the 140th Movement Control Team returned to Joint Base Lewis-McChord Sept. 10 after spending a week in support of Hurricane Harvey relief efforts near San Antonio. About 20 Soldiers of the 140th MCT deployed in support of Hurricane Harvey victims. One of their first orders of business was to trans-load needed supplies for families with small children sent by Canadian forces aircraft Sept. 3. The 140th MCT Soldiers assisted the Royal Canadian Air Force unload the supplies at Joint Base San Antonio-Lackland and put them on trucks heading for Houston.

● **Emergency in California:** Following an emergency declaration by California Gov. Jerry Brown, the state National Guard



was mobilizing resources Tuesday to assist civil authorities in the battle against massive wildfires that have killed more than 20 people as of Thursday. The fires have destroyed more than 1,500 homes and businesses, and there were reports that schools were reduced to ashes. Several residents and visitors were forced to evacuate, some in the middle of the night.

## 109TH MILITARY INTELLIGENCE BATTALION

# Junior enlisted lead during ‘Disrupter’ Stakes

## 201st EMI Bde.'s abilities tested for Big Six Tasks

BY CAPT. WENDY DIVICO  
*201st Expeditionary Military Intelligence Brigade*

Soldiers from the 109th Military Intelligence Battalion, 201st Expeditionary Military Intelligence Brigade conducted a field training exercise, “Disrupter” Stakes, Oct. 2 to 6 on Training Area 13 on Joint Base Lewis-McChord.

“Disrupter” Stakes not only tested the unit’s ability to accomplish America’s Big Six Tasks, but it also served to strengthen junior enlisted Soldiers’ leadership capabilities while increasing their tactical and technical skills.

Big Six Tasks comes from the I Corps’ Command Training Guidance. They are:

- physical fitness and physical readiness training;
- marksmanship;
- warrior tasks and battle drills;
- medical training;
- maintenance;
- mission command/communications.

“Disrupter” Stakes was the first time the battalion conducted a field training exercise designed entirely around giving junior enlisted Soldiers leadership opportunities. Many of the 109th MI Bn. Soldiers commented that it was also the first time they had the opportunity to fill these types of leadership roles.

“The training put them outside of their comfort zone — they were given tasks that they’re not usually exposed to,” said Sgt. Darren Garces, Headquarters and Headquarters Detachment, 109th MI Bn. “The goal of the training was to help junior enlisted Soldiers understand basic Soldier leadership to give them a better understanding of the bigger picture they may not have had before.”

Training began with classes



CAPT. WENDY DIVICO 201st Expeditionary Military Intelligence Brigade

Soldiers with 109th Military Intelligence Battalion conduct situational training lanes during “Disrupter” Stakes at Joint Base Lewis-McChord Oct. 5.



Capt. Simranjit Dhaliwal, middle, a military intelligence officer assigned to 109th Military Intelligence Battalion, instructs Soldiers during the convoy operations phase of “Disrupter” Stakes on Joint Base Lewis-McChord Oct. 2.

focused on preparing Soldiers for a culminating day where they would implement the training during situational training lanes and patrol base operations.

“I learned a lot of things I

didn’t know before, especially being a (signals intelligence analyst),” said Spc. Travis Squiers, Bravo Company, 109th MI Bn. “I don’t normally get to do a lot of field training. It gives a better understanding of the

overall operating environment.”

Soldiers received classes throughout the week covering convoy operations, patrol base operations, land navigation and medical training.

“This training will help build

“The training put them outside of their comfort zone — they were given tasks that they’re not usually exposed to.”

**Sgt. Darren Garces**

Headquarters and Headquarters Detachment, 109th Military Intelligence Battalion

credibility with the maneuver units we support because we will understand it better,” said Pvt. Robert Harvey, Bravo Company, 109th MI Bn.

During the week, Soldiers also conducted weapons qualification, night-driving familiarization and night-firing familiarization.

“This training was designed to challenge them to adapt and overcome obstacles to accomplish the mission,” Garces said.

The week concluded with a day at the Field Leaders Reaction Course, where Soldiers had to work together to solve complex problems.

“The most valuable training was the culminating training lanes, where everything all came together,” Squiers said. “We started from a patrol base and got to execute the things we trained on.”

The battalion was able to certify more than 50 junior enlisted Soldiers on all of America’s Big Six tasks and certify more than 40 noncommissioned officers on leadership tasks. The 109th MI Bn. commander said the exercise improved the battalion’s readiness and leader development at all echelons.

“I am really impressed with how the battalion has been able to resource and integrate to accomplish this training,” said Lt. Col. Carol Hickey, 109th MI Bn. commander. “And I am really impressed with the junior leaders who have stepped up to take charge to ensure that if we deploy we are ready to fight and win.”

## NATIONAL FIRE PREVENTION WEEK

# JBLM DES teaches fire safety at Lewis Main Exchange

BY RUTH KINGSLAND  
*Northwest Guardian*

Getting a red firefighter helmet, coloring book and sticker was exciting for 4-year-old Kamryn Liedtke and her 18-month-old brother, Jaxon, as they and mom, Lyndsay Liedtke, of Yelm, stopped at a table filled with fire prevention information at the Lewis Main Exchange Wednesday.

The Liedtke family practices regular fire drills at home in order to make sure the children and their 7-year-old sibling know how to get out of the house in an emergency and where to meet family outside the house, if need be, Liedtke said.

“We live near a forest, and so it’s important the kids know where to go if there was a fire,” she said. “Fire safety is very important in our family.”

Fire safety is key to Joint Base Lewis-McChord’s “Every Second Counts: Plan 2 Ways Out!” campaign in honor of National Fire Prevention Week that started Sunday and contin-

ues through Saturday. Because of the Columbus Day holiday, JBLM designated Tuesday through Saturday to promote the campaign, with displays at the Lewis Main and McChord Field exchanges.

Fire engines and the JBLM Directorate of Emergency Services’ smoke trailer — which allows children to learn how best to exit a burning building — were available at those locations during the week. Sparky the Fire Dog also was on hand to bring attention to the week’s activities.

Liedtke, a military spouse, will move to Korea with her family in the coming weeks. She said fire safety is important to her family in part because she has several family members in fire service and law enforcement.

Liedtke lost her longtime family friends, also in law enforcement, in a house fire in Zillah, Wash., about seven years ago. The friends had ammunition in the home, and rounds kept going off, which made it impossible to rescue



SCOTT HANSEN Northwest Guardian

JBLM fire inspector Will Silva, right, shows Christy Aguirre and her daughter Amelia, 4, how to feel a door to detect fire Tuesday.

the three people in the home, she said.

“That’s why it is so very important to make sure everyone knows how to get out of the house in a fire or other emergency,” Liedtke said.

Loren “Mac” McKinney, loss prevention manager, Army and Air Force Exchange Service, also stopped by the booth to

ensure supplies were stocked and information available to promote fire safety.

“We want to make sure there’s community awareness and we get everyone involved,” he said. “A lot of this is basic, but there (are) a lot people (who) don’t think about, and it’s important people think about these things.”

McKinney spoke of one person who told him they had a fire extinguisher in their home, but hadn’t checked to see if it was operable after standing for six or seven years.

“Those things turn solid after time, so it’s important to make sure and take it down to the fire department to make sure it’s working,” McKinney said.

He also emphasized the importance of changing smoke alarm batteries. Officials recommend checking monthly and changing the batteries if needed, as well as every spring and fall time change; Nov. 5 is the next date.

Proper storage of lithium batteries also is important, according to Ed Chavez, JBLM fire inspector.

For more information on battery storage and evacuation plans, visit the Lewis-McChord Fire and Emergency Services’ Facebook page at facebook.com/lmfes.

For more information on fire safety, call Chavez at 253-966-7164.

# Viewpoint



**Commander, I Corps and  
Army Senior Commander, JBLM**  
Lt. Gen. Gary Volesky

**Commander, 62nd Airlift Wing and  
Air Force Senior Commander, JBLM**  
Col. Rebecca Sonkiss

**Joint Base Garrison Commander, JBLM**  
Col. Nicole Lucas

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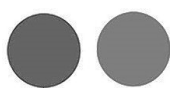
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## STRAIGHT TALK

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



**If you could send one item back in time to help yourself or others, what would it be and why?**

"Easy. I'd send \$1 billion."

— MANDA ZEM

"The Wall Street Journal; oh what a ride!"

— DAN LINDSEY

"Gray's Sports Almanac, 1950-2000 edition."

— RUSSELL PATRICK

"Knowledge of the Twin Towers disaster, to save lives."

— ELIZABETH SCHNEIDER

"A quality bicycle for better cardiovascular health, reduced congestion, reduce the rising cases of asthma in metro areas, safer streets, improved mental health, etc."

— JEFF SHACKELFORD

"A copy of the Wall Street Journal showing the latest stock figures."

— PAUL LUNDQUIST

"Old Glory, so they know they will not be forgotten."

— STEVEN CLABAUGH

## Next week's question

Who (or what) are you and the family dressing up as for Halloween this year?

## VIEW FROM THE TOP



PFC. KYARA AGUILAR 55th Combat Camera

U.S. Soldiers deliver medicine, food and water to the Hospital Episcopal San Lucas, Puerto Rico, Sept. 30. Soldiers from 56th Multifunctional Medical Battalion, 62nd Medical Brigade are providing medical aid and comfort to the victims of Hurricane Maria in Puerto Rico and St. Croix.

# Deployment readiness crucial to every mission

BY COL. JAMES MOORE  
*593rd Expeditionary Sustainment Command*

Positioned on America's northwest coast, Joint Base Lewis-McChord is uniquely positioned to project Army forces across United States Pacific Command's area of responsibility in support of the nation's strategic priorities. Between McChord Field and multiple seaports of embarkation within close proximity, there is no shortage of strategic mobility options to rapidly deploy combat forces from



Moore

this installation to anywhere in the world.

On any given day, multiple units deploy or redeploy in support of building partner capacity, reassuring allies, deterring aggression or providing humanitarian aid and disaster relief. In the last month, we deployed multiple units from the 593rd Expeditionary Sustainment Command in support of our nation's response to the ravages of Atlantic storms and ongoing operations in the Middle East.

The 140th Movement Control Team, 13th Combat Sustainment Support Battalion, deployed to Texas after Hurricane Harvey to facilitate relief shipments to South East

Texas residents. Shortly after, 47th Combat Support Hospital deployed to Iraq. In just the last two weeks, we deployed the 575th Area Support Medical Company, the 551st Medial Logistics Company and the 218th Veterinary Detachment to Puerto Rico and St. Croix.

These medical professionals, all Soldiers of the 56th Multifunctional Medical Battalion, 62nd Medical Brigade, are right now providing aid and comfort to the victims of Hurricane Maria in Puerto Rico and St. Croix, as well as to our troops in Iraq.

Despite these movements and JBLM's continuing track record of projecting forces at a high operational tempo, there remain opportunities for commanders to improve their units' deployment readiness.

Although the frequency of unit movements from JBLM is high, the scale is relatively small, usually only a single brigade combat team or less at a time. Therefore, most unit deployment readiness shortfalls are easily corrected when all the installation's strategic mobility resources are available to focus on a few units' movements.

However, if a major contingency in the Pacific or elsewhere required JBLM to deploy a corps- or division-level response on short notice, any shortcomings in a unit's ability to conduct its own deployment tasks,

such as cargo documentation, could multiply across multiple formations and quickly overwhelm the installation's strategic deployment resources.

Over the last decade, we, as an Army, have grown comfortable with the predictability of the Army Forces Generation model deployment cycle in support of counter-terrorism deployments, where units are notified months in advance, and much of their deployment preparation is accomplished by their higher headquarters, installation agencies and even other units.

This approach is not sustainable, and doesn't prepare us for the next fight. Recent political and military developments in the Pacific and European theaters should reinforce the need to prepare now for short-notice, large-scale deployment operations. It's imperative we develop the Sustainable Readiness Model mindset that increasingly builds deployment readiness across our formations.

Sustaining deployment readiness is critical to our ability to deploy, fight and win decisively in any environment. Commanders must cultivate a "ready to fight tonight" culture. This mindset promotes individual Soldier and unit responsibility for deployment readiness, and it preserves JBLM's status as America's premier power-projection platform.

## CHAPEL SERVICES

### CATHOLIC MASSES

Saturday, 4:30 p.m. — Madigan Chapel  
Saturday, 5 p.m. — McChord Chapel No. 2 (reconciliation at 4 p.m.)  
Sunday, 9 a.m. — Lewis Main Chapel  
Sunday, 9 a.m. — Madigan Chapel  
Sunday, 10 a.m. — McChord Chapel No. 2  
Sunday, noon — Lewis Main Chapel  
Sunday, 5 p.m. — Lewis Main Chapel  
Weekdays, noon — Lewis North Chapel  
Weekdays, 11:45 a.m. — Madigan Chapel; call 253-968-1125  
1st Friday, noon — McChord Chapel No. 2

### PROTESTANT SUNDAY

9 a.m. — Liturgical — Soldiers' Chapel  
8:30 a.m. — Traditional — McChord Chapel No. 1  
10 a.m. — Contemporary — Four Chaplains Memorial Chapel  
10:30 a.m. — Collective — Lewis Main Chapel  
10:30 a.m. — Collective — Madigan Chapel  
10:30 a.m. — Contemporary — Evergreen Chapel  
11 a.m. — Contemporary — McChord Chapel Support Center  
11 a.m. — Gospel — Lewis North Chapel

### DIVERSE WORSHIP

**Jewish**  
Friday, 7 p.m. — Lewis Main Chapel  
**Islamic**  
Friday, 12:30 p.m. — Evergreen Chapel, 253-968-1125  
**Buddhist**  
Friday, 6 p.m. — Soldiers' Chapel, 253-966-5959  
**Pagan/Wiccan**  
Wednesday, 7 p.m. — Building 6230, Lewis Main, 907-952-4156

## JBLM SNAPSHOT



SGT. YOUTOY MARTIN 5th Mobile Public Affairs Detachment

Sgt. Natasha Manning-Redmond, left, receives the Chaplain Corps branch insignia from Sgt. Maj. James House, Headquarters and Headquarters Battalion, I Corps, during a military occupational specialty name change ceremony at the Lewis Main Chapel Oct. 4. Army Chaplain assistants changed to religious affairs.

## THIS WEEK IN HISTORY

**Oct. 13, 1775:** Continental Congress authorizes first Naval force.

**Oct. 14, 1066:** The Battle of Hastings.

**Oct. 15, 1965:** First draft card burned.

**Oct. 16, 1854:** Lincoln speaks out against slavery.

**Oct. 17, 1974:** Ford explains his pardon of Nixon to Congress.

**Oct. 18, 1898:** U.S. takes control of Puerto Rico.

**Oct. 19, 1796:** Editorial accuses Thomas Jefferson of affair with slave.

# LAKEWOOD



## PRE-OWNED

# SALES EVENT

# 2 LOCATIONS

## 5 LAKEWOOD

## S. TACOMA WAY

|                                                                                    |                                                                               |                                                                              |                                                                            |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| <br>2010 FORD TAURUS<br>LTHR, PW, PL, AC, STK#L4350<br><b>\$7,995</b>              | <br>2014 FORD FIESTA SE<br>PW, PL, CRUISE, TILT, STK#L4571<br><b>\$11,994</b> | <br>2016 DODGE DART SXT<br>KEYLESS ENTRY, AC, STK#L4557<br><b>\$12,393</b>   | <br>2015 FORD FOCUS<br>MOON ROOF, ALLOYS, STK#L4626<br><b>\$12,992</b>     |
| <br>2014 FORD FOCUS ELECTRIC<br>REAR SPEAKER, ALLOYS, STK#L4588<br><b>\$13,691</b> | <br>2016 FORD FUSION SE<br>PW, PL, CRUISE, TILT, STK#L4565<br><b>\$13,790</b> | <br>2016 JEEP RENEGADE SPORT<br>PW, PL, AC, STK#L4419<br><b>\$14,489</b>     | <br>2008 HONDA CRV EX-L<br>PW, PL, ROOF RACK, STK#L4577<br><b>\$14,987</b> |
| <br>2016 FORD FUSION SE<br>DUAL PW, SEATS, LTHR, STK#L4559<br><b>\$14,988</b>      | <br>2014 FORD TAURUS<br>LTHR, PW, PL, AC, STK#L4752A<br><b>\$15,986</b>       | <br>2016 TOYOTA COROLLA S<br>MOON ROOF, ALLOYS, STK#L4513<br><b>\$16,485</b> | <br>2013 DODGE RAM<br>20IN WHEELS, TOW PKG, STK#L4322<br><b>\$16,583</b>   |

|                                                                         |                                                                              |                                                                                      |
|-------------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <br>2008 FORD F-250SD<br>STCAB, 4X4, STK#L3242A<br><b>\$13,794</b>      | <br>2016 MITSUBISHI OUTLANDER SPORT<br>SE, 4X4, STK#L3345<br><b>\$13,967</b> | <br>2017 FORD TAURUS POWER FOCUS R/T<br>PANORAMIC ROOF, STK#L3303<br><b>\$14,581</b> |
| <br>2014 KIA SOUL EXCLAIM<br>AUTO, ALLOYS, STK#L3257<br><b>\$14,587</b> | <br>2016 FORD FUSION SE<br>AUTO, CD, AC, STK#L3316<br><b>\$14,786</b>        | <br>2010 DODGE CHARGER R/T<br>PW, MOON ROOF, STK#L3345<br><b>\$14,894</b>            |
| <br>2016 FORD FUSION SE<br>AUTO, CD, AC, STK#L3340<br><b>\$14,916</b>   | <br>2015 SCION TC MONOGRAM<br>ALLOYS, PW, ROOF, STK#L3307<br><b>\$14,955</b> | <br>2006 CADILLAC ESCALADE<br>EXT. LOADED, STK#L3307<br><b>\$14,986</b>              |

# SEE ALL 300 AT LAKEWOODFORD.NET

|                                                                                    |                                                                                              |                                                                                      |                                                                                      |
|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <br>2015 FORD FOCUS TITANIUM<br>LTHR, PW, PL, STK#L4552<br><b>\$16,584</b>         | <br>2013 HONDA ACCORD EX-L<br>PW, PL, ALLOYS, STK#L4732A<br><b>\$16,981</b>                  | <br>2014 FORD FUSION ENERGI<br>LTHR, MOON ROOF, STK#L4531<br><b>\$16,982</b>         | <br>2014 VOLKSWAGEN GTI WOLFSBURG<br>SEAT, STK#L4536<br><b>\$17,480</b>              |
| <br>2015 TOYOTA CAMRY<br>PW, PL, TILT, CRUISE, STK#L4514<br><b>\$17,978</b>        | <br>2017 CHRYSLER 200 LIMITED<br>LTHR, MOON ROOF, STK#L4710A<br><b>\$17,979</b>              | <br>2012 DODGE RAM ST<br>TOW PKG, PW, PL, STK#L4617<br><b>\$18,976</b>               | <br>2017 FORD FUSION SE<br>LTHR, MOON ROOF, STK#L4533<br><b>\$18,977</b>             |
| <br>2016 FORD ESCAPE<br>ALLOYS, ROOF RACK, STK#L4559<br><b>\$19,475</b>            | <br>2014 TOYOTA RAV4<br>PW, PL, CRUISE, TILT, STK#L4527<br><b>\$19,974</b>                   | <br>2016 DODGE GRAND CARAVAN<br>PW, PL, REAR SEAT, STK#L4551<br><b>\$20,473</b>      | <br>2013 INFINITI G37 X SEDAN<br>AUTO, MOON ROOF, LTHR, STK#L4555<br><b>\$20,971</b> |
| <br>2013 FORD EDGE SEL<br>LTHR, ALLOYS, STK#L4574<br><b>\$20,972</b>               | <br>2012 FORD MUSTANG GT<br>PREMIUM WHEELS, STK#L4594C<br><b>\$21,970</b>                    | <br>2017 HYUNDAI SANTA FE<br>AUTO, ALLOYS, STK#L4447<br><b>\$22,967</b>              | <br>2008 FORD F-150<br>4X4, ALLOYS, TOW PKG, STK#L455A<br><b>\$22,968</b>            |
| <br>2010 DODGE RAM 1500 ST<br>4X4, REAR SHOCK, STK#L4569<br><b>\$22,969</b>        | <br>2014 JEEP WRANGLER SPORT<br>4X4, PREMIUM WHEELS, STK#L4520<br><b>\$23,466</b>            | <br>2016 CHEV CAMARO<br>LTHR, DUAL PW, SEATS, STK#L4595<br><b>\$23,965</b>           | <br>2013 FORD EDGE LIMITED<br>MOON ROOF, ALLOYS, PW, STK#L4459<br><b>\$24,564</b>    |
| <br>2012 FORD F-150 FX4<br>4X4, TOW PKG, STK#L4530<br><b>\$25,963</b>              | <br>2014 TOYOTA TACOMA PRE RUNNER<br>3DR, PW, PL, CRUISE, TILT, STK#L4584<br><b>\$26,962</b> | <br>2016 FORD EXPLORER XLT<br>ALLOYS, DUAL PW, SEAT, STK#L4595<br><b>\$27,461</b>    | <br>2014 FORD F-150 XLT<br>4X4, ALLOYS, TOW PKG, STK#L4585<br><b>\$27,960</b>        |
| <br>2013 GMC SIERRA 2500 SLE<br>4X4, ALLOYS, TOW PKG, STK#L4441<br><b>\$28,559</b> | <br>2014 FORD F-150 XLT<br>4X4, PW, PL, AC, ALLOYS, STK#L4411<br><b>\$28,958</b>             | <br>2008 DODGE RAM 3500 LARAMIE<br>12.5L, LTHR, PW, PL, STK#L4595<br><b>\$29,557</b> | <br>2008 DODGE RAM 2500<br>4X4, 3DR, ALLOYS, TOW PKG, STK#L4595<br><b>\$29,956</b>   |
| <br>2011 FORD F-150 LARIET<br>4X4, ECOBOOST, LTHR, STK#L4527<br><b>\$30,955</b>    | <br>2013 TOYOTA TUNDRA LIMITED<br>4X4, LTHR, NAV, PW, PL, STK#L4582A<br><b>\$31,954</b>      | <br>2014 FORD F-150 LARIET<br>4X4, LTHR, MOON ROOF, STK#L4455<br><b>\$32,953</b>     | <br>2016 FORD F-150 LARIET<br>4X4, TOW PKG, PW, PL, STK#L4604<br><b>\$35,952</b>     |

|                                                                                         |                                                                                    |                                                                                     |
|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <br>2016 FORD FUSION SE<br>AUTO, CD, AC, STK#L3320<br><b>\$15,498</b>                   | <br>2016 SCION IN SPORT HATCHBACK<br>REAR CAMERA, STK#L3307<br><b>\$15,893</b>     | <br>2016 JEEP RENEGADE<br>SPORT SUV, 4DR, STK#L3335<br><b>\$16,894</b>              |
| <br>2014 VOLKSWAGEN CC 2.0T SPORT<br>AUTO, ALLOYS, SPORTY, STK#L3224<br><b>\$16,896</b> | <br>2014 FORD ESCAPE TITANIUM<br>ALLOYS, LTHR, STK#L3315<br><b>\$16,922</b>        | <br>2009 GMC SIERRA 1500 SLE<br>CUSTOM LIGHTS, CANOPY, STK#L3301<br><b>\$16,937</b> |
| <br>2014 DODGE GRAND CARAVAN SXT<br>TOW AND 3RD, AC, STK#L3147<br><b>\$16,982</b>       | <br>2015 FORD MUSTANG V6<br>CONVERTIBLE, AUTO, STK#L3353A<br><b>\$17,877</b>       | <br>2011 BMW 3 SERIES 335I<br>AUTO, PW, MOON ROOF, STK#L3355<br><b>\$17,914</b>     |
| <br>2013 FORD F-150 STX<br>ALLOYS, MATCHING CANOPY, STK#L3268<br><b>\$17,959</b>        | <br>2014 FORD EDGE SEL<br>MICROSOFT SYNC, AUTO, STK#L3299<br><b>\$18,590</b>       | <br>2016 NISSAN ALTIMA 3.5 SL<br>PW, MOON ROOF, AUTO, STK#L3244<br><b>\$18,897</b>  |
| <br>2013 FORD TAURUS SEL<br>PW, MOON ROOF, LTHR, STK#L3297<br><b>\$18,922</b>           | <br>2008 JEEP WRANGLER UNLIMITED<br>SIERRA, 1800 TOP, STK#L3350<br><b>\$19,793</b> | <br>2014 FORD E-250 COMMERCIAL<br>SUPER WHEEL, STK#L3295<br><b>\$22,997</b>         |
| <br>2011 CHEVROLET SILVERADO 1500 LT<br>27.2, 3DR, 4X4, STK#L3274<br><b>\$24,895</b>    | <br>2014 FORD F-150 XLT<br>REAR CAB, FAS, STK#L3337<br><b>\$25,987</b>             | <br>2014 FORD F-150 STX<br>PW, SEAT, 3DR, LTHR, STK#L3291<br><b>\$26,488</b>        |
| <br>2016 CHRYSLER 300 S<br>4DR, PW, MOON ROOF, STK#L3292<br><b>\$26,891</b>             | <br>2016 FORD EDGE TITANIUM<br>4DR, 1800, 1800, STK#L3355<br><b>\$26,982</b>       | <br>2013 FORD F-150 XLT 4X4<br>4DR, REAR CAMERA, STK#L3275<br><b>\$27,747</b>       |
| <br>2015 FORD EXPLORER XLT<br>4X4, ALLOYS, AC, CD, STK#L3351<br><b>\$28,493</b>         | <br>2015 FORD F-150 XLT<br>CHEV CAB, AUTO, CD, STK#L3292<br><b>\$28,673</b>        | <br>2015 JEEP WRANGLER UNLIMITED SPORT<br>TOP, AC, PW, STK#L3291<br><b>\$32,741</b> |

# AFFORDABLE SELECTION **\$13,000** UNDER

|                                                                |                                                                      |                                                                |                                                            |                                                                             |
|----------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------------------|
| 2008 SATURN ASTRA XR<br>STK#L13394<br><b>\$4,484</b>           | 2008 DODGE CHARGER SXT<br>STK#L17809B<br><b>\$7,918</b>              | 2013 CHEVROLET SONIC LTZ<br>STK#L13291<br><b>\$9,794</b>       | 2015 FORD FOCUS SE<br>STK#L13349<br><b>\$11,814</b>        | 2016 DODGE DART SXT<br>STK#L14557<br><b>\$12,395</b>                        |
| 1996 TOYOTA CAMRY LE<br>STK#L17808A<br><b>\$4,993</b>          | 2010 HYUNDAI ELANTRA SE<br>STK#L13294<br><b>\$7,929</b>              | 2009 DODGE JOURNEY SXT<br>STK#L4515A<br><b>\$9,872</b>         | 2013 NISSAN ALTIMA 2.5<br>STK#L13338<br><b>\$11,912</b>    | 2015 CHEVROLET CRUZE LS<br>STK#L13136<br><b>\$12,396</b>                    |
| 2006 FORD FUSION SE<br>STK#L14607A<br><b>\$4,997</b>           | 2013 NISSAN VERSA 1.6 SL<br>STK#L13202A<br><b>\$8,853</b>            | 2013 FORD FOCUS SE<br>STK#L17868A<br><b>\$9,995</b>            | 2015 FORD FOCUS SE<br>STK#L13329<br><b>\$11,967</b>        | 2015 FORD FOCUS SE<br>STK#L13297<br><b>\$12,544</b>                         |
| 2005 PONTIAC GRAND PRIX GT<br>STK#L13277<br><b>\$5,386</b>     | 2009 DODGE JOURNEY SXT<br>STK#L13223<br><b>\$8,857</b>               | 2015 FORD FIESTA SE<br>STK#L13296<br><b>\$9,948</b>            | 2015 HYUNDAI ACCENT GLS<br>STK#L13323<br><b>\$11,972</b>   | 2011 NISSAN MAXIMA 3.5 SV<br>STK#L17279<br><b>\$12,559</b>                  |
| 2001 SUBARU LEGACY GT LIMITED<br>STK#L17802B<br><b>\$5,574</b> | 2012 FORD FOCUS SE<br>STK#L18042A<br><b>\$8,937</b>                  | 2010 CHEVROLET IMPALA LT<br>STK#L13273<br><b>\$9,967</b>       | 2013 DODGE JOURNEY SE<br>STK#L13278<br><b>\$11,977</b>     | 2016 CHEVROLET IMPALA LIMITED LT<br>STK#L12125<br><b>\$12,798</b>           |
| 1998 FORD RANGER<br>STK#L17853A<br><b>\$5,991</b>              | 2010 FORD FOCUS SES<br>STK#L17829A<br><b>\$8,947</b>                 | 2016 FORD FIESTA SE<br>STK#L14656<br><b>\$10,697</b>           | 2014 FORD FOCUS SE<br>STK#L17829A<br><b>\$11,981</b>       | 2011 CHEVROLET CAMARO 2LT 2LT<br>STK#L15978<br><b>\$12,874</b>              |
| 2007 PONTIAC GRAND PRIX GT<br>STK#L17897AA<br><b>\$6,999</b>   | 2010 FORD TAURUS LIMITED<br>STK#L14350A<br><b>\$8,997</b>            | 2011 HYUNDAI SANTA FE LIMITED<br>STK#L13293<br><b>\$10,768</b> | 2014 FORD FIESTA SE<br>STK#L14571<br><b>\$11,988</b>       | 2015 FORD FOCUS SE<br>STK#L14634<br><b>\$12,886</b>                         |
| 2009 FORD FUSION SE<br>STK#L13184A<br><b>\$7,984</b>           | 2008 CHRYSLER TOWN & COUNTRY LIMITED<br>STK#L13281<br><b>\$8,998</b> | 2012 HYUNDAI TUCSON GLS<br>STK#L13226<br><b>\$11,519</b>       | 2016 FORD FOCUS SE<br>STK#L14448<br><b>\$11,993</b>        | 2015 FORD FOCUS SE<br>STK#L14628<br><b>\$12,991</b>                         |
| 2013 MAZDA MAZDA2 TOURING<br>STK#L17794A<br><b>\$7,987</b>     | 2013 KIA SOUL<br>STK#L13339<br><b>\$9,678</b>                        | 2014 JEEP COMPASS SPORT<br>STK#L13356<br><b>\$11,788</b>       | 2016 HYUNDAI ACCENT SPORT<br>STK#L13322<br><b>\$11,997</b> | 2008 CHRYSLER SEBRING LIMITED CONVERTIBLE<br>STK#L13218B<br><b>\$12,998</b> |

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## GREAT AMERICAN SHAKEOUT

## The time is now to start preparing for the 'Big One'

BY RUTH KINGSLAND  
*Northwest Guardian*

If you've ever been through an earthquake, you know the shake, rattle and rolling can last a few moments, but it might feel like much longer.

Most who live in an earthquake zone, such as the Pacific Northwest or anywhere along the west coast, have learned to "drop, cover and hold" under a large piece of furniture, such as a table or desk, and use one hand to hold onto a leg of the furniture for stability and the other arm and hand to protect and cover one's head.

Most earthquake injuries don't occur from the shaking; they occur from falling objects, such as falling chandeliers, according to Jerome Cone, emergency management exercise coordinator for JBLM's

Directorate of Plans, Training, Mobilization and Security.

Cone is organizing JBLM's participation in the Great American ShakeOut, set to occur Thursday at 10:19 a.m.

The annual event involves individuals, businesses, schools, agencies and other community groups across the country and around the globe. Individual states have their own drills planned, with more than one million participants already signed up in Washington alone. There are currently 37.4 million participants signed up around the globe.

Anyone could and should get involved and practice the Great ShakeOut drill, Cone said.

"When an earthquake happens, it takes muscle memory and knowledge to keep you safe," Cone said, adding, that

muscle memory includes knowing to drop, cover and hold.

Injuries can occur to people walking around while the Earth is shaking, said Chris Polit, DPTMS chief.

"Many ankle and leg injuries occur because the ground isn't solid, and you take a step and the ground moves beneath you with a lot of force," Polit said.

Although many people equate earthquakes with points south — such as California — Washington, Oregon and even British Columbia are along the Cascadia Subduction Zone, where it's not a matter of if the next "big one" will hit but when, according to Polit.

The largest documented quake in the Pacific Northwest was a 9.0 earthquake in 1700 along the Oregon coast. There

have been many other quakes since, including the 6.8 Nisqually earthquake Feb. 28, 2001.

"The next big quake could be tomorrow, and it could be in 100 years," Polit said. "It's better to be prepared."

Cone said there are numerous small — 1 to 2 on the Richter scale — quakes in the Northwest every day, but most people don't notice those quakes.

"When it gets to about 3.7, they notice," Polit said.

There are different strategies to commit to muscle memory, based on where you are when a quake occurs, according to Cone.

"If you are outdoors, find a clear spot — away from buildings, power lines and street lights," Cone said.

If you are in your car, it's

safer to remain in the vehicle with your seat belt fastened, he said.

It's also important to plan ahead and have pet food, medicines, food and water supplies for up to 14 days in the event of a major quake.

"Just like what's happening in Puerto Rico right now — the utility grid is basically gone — we could be without power and supplies for weeks, months or even longer," Polit said.

"With a big quake there could be five minutes of shaking, and that would destroy water pipes and anything underground," he said.

Cone said a good way to prepare for an eventual earthquake is to take part in the Great American ShakeOut.

"It's important to be prepared," he said.

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Oct. 20–21 & Oct. 27–28, 7–11PM  
Thursday, Oct. 19 & 26, 7–10PM  
Not-so-scary: Saturday, Oct. 28, 2–5PM

\$10: ages 13 & older  
\$7: ages 12 & younger  
\$2: Not-so-scary walk

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Military Appreciation ..... -\$500  
**TITUS-WILL PRICE**  
**\$24,099**

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MSRP ..... \$27,809  
TFS Rebate ..... -\$2,000  
TWT Discount ..... -\$1,320  
OTHER REBATES MAY APPLY.  
Military Appreciation ..... -\$500  
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**\$24,489**

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#### 2018 TOYOTA CAMRY SE



MSRP ..... \$26,339  
TWT Discount ..... -\$1,790  
OTHER REBATES MAY APPLY.  
Military Appreciation ..... -\$500  
**TITUS-WILL PRICE**  
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THIS ONE, STK #T80019, VIN #JTNB11HK5J3009970

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THIS ONE, STK #T71097, VIN #JF1ZNA15H8704655

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MSRP ..... \$32,373  
TFS Rebate ..... -\$3,000  
TWT Discount ..... -\$1,384  
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Military Appreciation ..... -\$500  
**TITUS-WILL PRICE**  
**\$27,989**

THIS ONE, STK #T72603, VIN #JTMJRREVXHD134595

#### 2017 TOYOTA SIENNA LE FWD



MSRP ..... \$33,768  
TFS Rebate ..... -\$3,500  
TWT Discount ..... -\$1,799  
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TWT Discount ..... -\$2,935  
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Military Appreciation ..... -\$500  
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**\$31,499**

THIS ONE, STK #T71518, VIN #4T1BD1E2HU058849

#### 2017 TOYOTA TUNDRA 4X4 SR DBL CAB 4.6L



MSRP ..... \$37,409  
TFS Rebate ..... -\$1,500  
TWT Discount ..... -\$2,020  
OTHER REBATES MAY APPLY.  
Military Appreciation ..... -\$500  
**TITUS-WILL PRICE**  
**\$33,889**

THIS ONE, STK #T72250, VIN #5TFUM6F15HX074469

#### 2018 TOYOTA 4RUNNER 4X4 SR5



MSRP ..... \$37,029  
TWT Discount ..... -\$2,100  
OTHER REBATES MAY APPLY.  
Military Appreciation ..... -\$500  
**TITUS-WILL PRICE**  
**\$34,929**

THIS ONE, STK #T80102, VIN #JTEB5JRSJ5483170

#### 2017 TOYOTA TACOMA TRD SPORT 4X4 DBL CAB



MSRP ..... \$36,962  
TWT Discount ..... -\$1,973  
OTHER REBATES MAY APPLY.  
Military Appreciation ..... -\$500  
**TITUS-WILL PRICE**  
**\$34,989**

THIS ONE, STK #T72512, VIN #3TMC25ANXHM101663

#### 2017 TOYOTA HIGHLANDER AWD XLE V6



MSRP ..... \$41,293  
TWT Discount ..... -\$2,544  
OTHER REBATES MAY APPLY.  
Military Appreciation ..... -\$500  
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#### 2014 TOYOTA CAMRY SE



AC, CO, ALLOYS  
STK #W9047 **\$13,988**

#### 2014 TOYOTA COROLLA LE



AC, CO  
STK #W9056 **\$14,491**

#### 2015 TOYOTA PRIUS C



AC, CO  
STK #W9077 **\$14,988**

#### 2014 JEEP PATRIOT SPORT



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STK #W9111 **\$14,991**

#### 2016 TOYOTA COROLLA LE



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STK #W9046 **\$16,594**

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STK #W9028 **\$16,895**

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PREMIUM PKG, LEATHER  
STK #T71778A **\$17,291**

#### 2017 KIA SOUL +



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STK #T72156 **\$17,994**

#### 2015 TOYOTA PRIUS PKG 111



NAVIGATION, AC, CO  
STK #W9050 **\$18,391**

#### 2014 SCION FR-2-DR COUPE



AUTO, AC, CO, ALLOYS  
STK #W9088 **\$18,995**

#### 2014 HUNDAI TUCSON SE



AWD, AC, CO, ALLOYS  
STK #W9038 **\$19,388**

#### 2016 CHEVY EQUINOX LT



AC, CO, ALLOYS  
STK #W9110 **\$20,595**

#### 2016 TOYOTA CAMRY XSE



LEATHER, SUNROOF, ALLOYS  
STK #W9005 **\$20,791**

#### 2013 HONDA CROSSTOUR EX-L



AC, CO, LEATHER  
STK #T72155A **\$20,991**

#### 2016 SUBARU FORESTER 2.5I



AUTO, AC, CO, ALLOYS  
STK #T72189 **\$20,991**

#### 2014 TOYOTA RAV4 LE



AWD, AC, CO  
STK #W9112 **\$21,991**

#### 2017 JEEP CHEROKEE LATITUDE



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STK #W9074 **\$21,991**

#### 2014 CHEVY TRAVERSE LT



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STK #W9075 **\$22,991**

#### 2014 TOYOTA AVALON XLE



TORQUE LEATHER, ALLOYS  
STK #W9028 **\$24,991**

#### 2013 TOYOTA TUNDRA



4WD, 9-CAR, V6  
STK #T71616A **\$26,891**

#### 2016 MAZDA CX-5 GRAND TOURING



AWD, LEATHER, NAVIGATION  
STK #W9074 **\$26,991**

#### 2016 HONDA CR-V EX-L



LEATHER, SUNROOF, HDV, ALLOYS  
STK #W9041 **\$27,591**

#### 2015 TOYOTA SIENNA XLE



LEATHER, NAVIGATION  
STK #W9084 **\$29,691**

#### 2016 TOYOTA RAV4 HYBRID



LIMITED, AWD  
STK #W9043 **\$29,895**

#### 2017 TOYOTA SIENNA SE



NAVIGATION  
STK #W9019 **\$30,994**

#### 2016 SUBARU OUTBACK 2.5



LIMITED, AC, CO, ALLOYS  
STK #W9102 **\$30,998**

#### 2014 LEXUS IS 350 F-SPORT



LEATHER, NAVIGATION, ALLOYS  
STK #W9055 **\$31,595**

#### 2014 LEXUS RX 350 AWD



NAVIGATION, LEATHER  
STK #W9116 **\$32,991**

#### 2014 TOYOTA HIGHLANDER LIMITED



LEATHER, NAVIGATION  
STK #W9023 **\$33,788**

#### 2017 TOYOTA AVALON LIMITED



NAVIGATION, LEATHER  
STK #W9054 **\$35,788**

#### 2017 TOYOTA SIENNA XLE



PREMIUM, AWD, LEATHER  
STK #T71405A **\$35,894**

#### 2017 TOYOTA 4RUNNER TRD



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STK #W9087 **\$37,891**

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# Health Beat

## MADIGAN SHOUT OUT

At the request of the Palauan Minister of Health, Madigan Army Medical Center's cardiology service sent Lt. Col. (Dr.) Jeffrey Kunz, cardiologist and team leader; Sgt. Mikael Abe, echo sonographer; and Erika Gilbert, registered nurse; to Koror, Palau. Over a period of seven clinical duty days, 186 patients were screened and evaluated, 37 echocardiograms were performed and 10 pacemakers were interrogated. In addition to consultation, seven patients were recommended for off-island referral for surgery to correct severe heart disease. All but a few of those



seen had cardiac conditions that needed addressing. Kunz also provided a presentation on chronic heart failure pharmacology to the Belau National Hospital medical staff. The hope is that future opportunities for telemedicine are possible. This team represented Madigan and Army Medicine very well.

## MADIGAN ARMY MEDICAL CENTER

### GENERAL SERVICES

**Emergency:** 911  
**Nurse Advice Line:** 1-800-874-2273, option 1  
**Madigan directory:** 253-968-1110  
**Tricare Regional Appointment Center (TRAC):** 800-404-4506  
**Tricare On-Line:** tricareonline.com  
**United Health Care:** uhc-militarywest.com, 877-988-9378  
**Pharmacy Refill:** 253-968-2999  
**Tricare Express-Script pharmacy service:** 877-363-1433 or www.express-scripts.com  
**Referral Coordination Center**

**Hotline:** 253-968-2903

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

### BEHAVIORAL HEALTH SERVICES

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

**Life Line:** 800-273-8255 (Option 1)

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

## ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL

# Madigan trains techs hands on

BY KIRSTIN GRACE-SIMONS  
*Madigan Public Affairs*

Madigan Army Medical Center's 20-plus residency and variety of nurse training options are well known. Yet, there are 10 other training programs at Madigan that are standouts in Army Medicine.

Soldiers in the medical technician training programs, the 68 series, complete advanced individual training in their chosen military occupational specialty with classroom work at the Army Medical Department Center and School at Fort Sam Houston in San Antonio. Then it is on to patient care.

"We take pride in our product," said Lt. Col. Scott Phillips, director of Madigan's AIT Phase II Practical Nurse Course of the students it graduates.

Lieutenant Colonel Vincent Leto, chief of the Madigan Consolidated Education Division which oversees the practical nurse and operating room specialist AIT Phase II programs described the format. The Army structures this training so it occurs in large medical centers to ensure a profound degree of patient care experience before graduates are stationed at any smaller military training facility

or deployed. The pace and complexity that can be found at large care facilities advances skills more than most other training situations can.

With more than 200 students on site at any given time and 100 program graduates a year, students are integral to all that Madigan does.

The largest of these programs, the practical nurse course, is 40 weeks of combined classroom training and clinical rotations that produces an enlisted Soldier professional who is a highly independent, trusted and valued member of the medical team.

"Most successful Soldiers here literally live the performance triad," said Staff Sgt. Barbara Wandick, practical nurse instructor. "They eat, sleep, exercise and find time for their mind. There is very little time for other things."

Wandick and her fellow instructors shepherd the students through sections including a deep didactic dive into body systems, work in the simulation lab and clinical rotation.

Patient care starts at week eight at the Community Living Center of the American Lake Division of Veterans Affairs Puget Sound Health Care System.



Pfc. Jacob Parker checks the vitals of a mannequin in the simulation lab of the training facility at Madigan Annex Sept. 20.

In these initial interactions, the students learn patient care in the truest sense — they focus on social interaction. As they progress, they get a view of a range of specialties. From pediatric to geriatric, the students get to experience it all.

The students appreciate the intensive learning and exposure to patient care they receive.

"I know people who've gotten

their (bachelor's degree in nursing) and don't have as much clinical and patient experience as we do," said Spc. Ashley Waters.

Private First Class Jordan Lair likes the concentrated time on the floor.

"You can see the progression of a patient from admission to possibly discharge," he said.

Patient interactions are significant to learning.

"I'm not gonna lie," said Pfc. Jacob Parker. "I was pretty uncomfortable with people. I'm a pretty awkward person. But, I've learned a lot about myself and grown. When you're dealing with a patient, it isn't about your comfort zone at that point. It's a matter of taking care of someone when they need help."

According to the National Council of State Boards of Nursing, National Clinical Licensure Examination pass rates for 2016 show an overall pass rate of 70.59 percent with a first time pass rate of 83.73 percent. The five sites with practical nurse courses have a combined rate of 93 percent, while Madigan's rate is 98 percent.

The Army benefits greatly by sinking knowledge and experience deeply into these students through the volume and complexity of patient and case exposure gained here at Madigan before they are placed in a smaller military training facility or combat support hospital in a deployed situation, Leto said.

With the rigorous training and high pass rates, Madigan AIT students are confident and ready to assume their roles in the military medical mission at their first duty station.

## EXPERT FIELD MEDICAL BADGE

# Medics test their limits in qualification

BY CAPT. CAIN CLAXTON  
*593rd Expeditionary Sustainment Command*

Mentally, physically and emotionally grueling. That's how candidates described 12 days of testing for the Army's Expert Field Medical Badge, which ended Sept. 28 at Joint Base Lewis-McChord.

Only about 10 percent of the Army's medical community has earned the badge, according to Maj. Erica Kane, 56th Multifunctional Medical Battalion, 62nd Medical Brigade executive officer. Kane organized the EFMB event for the 62nd Med. Bde., at JBLM.

"This is an opportunity for Soldiers within the Army medical department to demonstrate their 'extra mile' toward being committed to their profession," Kane said.

That "extra mile" included evaluations of 42 hands-on tasks, land navigation, a 60-question written test and ended



CAPT. CAIN CLAXTON 593rd Expeditionary Sustainment Command

with a 12-mile foot march.

"It is quite a grueling (evaluation) and it requires a significant amount of intestinal fortitude, physical strength and mental acuity to make it through all those tasks," Kane said.

More than 200 candidates from JBLM and other parts of the western United States began testing Sept. 16. Only 29 Soldiers made it to the final event, the 12-mile foot march, which began at 5 a.m. Sept. 28 along East Gate Road and ended at

Cowan Stadium three hours later. Twenty-six Soldiers finished in time, earning the coveted badge.

Specialist Sam Arnold of the 520th Medical Company (Area Support), 56th Med. Bn., finished the course first with a time of 2 hours, 25 minutes and 12 seconds. He was followed by 1st Lt. Jessica Knoll, 555th Engineer Brigade, and 2nd Lt. Joseph Miller, of the 514th Medical Company (Ground Ambulance), 56th Med. Bn. Madigan Medical

Capt. Stephanie Germeroth, right, finishes a 12-mile foot march for the Expert Field Medical Badge qualification Sept. 28.

Center's Capt. Stephanie Germeroth had the highest overall score through all testing phases, while Pfc. Nathan Harrington, from Headquarters, and Headquarters Detachment, 56th Med. Bn., achieved the highest written test score.

"It was pretty tough," Miller said of the foot march. "It was a long course but was definitely worth it. The hardest part was the very meticulous standards that they upheld throughout the course and all the combat testing lanes."

After the foot march, Command Sgt. Maj. Walter Tagalicud, I Corps command sergeant major, spoke to the EFMB recipients and about 200 guests in an award ceremony at Cowan Stadium.

"The EFMB is more than just a badge that these Soldiers wear, it is about being an expert of your craft," Tagalicud said. "It is about being able to master the fundamentals of warfighting,

demonstrating that you can shoot accurately, move quickly and communicate effectively.

"It is anticipating requirements and conducting requisite (precombat checks and precombat inspections) to ensure equipment and medical supplies are accessible and serviceable. It is confidently proving ones medical proficiency, treating wounds, applying tourniquets, and sending 9-line medevac reports, while reassuring the wounded that everything is going to be OK."

Tagalicud applauded the 26 EFMB recipients for not only the expertise they demonstrated, but for their character.

"It highlighted your impeccable character — you never faltered and you never quit," he said. "You fought through frustration, pain and fatigue. When your teammates needed help, you were the first ones who stayed up late to help. Today you can say, 'I did it.'"

## ARMY MEDICINE

# Clean eating can be achievable regardless of budget

BY GLORIA MONTGOMERY  
*Army Medicine*

More and more grocery shoppers in America are being held hostage not only by our taste buds, but also convenience and price. The result, nutritional chaos affecting the health of Army families.

To combat bad eating habits and promote a healthier lifestyle for Soldiers on the go, several years ago, Army Medicine introduced the performance triad, an educational campaign promoting the values of exercise, nutrition and sleep to build resiliency and increase troop readiness.

"You just feel better when you eat right, as well as have more energy and stamina," said Maj. Nicole Charbonneau, Carl Darnall, Army Medical Center's chief

of the Nutrition Care Division. "Clean eating can be a motivator because it can lead to adopting healthier habits in other areas in the performance triad."

To promote healthier eating, Charbonneau, who also is a registered and licensed dietitian, recently shared a nutrition reality check with employees.

"Cutting out the flavored coffees and processed foods and eating at least eight or nine servings of vegetables and fruits each day is a good start to a healthier you," she said. "Let's face it, salt, sugar and fat are the enemies we all love to taste."

Flavored coffee can contain up to 25 teaspoons of sugar.

"You've now just blown the recommended daily amount of sugar intake (nine teaspoons a

day for men and six for women)," she said.

A main barrier to healthy eating, Charbonneau said, is misinformation and food myths.

"Sometimes people realize they are addicted to junk food only after a nutritional counseling session," she said. "People believe that eating healthy costs more and takes more time, but healthy meal planning can be accomplished on any type of budget."

Stick to a grocery list, she said, and use online applications that create personal menus, as well a shopping list.

"How often do you go to the grocery store for a few items and end up with a full shopping cart?" she said.

She stressed cost and convenience,

rather than what's best, that dictates grocery habits. A time-saving tip to ease the preparation barrier to good health is to buy frozen or cut up everything at once if buying fresh.

"Frozen is really better because the fruit or vegetable is plucked at their optimal time and then quickly frozen," she said.

When food is trucked in miles away from the farm, it has lost some of its nutritional value by the time it reaches supermarket shelves, Charbonneau said.

"When you are shooting for nine fruits and vegetable servings a day, frozen just makes more sense," she said. "Plus, the veggies already are diced, sliced and ready to eat or cook. This saves preparation time."

Some people read packaging

labels and will misinterpret the health value on frozen fruits and vegetables, believing the products are bad because the label lists chemicals, she said.

She said it's just a myth because fruit and vegetables in their natural state have chemicals and have to be listed, adding that she had one client who refused to eat carrots believing the package contained too much sugar.

"Clean eating is both achievable and economical, but you need to be smart about it by limiting sugar, sodium and saturated fats and eating more fruits and vegetables," Charbonneau said. "It's a hard transition going from junk food to eating healthy, but this is your body. Take it one step at a time, one day at a time and one meal at a time."

# Community Ledger

## ATTENTION

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



SGT. ROWDY WASHINGTON  
U.S. Army Air Ambulance Detachment

## SNAPSHOT

### Hiker rescued

Due to the joint efforts of U.S. Army Air Ambulance "Yakima Dustoff" Detachment from 16th Combat Aviation Brigade, the Yakima County Sheriff's Office and the Central Washington Mountain Rescue team, the successful rescue of a stranded hiker was completed at the Goat Rocks Mountain range Sunday.

## 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.

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

Nov. 10 - Veterans Day observed  
Nov. 13 - Army DONSA  
Nov. 23 - Thanksgiving Day

Nov. 24 - Army DONSA and Air Force Family Day  
Dec. 26 - Army DONSA and Air Force Family Day

## OCTOBER IS ENERGY ACTION MONTH

Joint Base Lewis-McChord is hosting an Energy Month Poster Contest, and you can enter to win prizes. Students in grades first through fifth can submit original artwork on "Save Energy and Protect Our Environment" to their elementary schools on JBLM. Deadline for submission is Friday. This event is jointly coordinated by JBLM Energy Program, Army and Air Force Exchange Service and Family and Morale, Welfare and Recreation's Education Support Services. Clover Park School District does not sponsor this event and assumes no responsibility for it. For more information, call 253-966-9011.

## ARMY, AIR FORCE PCS MOVE WORKSHOPS

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

## 24/7 DAD SUPPORT GROUP FOR FATHERS

Join a Dads' support group, "24/7 Dad," 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 and third Tuesdays, every other month from 10 a.m. to noon at the 16th Combat Aviation Brigade's Raptor Resilience Center, 3204 Second Division Drive on Lewis Main. Next class is Tuesday. Online registration is available by visiting [jblmafcscheckappointments.com](http://jblmafcscheckappointments.com), or call 253-967-5901 to register via phone.

## HEADS OR TAILS AT THE BREWHOUSE

Get in on Heads or Tails Tuesdays at Samuel Adams Brewhouse at JBLM. Every Tuesday from 4 to 10 p.m., we flip a coin for your first drink. If you call it correctly, you receive \$1 off your first drink. Sam Adams is located at 2400 Bitar Ave. and Division at Lewis Main. For more information, call 253-964-2012.

## 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 to Lewis-McChord Communities.

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. Doors open at 12:30 p.m.; class starts at 1 p.m. Parking is limited, so arrive early.

## ATTEND KIDS' BOOK CLUB WEDNESDAY

Kids in grades three to five are invited to join McChord Library's monthly Kids' Book Club meeting Wednesday. Read fun books, meet fun people. Parents, bring your children by the McChord Library now to register and get a copy of this month's book, "How to Eat Fried Worms," by Thomas Rockwell. The Kids' Book Club meets the third Wednesday of the month at 4 p.m. Check out "I Survived the Attacks of September 11, 2001" by Lauren Tarshis for the Nov. 15 book club meeting. McChord Library is located at 851 Lincoln Blvd. at McChord Field. For more information, call 253-982-3454.

## BUILDING MANAGERS FIRE SAFETY CLASS

All building managers on Joint Base Lewis-McChord are required to take a Building Managers Fire Safety Class. Classes take place on are the first and third Wednesday of the month at 9 a.m. Bldg. 2014, Fire Station 107 Pendleton, on Lewis Main. Next class is Wednesday. Class limited to first 25 people; doors open at 8:30 a.m. For more information, call 253-966-7164.

## 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 official business at 5 p.m. Next meeting is Thursday.

## 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 Warrior Zone is on the corner of 17th and D streets at Lewis North.

## JOIN BIGGER THAN EVER HARVEST FEST

This year's Harvest Fest is set to be an exciting extravaganza for JBLM families. Come on over for games and prizes, get creative with crafts, pose for snapshots, get temporary tattoos and enjoy bounce house fun, treats and more. Families are invited to the free event Oct. 21 from noon to 4 p.m. at Hillside Youth Center, located at 6397 Garcia Blvd. on Lewis Main. For more information, call 253-967-4441.

## JBLM NEWCOMERS' ORIENTATION BRIEF

Joint Base Lewis-McChord has grown and changed over the years. Whether you're new, returning or just want to learn your way around the base, all service members, civilians and adult family members are invited to

attend the Newcomers' Orientation Oct. 24 at American Lake Conference Center at 8085 NCO Beach Road on Lewis North. Report time for Soldiers and Airmen is 7:30 a.m. Orientation is set to begin at 8 a.m. Complimentary hot breakfast and free on-site child care is available upon request with registration; call 253-966-2977. For more information, call 253-967-3633 or visit [jblmafcscheckappointments.com](http://jblmafcscheckappointments.com).

## HAUNTED HOUSES NEED FIRE PERMITS

Joint Base Lewis-McChord is counting on you to have a safe Halloween. If you're planning to have a unit Halloween haunted house, a JBLM Fire Prevention Office permit is required no later than 15 days before the start of the event. Save time and energy by getting all the details, to include specific life safety requirements, before you start your project. For more information about the permit process, call 253-966-7164.

## JOIN THE CLUB FOR DFMWR SAVINGS

Membership in the Club at McChord Field includes money-saving discounts at Family and Morale, Welfare and Recreation's facilities; save on meals, activities and equipment. Join before Oct. 31, and you could win \$10,000, a free membership, free lunches and more. Go to [myairforcelife.com](http://myairforcelife.com) and click on the big blue "for Club members" button to become a member and start saving today. Anyone can become a Club member, even if you're not Air-Force-affiliated. The Club is located at 700 Barnes Blvd. at McChord Field. For more information, call 253-982-5581.

## TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

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

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](mailto:vet-servicesinfo@goodwillwa.org) or call 253-573-6789.

**Hawk Job Fair** take place Mondays (except DONSA and federal holidays) at Hawk Transition Center Auditorium at 11 a.m. Come out and speak to recruiters with employment opportunities. Walk-ins are welcome.

**Career Skills Program Briefings** take place Mondays at Hawk Transition Center Auditorium. Walk-ins are welcome. Noon: [trades/skills/technology/businessbrief](mailto:trades/skills/technology/businessbrief).

**Operation Good Jobs Veteran Networking and Hiring Event** Wednesday from 11 a.m. to 2 p.m. at the American Lake Conference Center, sponsored by Goodwill's Military and Veteran Services and its Operation GoodJobs program. The event allows transitioning military, veterans and spouses the opportunity to meet with human resources and recruiters. Attendees are introduced to multi-state employers, ability to network with government and private sector employees and on-the-spot resume and LinkedIn reviews. For more information, visit [tinyurl.com/yaoo7cu2](http://tinyurl.com/yaoo7cu2).

**WorkSource Veterans Service Orientation Briefings** take place the first and third Wednesdays of the month from 9 to 11 a.m. at 500 SW Seventh St., Renton. Next meeting is

Wednesday. For more information, call 206-205-3500.

**Brown Bag Mini Job Fair** Wednesdays from 11:30 a.m. to 1:30 p.m. in the Hawk Transition Center Lobby. Walk-ins are welcome. Employer registration is now required by emailing [shenathan.d.burton2.civ@mail.mil](mailto:shenathan.d.burton2.civ@mail.mil) and [mitchel.s.watson.civ@mail.mil](mailto:mitchel.s.watson.civ@mail.mil).

**WorkSource Pierce Weekly Meetings** Thursdays 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](mailto: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. Camo2Commerce has created 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](http://camo2commerce.com/heroes) or email [rob@pacmtn.org](mailto:rob@pacmtn.org).

**Recruit Military Job Fair** Oct. 25 from 11 a.m. to 3 p.m. at American Lake Conference Center. This event targets transitioning service members, spouses, family members and veterans. This is an opportunity for job seekers to meet face-to-face with companies looking

to hire for different markets including: law enforcement, healthcare, finance, educational institutions, federal/contract positions, transportation, logistics and more. This event is free. To preregister, visit: [recruitmilitary.com/jblm](http://recruitmilitary.com/jblm) or [tinyurl.com/yctjnzoz](http://tinyurl.com/yctjnzoz).

**What's My Next Move?** Second Monday of the month from 1:45 to 3:15 p.m. at Work Source Pierce. Next meeting is set for Nov. 13. Email [kmyers@esd.wa.gov](mailto:kmyers@esd.wa.gov), or call 253-552-2547.

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

## DATABASE DEVELOPER AND ADMINISTRATOR

Tacoma Community College HR — Salary: \$68,000 to \$78,030 annually. TCC is pleased to invite applications for database developer/administrator. This position performs advanced analysis, design, technical coding, database management and database development tasks to resolve complex application and database issues. The database developer/administrator is responsible for providing technical support for the database environment including overseeing the development and organization of the databases, assessment and implementation of new technologies. For more information, visit [tinyurl.com/y8c3l6wt](http://tinyurl.com/y8c3l6wt).

## GET YOUR PHOTO TAKEN WITH SANTA

Santa's Castle at Joint Base Lewis-McChord will host a Photos with Santa event Nov. 3 from 4 to 7 p.m. and Nov. 4 from 10 a.m. to 2 p.m. at 2094 Bitar Ave. Admission cost is a \$10 donation or a new, unwrapped toy. Pets are welcome to participate. For more information, call 253-966-2355.

## REMEMBERING WWI THROUGH BOOK CLUB

Remember the 100th anniversary of World War I with Joint Base Lewis-McChord libraries' new book club, part of an Army Library initiative commemorating the United States' entry into World War I. Book discussions take place quarterly at either the Grandstaff or McChord Field libraries. The next book discussion, "The Daughters of Mars" by Thomas Keneally, author of "Schindler's List" is set to take place at McChord Field Library Nov. 7 at noon. No registration required. A limited number of print copies are available at the libraries, or copies can be downloaded as E-books. For more information, call Grandstaff Library at 253-967-5889 or McChord Field Library at 253-982-3454.

## JOIN MCCHORD FIELD LIBRARY BOOK CLUB

Enjoy discussing 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 Nov. 8 to discuss "The Particular Sadness of Lemon Cake" by Aimee Bender. Registration is required in person. Copies will be available at the circulation desk, 851 Lincoln Blvd.,

ground floor, on McChord Field. For more information, call 253-982-3454.

## NEW FALL HOURS AT SAMUEL ADAMS

Samuel Adams Brewhouse's new fall hours deliver the best sports viewing combined with bar games and specials.

- Sunday from 1 to 10 p.m.
- Monday from 4 to 10 p.m.
- Tuesday-Wednesday closed
- Thursday from 4 to 10 p.m.
- Friday from 4 p.m. to midnight
- Saturday from 4 to 11 p.m.

Sam Adams is located at 2400 Bitar Ave. and Division at Lewis Main. For more information, call 253-964-2012.

## SIGN UP FOR JBLM ALERT NOTIFICATIONS

Joint Base Lewis-McChord Alert Notifications is a free service that allows you to sign up and receive emergency notifications about road closures, severe weather, utility service interruptions and public safety messages from Pierce County and the base. For more information, call 253-966-7526 or visit [tinyurl.com/gl5g3sq](http://tinyurl.com/gl5g3sq).

## CALL THE ENERGY WASTE HOTLINE

To stop energy waste and save valuable resources, the Joint Base Lewis-McChord Energy Program has launched the Energy Waste Hotline. The primary objective of this hotline is to collect information about day-burners, incandescent bulbs, damaged fixtures, steam leaks, nonfunctional thermostats, etc. If you notice any opportunity to reduce energy waste, call or text 253-219-2394.

## RED CROSS NW REGION NEEDS VOLUNTEERS

Serve military families as a volunteer for the Red Cross in a variety of locations and roles: office, caseworkers, outreach, information desk at Madigan Army Medical Center, patient escort and critical care nurses. For more information, call or email 253-966-3889, [JBLM@red-cross.org](mailto:JBLM@red-cross.org).

## THE USE OF SPACE HEATERS ON JBLM

The Joint Base Lewis-McChord Fire Department is not the authority for the use of space heaters on the installation in your work area; the Directorate of Public Works' Energy Conservation is the OPR for the use of all space heaters on JBLM. Contact Eric Waehling at 253-966-1772, [eric.r.waehling.civ@mail.mil](mailto:eric.r.waehling.civ@mail.mil) or Amin Sakhawat at 253-966-9011, [sakhawat.amin.ctr@mail.mil](mailto:sakhawat.amin.ctr@mail.mil). If DPW authorizes the use, JBLM Fire Prevention will ensure space heaters are used in a fire safe manner.

## HABANERO GRILL REVISES HOURS

During renovation of Whispering Firs' clubhouse, Habanero Mexican Grill is operating from a food truck 7 to 10 a.m., selling breakfast, burritos, sandwiches and more. Other food items are available for purchase inside the pro shop. For more information, call 253-982-2124.

FROM PAGE 1A

## RELIEF

the Puerto Rico Electric Power Authority will work on the western two-thirds of Puerto Rico. Power restoration crews continue to arrive on the island, he said.

Other priorities are hospitals and communication, with an increased focus on isolated regions, the spokesman said. DOD is executing a strategic plan to support these communities and ensure their needs are being met, he added.

The governor is implementing a plan to assign the Puerto Rico National Guard, augmented by the territorial militia, to support local leaders in each of the island's 78 municipalities to ensure that more commodities — including food, water and fuel — are pushed to those in need, Davis said.

FEMA has verified that telecommunications and radio connectivity are operational for all

hospitals and police stations, Davis said. Sixty-five of 67 hospitals are open — 36 on the power grid and 29 on generator power — and 43 of 48 dialysis centers are operating.

Soldiers of the 56th Multifunctional Medical Battalion, 62nd Medical Brigade from Joint Base Lewis-McChord are currently deployed providing medical aid and comfort in Puerto Rico and St. Croix.

Fifteen percent of customers have electricity, 57 percent of customers have drinking water, although boiling orders remain in effect, 64 percent of the population has available cellular services and work continues to upgrade emergency cellular services, Davis said.

Seventy-six percent of gas stations now are open, and Puerto Rico's Department of Transportation has signed 19 contracts for road repair and restoration.

Davis said U.S. Northern Command has delivered food, water and medical, sustainment and aviation support capabilities,



PETTY OFFICER 2ND CLASS STEPHANE BELCHER U.S. Navy Photo

Lt. j.g. Shiju SantaNivas treats a patient aboard the Military Sealift Command ship USNS Comfort in San Juan, Puerto Rico, Oct. 4.

ities, the spokesman said. And 17 U.S. Transportation Command flights with equipment, personnel and relief supplies are scheduled for today.

Northcom deployed food, water and key DOD capabilities to Aguadilla Tuesday, including elements of the 633rd Expeditionary Medical Support Hospi-

tal, which should arrive Saturday, Davis said.

Eighty-eight rotary-wing and 12 fixed-wing DOD aircraft are operating in Puerto Rico, he said.

An incident support base has been established in Aguadilla, on the northwestern tip of the island, and is a key distribution

hub for western Puerto Rico, he said. USNS Comfort left Aguadilla yesterday and now is providing medical support near San Juan. Elements of the 14th Combat Support Hospital continue to arrive, and the CSH is anticipated to be operational in Humacao, on the eastern coast, by the middle of next week, Davis said.

Transcom is keeping aeromedical evacuation assets in San Juan for possible patient movement to the continental United States, he said.

Davis said that DOD personnel have completed 227 of 344 requested generator preinstallation inspections and have installed 53 generators. Progress continues with persistent route clearance operations by Army Reserve engineers, Puerto Rico's National Guard and Marine Expeditionary Unit military personnel, Davis said.

The Army's 3rd Expeditionary Sustainment Command recently began water production operations near Guajataca Dam, he said.

## Box score

Canada 5 0 0 0 5 - 10

U.S.A. 6 8 6 5 X - 25

## Canadian Detachment

(H-AB-RBI) - Victor Choi, 2-2-0; Ken Thomson, 1-2-0; Gerald Samson, 3-3-4; Marcelo Plada, 2-3-1; Don Ellery, 1-2-1; Jason Roswell, 1-2-0; Jordan Harpe, 1-2-0; Ken Mui, 1-2-3; Michael Wiseman, 1-2-0; Mallisa Ogunniya, 0-1-0; Mark Hynes, 1-2-0; Keith Spilley, 1-2-1; Jack Spilley, 0-2-0

## Western Air Defense Sector

(H-AB-RBI) - Mike Delaney, 3-4-0; David Quelland, 3-4-3; Bobby Staszek, 4-4-5; David Bauld, 3-4-3; Marvin Yamada, 1-4-2; Cole Holt, 3-3-4; Carlos Gonzalez, 3-3-2; Allen Lawson, 1-2-0; Ryc Cyr, 1-2-1; Henry Lee, 3-3-4; Kevin Weaver, 1-3-1; Richard Skomurski, 1-2-0; Matthew Venable, 0-2-0

FROM PAGE 1A

## RIVALRY

the top and bottom of the first inning," Spilley said.

Spilley wasn't technically lying; the leaves were raining down from the trees. But the U.S. team, composed of the Western Air Defense Sector and the 225th Air Defense Group, brought a torrential downpour of runs to win 25-10, claiming the Can-Am Challenge Cup.

The rest of the box score had enough crooked numbers to make a chiropractor blush as the U.S. team scored six in the first, eight in the second, six in the third and another five in the fourth.

The game ended with the U.S. leading in the bottom of the regularly-scheduled fifth inning.



SCOTT HANSEN Northwest Guardian

Team U.S.A. celebrates after defeating Team Canada 25-10 to win the annual Can-Am Challenge Cup softball game on McChord Field Oct. 6.

Cole Holt of Team U.S.A. was one of the stars with two-run home runs in both the first and second innings. He was just short of a third home run in the third inning to complete a hat trick, but he settled for a double that hit the outfield fence.

"Well, nobody tries to hit three home runs," Holt said. "You just go out, swing and have fun."

Bobby Staszek led the team with five runs batted in while connecting with hits in all four of his at-bats. Like Holt, Henry Lee also drove in four runs on

three hits. Both David Quelland and David Bauld each went three out of four at the plate with three RBI each.

"Overall, it was a good scrimmage," Holt said. "We just kept hitting (the ball well)."

The cup has a history that dates back 23 years with an annual hockey game played between the two nations every February. The U.S. had never won in hockey, which led to the creation of the softball game in 2015.

"We finally decided we needed to generate our own sporting

event where we had a chance," said Col. William Krueger, commander of the 225th ADG and vice commander of WADS.

"At 3-0 (in softball), we have validated that," said Col. Gregor Leist, WADS commander.

Two years ago, the U.S. team had a close loss to Canada in hockey with a 4-3 loss in Spanaway. Last year, Canada came back with a stronger outing with an 8-1 decision.

However, having two games in the Can-Am Challenge Cup series does allow both sides to have equal turns with the cup. In

defeat, the Canadian team had jokes while the team photograph was taken at home plate.

Some of the Canadian players could be heard saying "hockey" and "wait until February." There was even a subtle note made as the cup exchanged possession.

"On behalf of the Canadian Detachment, I suppose we'll lend you the trophy for the next few months," said Don Ellery as he handed the cup to Leist and Krueger.

Dean Siemon: 253-477-0235, @deansiemon

FROM PAGE 1A

## BLOOD

benefit the community.

Boone has donated more than two gallons of blood since 1998 while serving full time in the Washington Air National Guard. He later started donating blood platelets at the urging of his wife, retired Tech. Sgt. Denise Haigh-Boone who also donates

regularly, but had to take a break from donating.

Boone has donated more than 80 units of blood platelets, more than nine gallons, since 2014.

Boone retired from the Washington Air National Guard in 2016, but he still continues to donate in his federal civilian capacity every two weeks to the Armed Services Blood Bank Center-Pacific Northwest on Joint Base Lewis-McChord.

Boone explained he is able to

donate blood platelets up to 24 times a year compared to only six times a year for whole blood donation. According to the American Red Cross, blood platelets only have a shelf life of five days and are especially needed during trauma or major surgery because platelets help form clots to stop heavy bleeding.

It is very important to Boone to be able to provide living saving blood platelets.

"I donate through the military because I have been a life-long military person and it is important to me in order to support those people that have put themselves in harm's way in order to protect the rest of us and our livelihood," Boone said.

Anyone age 17 or older with access to JBLM — and who meets donor requirements, a list of which is available at the center — can donate blood at the Madigan Annex, Building 9904

on East Johnson St., on Lewis Main weekdays from 8 a.m. to 3 p.m.

Blood collected at donor centers and mobile tents on base is used first to meet weekly quotas for contingency operations in Iraq, Afghanistan, Africa and other locations where service members are deployed and need blood, according to Victor Shermer, donor recruiter for JBLM's Armed Services Blood Bank Center-Pacific Northwest.

FROM PAGE 1A

## EVENT

sion of the event.

Every year, Armed Forces Community Services offers an event to promote awareness of domestic violence.

"It's a time to mourn those who died and celebrate those who survive," said Karen Fox, AFCS' family advocacy program manager at JBLM.

"Most domestic violence stems from arguments that spiral out of control — poor communication," Fox said.

Fox said that in planning the event this year, she and other AFCS staff aimed for something a little different than in previous years. Last year, the speaker was Lane Judson, whose daughter, Crystal, was killed in 2003 in a high-profile, murder-suicide by David Brame, Tacoma's then-police chief. Brame shot his estranged wife and himself in a Gig Harbor shopping center



LANCE DAVIS U.S. Army Garrison-Japan

Service members at Camp Zama, Japan, listen as marriage and family therapist Hal Runkel speaks at a recent event. Runkel will speak about domestic violence prevention at the McChord Field Theater Oct. 20.

parking lot in front of the couple's two young children.

Cassie Hallstone, lead victim advocate at AFCS, said this year's event is a way to bring awareness, as well as to educate and empower potential victims.

"(We want) to give them a

voice and tools to work with," she said.

Fox said she has attended each of the past domestic violence awareness events since she began working at JBLM in 2008. She also has experience working at JBLM with materials

offered through Runkel's ScreamFree Institute, including: ScreamFree Parenting, ScreamFree Marriage and Launching Hope.

Although one might think, based on the ScreamFree title, Runkel's training is geared at ending high-volume confrontations, ScreamFree has less to do with lowering volume and more to do with raising the level of individual integrity," according to comments made by Runkel on the ScreamFree Institute website.

Runkel earned his bachelor's and master's degree in philosophy and theology, as well as a master's in marriage and family therapy from Abilene Christian University in Georgia.

"Throughout my education, I was continually drawn to two ideas: the power of non-reactivity, and the power of the individual. Throughout my life, however, I was the last individual you'd see as nonreactive," Runkel wrote of his own attitudes, which he said have

changed through the years. "With a few less-than-ideal moments in my childhood, I was emotionally volatile as a teen and young adult. In short, I was a screamer, in many different ways. Thankfully, life led me to a marriage partner who, because of her own struggles, could love me through that. But I still needed to change."

Runkel said he realized the need for change when he became a father. He began a journey of family therapy and also began to develop his own ScreamFree philosophy.

"I didn't know then it would become my life's work, but as I began to see ScreamFree's effect (on) my own family, and then on other parents, spouses, leaders and organizations, I couldn't help but keep saying 'yes' to each new opportunity to share it with others," he said.

Hal and his wife, Jenny, have been married for 24 years and have two children, Hannah, 20; and, Brandon, 18. The family lives in Atlanta, Ga.

# Sports

2017 ARMY TEN-MILER

## JBLM women earn silver in D.C.

Women's team perseveres in tough conditions; men finish sixth overall

BY DEAN SIEMON  
*Northwest Guardian*

Joint Base Lewis-McChord's women's team for the 2017 Army Ten-Miler was hoping to build upon its bronze-medal finish among active-duty women from 2016, and thanks to a good mix of experienced runners, the team returned to the medal podium Sunday to claim second place among active-duty women in Washington, D.C.

The JBLM women's team finished with a team time of four

hours, 41 minutes and 54 seconds, behind only the team from Fort Bragg, Calif., (4:28:33) and well ahead of third place Fort Gordon, Ga. (4:47:31).

It was certainly a physically-demanding race beyond what would be expected from running 10 miles, according to Shoshannah Lane, JBLM's women's team captain. The temperature was 75 degrees, which is considered warm for an 8 a.m. start,

SEE RACE, 2B



AARON JONES Family and MWR's Community Recreation Division

Kristen Conley helped the JBLM women's team earn a second-place finish at the 2017 Army Ten-Miler in Washington, D.C. Sunday.

JBLM HAUNTED HOUSES

## Zombies and vampires and clowns, oh my

BY DEAN SIEMON  
*Northwest Guardian*

People who enjoyed being scared might enjoy getting frightened at the upcoming A Walk in the Dark at Shoreline Park on Lewis North and the 627th Civil Engineer Squadron's event on McChord Field.

Horror fans will get to experience classic horror icons like vampires, zombies and Frankenstein at Better Opportunities for Single Service Members' event at Shoreline Park. There will

SEE ZOMBIES, 2B

## JBLM COMMANDER'S CUP FLAG FOOTBALL CHAMPIONSHIP



SCOTT HANSEN Northwest Guardian

502nd MI Bn. quarterback Clark Jones (1) throws over 627th CS' Connor Hoback during the Commander's Cup Flag Football Championship.

# 502ND MI BN. DEFENDS FLAG FOOTBALL TITLE

Clark Jones throws for 335 yards in 39-27 win

BY DEAN SIEMON  
*Northwest Guardian*

Clark Jones Jr. of 502nd Military Intelligence Battalion, 201st Expeditionary Military Intelligence Brigade came prepared for the 2017 Joint Base Lewis-McChord Commander's Cup Flag Football Championship Oct. 5 at the Lewis North Athletic Complex, leading the offense with 335 passing yards and six touchdowns to help the 502nd MI Bn. earn the 39-27 win over the 627th Communications Squadron.

Winning at the JBLM Commander's Cup title game is nothing new for Jones, who was the winning quarterback in 2016. Having back-to-back championships is a big statement not only for Jones, but the entire team and the talent they have, he said.

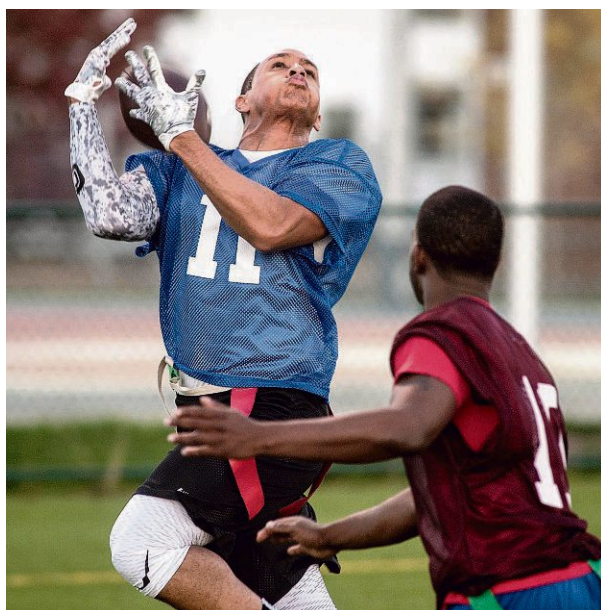
"I just scrambled around to break defenses down," Jones said. "(Our receivers) used a lot of football awareness to find the open lanes."

Jones was able to use his legs to lengthen plays and drives, which led to successful touchdown drives throughout the game. In the team's first drive, Jones was able to find Breon Matlock, who was able to juke two defenders from two yards from the end zone for a 12-yard touchdown.

On the next drive, Jones scrambled long enough for Michael Fogt to be completely open in the end zone for a 38-yard touchdown reception. Although Fogt noted that having a mobile quarterback opens up opportunities, it's important to keep an eye on him and the defense during the play, he said.

"Whichever way he rolls out, you try to

SEE TITLE, 2B



AT LEFT: 627th CS receiver Erik Skinner (11) catches a pass for a touchdown over 502nd MI Bn. defender Troy Finley during the JBLM Commander's Cup Flag Football Championship game at the Lewis North Athletic Complex Oct. 5.

BELOW: 502nd MI Bn. teammates celebrate after winning the JBLM Commander's Cup Flag Football Championship at the Lewis North Athletic Complex Oct. 5. 502nd MI Bn. defeated 627th CS 39-27.



## ON THE SCHEDULE

### ANNUAL JBLM ZOMBIE RUN WILL TAKE PLACE SATURDAY

**Races:** Sign up now for the fourth annual Joint Base Lewis-McChord Zombie Apocalypse 5K Run set for Saturday at the Wilson Sports and Fitness center on Lewis North. The kids' 1K Monster Dash will start at 8 p.m., followed by 5K heats of 8:30 and 9:30 p.m. Pick-up starts at 5 p.m. Day of registration costs are \$20 for the 1K and \$35 for the 5K with valid military ID. Costs will be \$25 for the 1K and \$45 for the 5K for those without a military ID. Paid registration comes with custom finisher medals and free tickets to the annual Walk in the Dark at Shoreline Park theatrical nightmare Thursday or Oct. 26 only. For more information about the Zombie Run, visit [jblmmwr.com/races](http://jblmmwr.com/races) or call 253-967-4768.

### JBLM COMMANDER'S CUP 5K RACE SET FOR OCT. 20

**Intramural:** The Joint Base Lewis-McChord Commander's Cup 5K Championship is set to take place Oct. 20 at Family and Morale, Welfare and Recreation's Fest Tent on Lewis Main. Registration is open the day of the event at 5:30 a.m. Race begins at 6 a.m. Open to JBLM active-duty service members only. For more information, visit [jblmmwr.com/intramural](http://jblmmwr.com/intramural) or call the JBLM Intramural Sports Office at 253-967-4768.

### COMPETE AT WARRIOR CARE INDOOR TRIATHLON NOV. 4

**Races:** Soldiers Field House on Lewis Main will host the first 2017 Warrior Care Month's Indoor Triathlon Nov. 4. The first heat starts at 6:40 a.m. with additional heats starting every 20 minutes until the last one at 11:20 a.m. Athletes will compete in 10 minutes of swimming, 15 minutes of stationary cycling and 15 minutes of treadmill running. Cost is \$15 per person. All Department of Defense ID cardholders are eligible to enter. For more information, call 253-967-9210 or 253-967-2802.

### COMMANDER'S CUP SWIM MEET SET FOR NOV. 7-9

**Intramural:** The Joint Base Lewis-McChord Intramural Sports office will host a representative meeting Oct. 25 at 6 p.m. at Nelson Recreation Center for the JBLM Commander's Cup Swim Meet scheduled Nov. 7-9 at Soldiers Field House at 6 a.m. Open to JBLM active-duty service members. Events include medley relay, freestyle, backstroke, individual medley, backstroke, breaststroke and freestyle relay. For more information, visit [jblmmwr.com/intramural](http://jblmmwr.com/intramural) or call the JBLM Intramural Sports Office at 253-967-4768.

### FAMILY SPECIALS OFFERED AT JBLM GOLF COURSES

**Golf:** Both Eagles Pride Golf Course, on Lewis Main, and Whispering Firs Golf Course, on McChord Field, have a family golf special Saturdays and Sundays after 2 p.m. A family of four can play nine holes for \$30. Deal includes carts, rental clubs, range balls and a hot dog and soda. Offer valid for families with children ages 15 and younger until Jan. 31, 2018. For more information, call the Eagles Pride pro shop at 253-967-6522 or the Whispering Firs pro shop at 253-982-2124.

FROM PAGE 1B

## RACE

with about 87 percent humidity at the beginning of the race. That rose quickly to 96 percent humidity by the time everyone finished, which led to some runners feeling like they were swimming.

"I'm proud of the way we ran; the conditions weren't favorable, but we persevered," Lane said. "I don't know if we would have gotten first, but we would have ran better."

Kristen Conley finished first for the JBLM women with a time of 1:08:11. She was followed closely by Leah Guerrero at 1:08:22. Jessica Knoll finished with a time of 1:09:17 and Lane rounded out the team's time with 1:16:04.

Knoll was the lone returning JBLM runner from last year. She said she felt good about her



AARON JONES Family and MWR's Community Recreation Division

Kevin Kniery and the JBLM men's team improved from last year's Army Ten-Miler with a sixth-place finish among active duty men's teams during the 2017 Army Ten-Miler in Washington, D.C. Sunday.

team's chances since they started training after the first qualifier in April.

"Since we were all on the same page since May, we were

able to build chemistry better than we did last year," Knoll said.

The JBLM men's team did show a lot of improvement

from the 2016 Army Ten-Miler, when it finished ninth overall among all active-duty men's teams. The team finished sixth overall this year, largely in part to the impressive run by Trevor Lafontaine of 55:13 — good for the fourth fastest time among all active-duty males.

Richard Williams was the second fastest for the JBLM men with a time of 1:04:32. Both Lafontaine and Williams were late additions to the team. Two JBLM runners were lost due to an emergency leave and a deployment.

"That really did help fill the rest of the team," said Kevin Kniery, JBLM's men's team captain. "It was great to have that; all of our training didn't go for nothing."

Kniery finished with 1:04:58. Casey Trias rounded out the men's final team score at 1:05:00. Joseph DeFilippo (1:07:54) and Shawn Jenkins

(1:08:56) did not account in the team time.

The Mountain Post Men's team from Fort Carson, Colo., took the overall active-duty men's title with a collective time of 3:42:12. Their top runner, Evans Kirwa, finished the course in 51:13. Second place went to Fort Bragg, Calif., (3:43:40), followed by the third place team representing Installation Command Europe (3:44:18).

With younger runners recently arriving at JBLM, Kniery said all signs point toward the JBLM men having a chance to join the podium with the likes of Fort Carson and Fort Bragg.

"Having that consistency from year to year is hard in the current deployment setting, but it looks like we'll have some consistency for at least the next two years," Kniery said.

Dean Siemon: 253-477-0235, @deansiemon



SCOTT HANSEN Northwest Guardian

502nd MI Bn. teammates Darius Holmes (15) and Michael Fogt celebrate Fogt's touchdown reception during the JBLM Commander's Cup Flag Football Championship game at the Lewis North Athletic Complex Oct. 5. 502nd MI Bn. defeated 627th CS 39-27.

FROM PAGE 1B

## TITLE

follow and get your arms up so he can see you," Fogt said, who finished the game with seven receptions, 107 yards and two touchdowns.

The 627th CS held its own through a majority of the game, despite some struggles in the team's opening drive after losing nine yards to a false start and a sack of quarterback Simon Diaz led to a punt.

Diaz answered the 502nd MI Bn.'s first drive with a pass play to Joe Shay for 50 yards to set up a 1-yard option toss touchdown to Shay. Just before the first half ended, he made another 22-yard pass to Shay, followed by a 28-yard touchdown to Erik Skinner — one of two touchdowns.

Both teams were neck and neck midway through the second half. Diaz completed a 16-yard touchdown pass to Juwaun Eaddy with 6:39 left in regulation — a two-point conversion from 5 yards

out tied the game at 27.

The 502nd MI Bn. answered with a quick, three-play drive that saw Jones complete a 55-yard touchdown pass to Darius Holmes to go ahead 33-27 after a failed PAT. The 627th CS was unable to advance the ball after a first down, with four consecutive incomplete passes by Diaz to turn the ball over on downs with two minutes left in the game.

"After that, we felt it was essentially over," Shay said. "Not much you can do against that pretty good offense."

The 502nd MI Bn. responded with a four-play drive that ended with a 5-yard touchdown run by Jones to make it 39-27. Diaz threw four consecutive incomplete passes again to turn the ball over on downs, allowing the 502nd MI Bn. to run out the clock.

Although he said second place doesn't feel too great, Shay said he was proud of his team's effort through the season. He also thought the season concluded in proper fashion.

"I feel it was what a base championship should be: Army

## Team statistics

502nd MI Bn. 14 25 - 39

627th CS 13 14 - 27

## 502ND MI BN.

Passing (C-A-YDS-TD) - Clark Jones, Jr. - 25-32-335-4

Rushing (R-YDS-TD) - Jones, 10-39-2; Breon Matlock, 1-2-0

Receiving (C-YDS-TD) - Luis Almanzar, 10-116-0; Michael Fogt, 7-107-2; Matlock, 3-21-1; Jaivon Danzy, 2-21-0; Darius Holmes, 1-55-1; Raymond Fields, 1-12-0; Nigel Brown, 1-3-0

## 627TH CS

Passing (C-A-YDS-TD) - Simon Diaz, 17-32-241-3

Rushing (R-YDS-TD) - Diaz, 7-34-0; Joe Shay, 1-1-1

Receiving (C-YDS-TD) - Shay, 8-125-0; Erik Skinner, 3-74-2; Steven Schanbacher, 3-17-0; Kevin Kindle, 2-9-0; Jawuan Eaddy, 1-16-1

## SCORING SUMMARY

MI - Jones 12 yard pass to Matlock (PAT good), 13:00 left

CS - Shay 1 yard run (PAT failed), 7:30 left

MI - Jones 38 yards pass to Fogt (PAT good), 2:05 left

CS - Diaz 28 yards pass to Skinner (PAT good)

MI - Jones 30 yard pass to Fogt (PAT good)

CS - Diaz 19 yard pass to Skinner (PAT failed)

MI - Jones 8 yard run (PAT failed)

CS - Diaz 16 yard pass to Eaddy (2-point good)

MI - Jones 55 yard pass to Holmes (PAT failed)

MI - Jones 5 yard run (PAT failed)

vs. Air Force," Shay said.

Dean Siemon: 253-477-0235, @deansiemon

FROM PAGE 1B

## ZOMBIES

also be sections representing demon horror and slasher horror.

At the opposite end from the park's entrance, a recreational pavilion will be transformed to resemble a church setting inspired by "The Hills Have Eyes" and the "Texas Chainsaw Massacre." A special opening date is set for Friday in honor of the iconic film franchise, "Friday the 13th."

According to Bill Strock, recreational specialist for JBLM Family and Morale, Welfare and Recreation, attendees can expect several volunteers to be dressed up like Jason Voorhees as Shoreline Park turns into Camp Crystal Lake.

"We weren't going to open (this weekend)," Strock said. "But when we realized it was Friday the 13th, what else were we going to do?"

The remainder of Walk in the Dark's schedule includes Oct. 20 and 21 from 7 to 11 p.m.; Oct. 26 from 7 to 10 p.m. and Oct. 27 and 28 from 7 to 11 p.m. Entry is \$7 for ages 12 and younger and \$10 for ages 13 and older. On Thursdays, tickets are \$5 with a toy donation to JBLM Santa's Castle.



SCOTT HANSEN Northwest Guardian

Visitors will encounter a host of zombies and vampires during the "A Walk in the Dark at Shoreline Park" live performance on Lewis North this month.

There will also be a "not-so-scary" option at Shoreline Park Oct. 28 from 3 to 5 p.m. Tickets for that will be \$2 each. Tickets for all dates must be purchased on-site.

The 627th CES will host its annual Halloween-themed event with a little change from recent years. Nightmare on Barnes Boulevard will take place in the 627th CES compound, immediately surrounding the

unit's Bull Pen on McChord Field.

The unit has previously hosted a Haunted Asylum and has also utilized the forest area across from the McChord Field Exchange; however, hosting the event at the complex allows for events to be more localized.

"We got a lot of good reviews back when we did the haunted event in the same area," said Staff Sgt. Matthew Rhodes, unit

## If you go

## A WALK IN THE DARK AT SHORELINE PARK

When: Friday from 7 to 10 p.m.; Thursday from 7 to 10 p.m.; Oct. 20-21 from 7 to 11 p.m.; Oct. 26 from 7 to 10 p.m.; Oct. 27-28 from 7 to 11 p.m.

Where: Shoreline Park, Lewis North

Cost: \$7 for ages 12 and younger; \$10 for ages 13 and older. \$5 Thursdays with toy donation. \$2 for "not-so-scary" option Oct. 28 from 3 to 5 p.m. For more information, visit theatricalnightmare.com.

## NIGHTMARE ON BARNES BOULEVARD

When: Oct. 21, 27-28 and 31 from 7:30 to 11 p.m.

Where: 627th Civil Engineer Squadron, Barnes Boulevard, McChord Field

Cost: \$8 for adults (\$1 off with any canned food donation.) \$5 for children 12 and under. Hot food and drinks will be available. Daycare for younger children is provided.

deployment manager for 627th CES. "By pulling into our compound, we can be prepared for the weather."

The event will take place Oct. 21, 27 to 28 and 31 from 7:30 to 11 p.m. Tickets will be \$8 for adults and \$5 for children ages 12 and under. A canned food donation will take \$1 off adult ticket prices.

Hot food and drinks will be on hand, as well as a daycare area for younger children who may not want to see the scary dis-

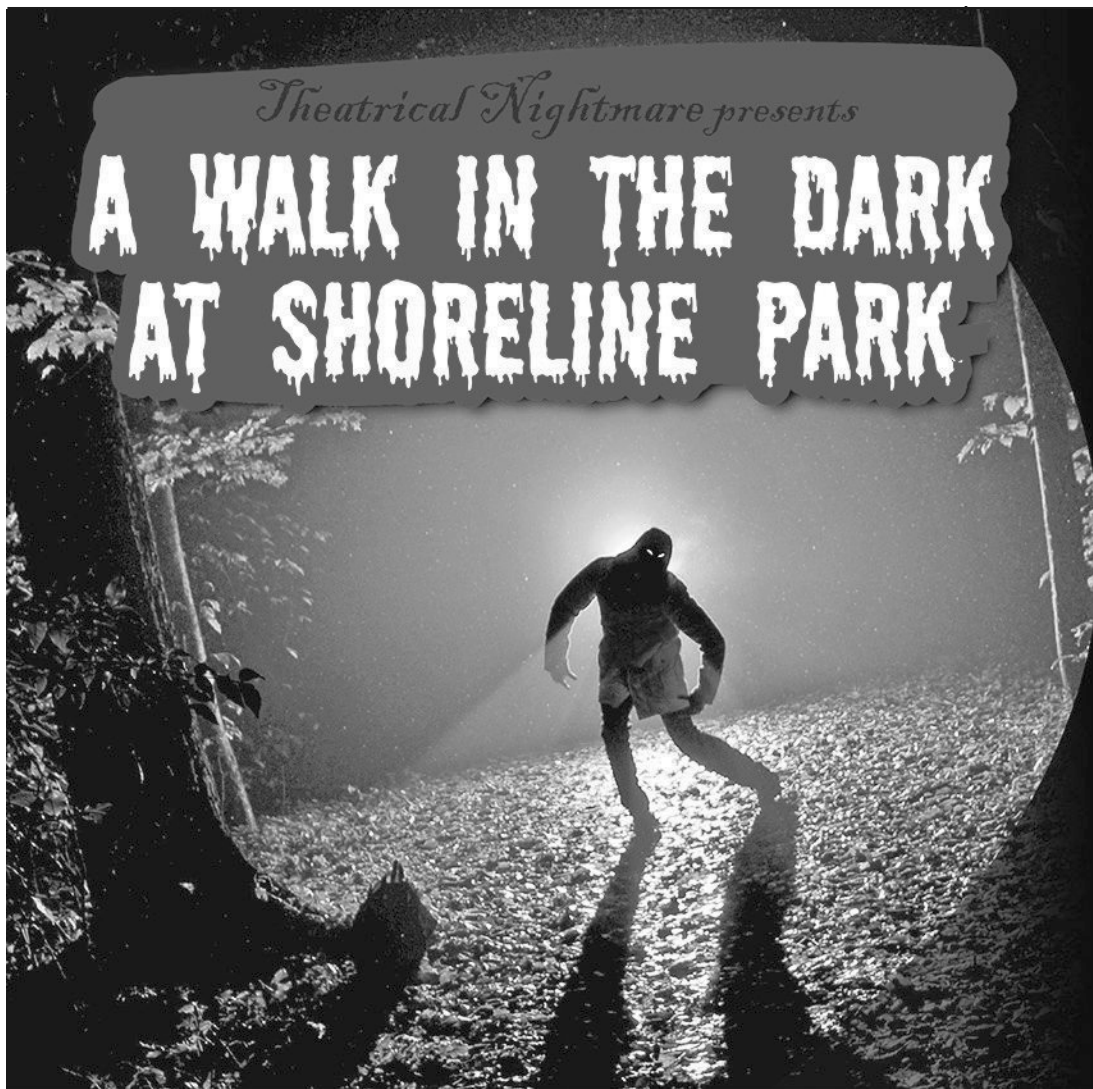
plays. All in all, the event is one of the rare moments when members within the 627th CES are able to come together and work in one area.

"We have a lot of our entities split between both sides (of JBLM)," Rhodes said. "Being able to have time with each other can be quite difficult. This (event) helps improve the squadron morale."

Dean Siemon: 253-477-0235, @deansiemon

Theatrical Nightmare presents

# A WALK IN THE DARK AT SHORELINE PARK



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**Oct. 19 & 26 from 7 – 10 PM**  
**Oct. 20, 21, 27, 28 from 7 – 11 PM**  
**NOT-SO-SCARY: OCT. 28, 2 – 5 PM**

**\$10: Ages 13+**  
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**\$2: Not-so-scary walk**

Call (253) 967-5636 for more info or to volunteer!

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## JBLM ZOMBIE APOCALYPSE 5K RUN

**Saturday, Oct. 14**  
**5K Run/Walk & 1K Kids' Monster Dash**  
**Wilson Sports & Fitness Center**  
 11596 D St. & 41st Division at Lewis North  
 Kids' Monster Dash: 8 p.m.  
 Zombie Run heats: 8:30 & 9:30 p.m.

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

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OCTOBER 2017: Domestic Violence Awareness Month

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 (Register by Oct. 13)  
[facebook.com/jblmAFCS](http://facebook.com/jblmAFCS)

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## JBLM CG SCRAMBLES

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 Register as a team or single by the Tuesday prior to each date

JBLM MWR

GRANDSTAFF LIBRARY

## USED BOOK SALE

Friday, Oct. 13 9 a.m. – 6 p.m. **JBLM MWR** Saturday, Oct. 14 9 a.m. – 3 p.m.

We will have books for adults, kids and teens, as well as DVDs, music CDs and more!

2109 Pendleton Ave. JBLM Lewis Main 253-967-5889 [JBLMmwr.com/libraries](http://JBLMmwr.com/libraries) HALF PRICE BOOKS

MOST ITEMS \$2 OR LESS!

2017 WARRIOR CARE MONTH

## INDOOR TRIATHLON

**SWIM BIKE RUN**

**SATURDAY NOV 4**  
**SOLDIERS FIELD HOUSE**  
 3236 2nd Division & Handrich, Lewis Main

First heat at 6:40 a.m. then every 20 minutes. Last heat at 11:20.  
 10 minutes swimming  
 15 minutes stationary cycling  
 15 minutes treadmill running

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

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## Blu Room Testimonial from a PTSD client



### Testimonial from a PTSD client:

"I am finding the Blu Room quieting. I am less reactive to sudden noises, less susceptible to flash anger. PTSD is a cluster of behaviors and reactions: Emotional numbing, flash anger, intrusive thoughts/feelings, detachment from others, nightmares -daymares, hyper-alertness, hyper-startle response. These are a few of the main ones. The only area of change that I can see so far is the intermittent reduction in flash anger, maybe a reduction in intrusive thoughts, less ugliness floating through the mind. But I have had nightmares and some of the rest. Part of the problem is that PTSD creates very real changes in brain structure, mostly the hippocampus, and that isn't easy to alter.

Still, I wouldn't come back if it didn't have some benefit, and so far it would seem it does. But I can't really say

what that is – calmness, quietness – those are the only words I can think of at the moment. Curiously, when I think of the Blu Room I feel that same stillness, so it would seem a residual effect is present.

As for the term 'happy' that you include on your forms, I'm not sure what that is. In the past, I've had moments that seem to be, but they are fleeting. But recently some moments have come out of the blue – without being prompted by some favorable event or relationship. It is one thing to be happy in a happy situation, but another to be happy for no reason. Curious.

Anyway, please share this as much as you like. I have no idea if other Vets have the same reaction. All I can tell you is what I think and feel, as meager as that is at times."

— John W.

Submitted by Terri Stuart  
Office Administrator

For the month of October through mid-November, **SHIVA BLU IS OFFERING TWO FREE BLU ROOM SESSIONS PER WEEK**

for any active military or veterans with a diagnosis of PTSD who would like to try the *Blu Room experience*.

Please contact [terris@shivablu.com](mailto:terris@shivablu.com) or call **360.458.5224**.

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**Pumpkins \$2.00**  
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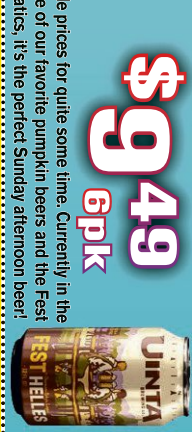
**It's fresh hop season! Stop by and grab your favorites while you can!**

**SCHILLING HARD CIDER**  
**Chaiden \$5.99**

The days have turned cooler and the leaves are changing colors, what better way to celebrate the beginning of fall than with this unique and spicy treat! Chai spices from Dragonfly are seamlessly integrated into this semi sweet cider. Try pairing this cider with apple pie, you won't be disappointed!

**Uinta Brewing Assorted Beers \$9.49**  
 6pk

This Utah based brewery has been cranking out incredibly solid beers at very reasonable prices for quite some time. Currently in the seasonal rotation is their fantastic Punk'n Pumpkin Ale & Fest Helles. The Punk'n is one of our favorite pumpkin beers and the Fest is a delicate balance of malt and hops. With its breezy malt character and grassy aromatics, it's the perfect Sunday afternoon beer!



**We Need The Space! SALE!**  
**ALL ceramic pots, ALL BUY ONE GET TWO FREE!**

**TACOMA BOYS**

Tacoma • 5602 6th Ave., Tacoma 253-756-0902  
 Puyallup • 901 39th Ave. SW. & 94th 253-864-8568

**OPEN 24 hours**  
 7 Days a Week

**Valid thru Tuesday, October 17th**

**H&L PRODUCE**

7320 Lakewood Dr. W.  
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**OPEN 24 hours**  
 7 Days a Week

**Wild Alaskan Sockeye Salmon \$12.99**  
 Save \$3.00 Lb

**Wild Fresh Red Rock Snapper Filets \$5.99**  
 Save \$4.00 Lb

**Wild White Prawns \$8.99**  
 41-50 Count  
 Save \$4.00 Lb

**Wild Mahi Mahi Filets \$6.99**  
 Save \$5.00 Lb

**Wild Oregon Shrimp Meat \$5.99**  
 Save \$3.00 Lb



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 Search 'Tacoma Boys Markets' and click Like!

WE ACCEPT THE MOST CARD

0003265597-01

# Harvest FEST

**Saturday, Oct. 21  
Noon - 4 p.m.  
Hillside Youth Center  
FREE FAMILY FUN!**

- Games & prizes
- Bounce house
- Crafts & temporary tattoos
- Treats & more!

JBLMmwr.com/CYS  /JBLMmwr

6397 Garcia Blvd. | JBLM-Lewis Main. | 253-967-4441



CHILD & YOUTH SERVICES

ARTS & CRAFTS CENTER PRESENTS

## WINE & CANVAS

**Friday, October 27  
6 - 8:30 P.M. • \$30  
Nelson Recreation Center**

Please arrive 15 minutes prior to start time.

Register for classes and events online on Webtrac: [goo.gl/rjx5n1](http://goo.gl/rjx5n1)

3168 2nd Division Dr.  
JBLM Lewis Main  
JBLMmwr.com

For details call 253.982.6726/6718

This Event is for 21 & older

BOOK PATCH LIBRARY

## BOOK TO MOVIE! FRIGHT NIGHT FEATURE

Teens, come celebrate Teen Read Week at an after-hours fright night event at Book Patch Library. An after-hours fright night event. Teens will get to pick the flick! Creepy refreshments will be provided!

**No registration required.**

JBLMmwr.com/libraries

**Friday, Oct. 13  
6-8 p.m. | Ages 12-17**

2109 N. 10th & Pendleton  
JBLM-Lewis Main  
253-967-5533

## KIDS HALLOWEEN PARTY

at the McChord Library



**MONDAY, OCTOBER 30  
4 P.M. • AGES 5 - 10**

JBLMmwr.com

Kids! Join us for a bone chilling good time. Come in costume. There will be games, music, food and fun!

Space is limited. Registration is required. Registration starts Oct. 16.



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

## WATERFOWL HUNTING CLINIC

**NOV. 1  
6:00PM - 8:00PM**

REGISTER AT [JBLMMWRREGISTRATION.COM](http://JBLMMWRREGISTRATION.COM)  
FOR MORE INFORMATION, CALL 253-967-7056

**WHERE & HOW  
IN WASHINGTON STATE**

PLUS...  
FIELD CARE & COOKING TIPS

## SPOOK-TACULAR HARVEST FUN AT BOOK PATCH LIBRARY!

**MUMMY & ME NIGHT!**  
Friday, Oct. 6 | 6-7:30 p.m. | Ages 4-8  
Moms are invited to make a ghostly glittery wreath and indulge in yummy goody treats while kiddos create a haunted house with a teeny-weeny mouse. Be dazzled and delighted with a hauntingly cute story!

**DADDY BOO & LITTLE BOO**  
Friday, Oct. 20, | 6 p.m. | Ages 4-11  
Create a spooky eerie-sistible craft. Yummy goblin bites will be provided.

**HALLOWEEN FUN!**  
Tuesday, Oct. 31 | 2-6 p.m. | Ages 3-12  
Stop by for face painting, trick-or-treating, a free bookooook and plenty of spookiness! Come dressed up!

No registration is required.  
For details, call 253-967-5533.

2109 N. 10 & Pendleton | JBLM-Lewis Main  
JBLMmwr.com/libraries

McCHORD LIBRARY

## ESCAPE THE ROOM: HORROR NIGHT

Imagine being locked inside a room filled with terrors beyond your imagining. Your only means of escape are your quick-thinking and problem-solving skills. McChord Library is hosting a Horror Night Escape Room. This is NOT for the faint of heart, so TEENS ONLY!

The limit is 6 people per wave so be sure to join with your friends. Online registration is required.

Space is limited, registration begins Oct. 14

**Saturday, Oct. 28  
5 p.m. • Ages 12-18**

JBLMmwr.com/libraries

851 Lincoln Blvd.  
McChord Field  
253-982-3454

## BOOK PATCH LIBRARY SNACK & CHAT BOOK CLUB

Thursday, Oct. 19 - Horror  
Thursday, Nov. 9 - Historical Fiction  
Friday, Dec. 8 - Humor

Take a look, then check out a book from our library's monthly book club display! Each month we will explore a new and exciting book genre. Then meet, greet, snack and chat! No registration required. For more info, call 253-967-5533

JBLMmwr.com/libraries

## Grandstaff Library ADULT COOKBOOK CLUB!

Each monthly meeting has a theme. Check out a book from our cookbook display to make a recipe related to that theme. Bring your book and yummy dish to our meeting and share with the group. No registration required.

Meetings will take place from 6-7 p.m. on the following dates:

**Friday, Sept. 29** Cooks all day while the cook's away-Crockpot Time  
**Friday, Oct. 27** Celebrity Chefs

2109 Pendleton Ave  
JBLM-Lewis Main  
253-967-5889

JBLMmwr.com/libraries

Russell Landing Marina & Book Patch Library present a free

## TRUNK OR TREAT

Shoreline Park  
**Saturday, Oct. 28  
4-7:30 p.m.**

at the end of Shoreline Beach Road, Lewis North

Goodies & treats • Halloween craft • A book for every child\* (while supplies last)

\*courtesy of HALF PRICE BOOKS (no federal endorsement implied)

## STAY CONNECTED CLUB MEMBERSHIP MATTERS

Like deals & discounts? Join the Club! Membership at the Club at McChord Field includes money-saving discounts at MWR facilities — save on meals, activities, equipment & more! Plus, you no longer need an extra credit card! Join before Tuesday, Oct. 31 & you could win \$10,000, a year's free membership, free lunches & more!

Chance to win \$10,000 cash grand prize!  
Chance to win a year's free membership!  
Money-Saving Discounts at MWR Facilities!

Become a Club member today! Visit [myairforcelifelife.com](http://myairforcelifelife.com) & click on the big blue "For Club Members" button to become a member & start saving now!

Need help? Call 253-982-5581 for details.

The Club at McChord Field • 700 Barnes Blvd. 253-982-5581

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**Bazaars**

VENDORS for 34rd annual St. Ann Bazaar. 72nd & Park Ave. Tacoma, Sat. Nov. 11th. Call Shirley 253-472-2285

**Bazaars**

VENDORS WANTED! For Holiday Bazaar At South Lakeshore Christian Church in Tacoma. NOV 3rd & 4th. Space \$30, Rent Table \$5. For Info: 253-244-7014

**Heating & AC**

Briggs Stratton 7500 Watt Generator new, \$1,000 360-438-2579

B&G Sponsored Events Presents 2nd Annual **FRIGHTFULLY DELIGHTFUL BAZAAR** Oct. 14 & 15, 2017, 10am-5pm 2000 S. Union, Tacoma, WA at the VFW Hall

**Bazaars**

**SANS SOUCI FALL SALE** FRI 10/13 & SAT 10/14 9-3 11209 127th St E Puyallup Art, crafts & Rummage Sale! Basket raffles & FREE drawings!

**Bazaars**

VENDORS WANTED! For Holiday Bazaar At South Lakeshore Christian Church in Tacoma. NOV 3rd & 4th. Space \$30, Rent Table \$5. For Info: 253-244-7014

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Briggs Stratton 7500 Watt Generator new, \$1,000 360-438-2579

**Hobbies/Collectibles**

**THE PARKLAND DOLL DOCTOR** We do doll repairs, fix eyes, restringing, repair legs & arms, taking free donations for dolls. 253-538-2596

**Wanted to Buy**

**WANTED: Rare old Cigarette lighters**, will pay fair price. Larry 206-941-8651

**Misc. Merchandise**

I buy all types of old radios, tubes, stereo components, large speakers, small antiques, etc. **Steve 360-819-0957**

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**Dogs**

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**Dogs**

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**Olympia**

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JBLM  
NORTHWEST

# guardian weekend

SECTION C

**ALSO INSIDE:**

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



COVER STORY

## GET READY TO RUN

The annual JBLM Zombie Apocalypse Run on Lewis North will be 'as realistic as possible,' 3C

## FOR THE WEEK OF OCT. 13-19

13

**McCHORD PUB** 4 to 9 p.m. Drop in to relax after work. Enjoy programs on four overhead televisions and challenge your friends to a game of darts or poker. Order appetizers from the pub menu to go along with your favorite drinks.

**STRIKE ZONE AT SOUNDERS LANES**

11 a.m. to 10 p.m. Shrimp basket for \$8.25.

**THE CLUB AT McCHORD FIELD**

11 a.m. to 1 p.m. The lunch menu includes a huge salad bar, soup of the day, pasta made to order, a variety of sandwiches, grilled beef, chicken and BBQ chicken burgers with fries and more.

14

**SAMUEL ADAMS BREWHOUSE** 4 to 11 p.m. Watch your favorite college sports right here with appetizers and brew.

**SOUNDERS LANES**

11 a.m. to midnight. Cosmic Blacklight Bowling from 7 to 9 p.m. \$12 per person, plus the Laser Maze, games, a photo booth and play area.

15

**SAMUEL ADAMS BREWHOUSE** 1 to 10 p.m. Football on big screens. 12th Fan special: burger with fries and a Sam Adams draft pint for \$12.

**WARRIOR ZONE**

10 a.m. to 11 p.m. Chicken and waffles combo for \$5.50 or grits and bacon or sausage for \$3.50 from 9:30 a.m. to noon.

16

**SAMUEL ADAMS BREWHOUSE** 4 to 10 p.m. Happy hour from 4 to 5:30 p.m. Get six wings for \$5, half-off flatbread, \$2 off Sam Adams pitchers and \$1 off Sam Adams pints during the game.

**McCHORD GRILL**

11 a.m. to 1 p.m. Dine at the grill with a huge salad bar, pasta made to order, grilled burgers and sandwiches with fries.

**STRIKE ZONE AT SOUNDERS LANES**

11 a.m. to 8 p.m. Chicken club combo for \$8.25.

17

**WARRIOR ZONE DINING**

10 a.m. to 11 p.m. Try chicken tenders and fries for \$6.50 or a large pretzel with cheese for \$3 to go with your happy hour bottles, pints and pitchers. Ages 18 and older only.

**STRIKE ZONE AT SOUNDERS LANES**

11 a.m. to 8 p.m. Swedish meatballs over rice for \$8.25.

**BATTLE BEAN AT STONE EDUCATION CENTER**

7:30 a.m. to 5 p.m. Take-away breakfast and lunch with a variety of pastries.

18

**WARRIOR ZONE**

10 a.m. to 11 p.m. Warm up with beef stew and a roll for \$5 per cup and teriyaki steak or chicken bowls for \$5.50 each. Ages 18 and older only.

**McCHORD GRILL**

11 a.m. to 1 p.m. Dine at the grill with a huge salad bar, pasta made to order, grilled burgers and sandwiches with fries.

**STRIKE ZONE AT BOWL ARENA LANES**

4:30 to 7 p.m. All-you-can-eat pizza and bowling. Reserve your lane by calling 253-967-4661.

**STRIKE ZONE AT SOUNDERS LANES**

11 a.m. to 8 p.m. Three-piece chicken tacos for \$8.25.

19

**STRIKE ZONE AT SOUNDERS LANES**

11 a.m. to 8 p.m. Chicken bulgogi for \$8.25.

**SAMUEL ADAMS BREWHOUSE**

4 to 10 p.m. Each quarter during football, dice are rolled for a discounted drink special.

**McCHORD PUB** Order appetizers, chili and hearty sandwiches from the pub menu to go along with your favorite drinks. Club members can play Football Frenzy to win weekly prizes and a chance at going to the Super Bowl.

**WARRIOR ZONE**

10 a.m. to 1 a.m. Catch college and pro games, plus UFC action. 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 <a href="http://JBLMmwr.com">JBLMmwr.com</a> . |              |

## AT THE MOVIES

Carey Theater  
on Lewis Main

American Assassin (R)

Friday at 7 p.m..

American Assassin (R)

Saturday at 5 p.m.

American Assassin (R)

Sunday at 5 p.m.

## MOVIE TIMES

For movie times, contact your local theater.

## TACOMA AREA

**BLUE MOUSE THEATRE:** 253-752-9500

**GRAND CINEMA:** 253-593-4474

**LAKEWOOD TOWNE CENTER**

**CINEMAS:** Not available by phone, online [fandango.com](http://fandango.com)

**REGAL LAKEWOOD STADIUM 15:** 844-462-7342 411#

**CENTURY POINT RUSTON AND XD:**

Not available by phone, online [cinemark.com](http://cinemark.com)

## PUYALLUP

**LONGSTON PLACE:** 253-770-9901

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

## BONNEY LAKE

**REGAL TALL FIRS 10:** 253-891-5445

## GIG HARBOR

**GALAXY UPTOWN THEATRE:** 253-857-7469

## PORT ORCHARD

**REGAL SOUTH SOUND 10:** 360-871-2294

## SOUTH KING COUNTY

**CENTURY FEDERAL WAY 16:** 253-946-0942

**FEDERAL WAY GATEWAY 8:** Not available by phone, online [fandango.com](http://fandango.com)

## YELM

**YELM CINEMAS:** 360-400-3456

## OLYMPIA/LACEY

**MARTIN VILLAGE STADIUM 16:**

360-455-5003  
**CENTURY OLYMPIA:** 360-943-0769



Lionsgate Films

Dylan O'Brien, Shiva Negar, Michael Keaton, Sanaa Lathan and Taylor Kitsch star in the new Lionsgate Films release, "American Assassin."



SCOTT HANSEN Northwest Guardian / 2016

The annual JBLM Zombie Apocalypse Run course will weave through the former World War II barracks area near the Wilson Sports and Fitness Center on Lewis Main Saturday.

## JBLM ZOMBIE APOCALYPSE RUN

# Night of the living dead

BY DEAN SIEMON  
*Northwest Guardian*

For anyone who has watched “Zombieland” and thought, “I could survive longer,” a similar opportunity awaits at the 2017

Joint Base Lewis-McChord Zombie Apocalypse Run Saturday at the Wilson Sports and Fitness Center on Lewis North.

The main event of the fun run is a 5K run that goes through the retired World War II-era

barracks on Lewis North. Staff will guide “survivors” through the course in an effort to help them avoid the undead.

Runners in each of the two

**SEE ZOMBIE, 6C**



Additional ‘zombies’ have been recruited this year for the annual JBLM Zombie Apocalypse Run on Lewis Main Saturday.

## OCTOBER 13-15

LEAVENWORTH  
THREE-DAY CLIMB

Join us for a trip to Leavenworth's Icicle Canyon for a three-day rock climbing trip.

The rock is dark granite with lots of slabs and cracks, and most routes along Icicle Road are within walking distance. There are routes for all ability levels, as well as mellow top ropes.

One favorite is Snow Creek Wall about 2 miles up Snow Creek Trail offering longer climbs and a longer approach.

After climbing, the group will head to town for Oktoberfest, Leavenworth's famous fall celebration. Ground transportation, technical climbing gear and camping included. **\$275.**

## OCTOBER 18

SEA KAYAK  
SKILLS CLASS

The course offers five levels of two-hour kayak skills classes. Participants can start at any time and master as many levels as they would like.

First level: proper paddling techniques and how to buddy rescue. Second level: Edging maneuvers and self-rescue. Third level: Recovery techniques and muscle memory exercises for the roll.

Fourth level: Multi-day kayak trip preparation and the T-rescue. Fifth level: Learning the kayak roll. After the fifth level, students can continue to perfect the roll.

Minimum age: 12. Meet at the Kimbro Pool at McVeigh Sports and Fitness Center at 7:30 p.m. **\$35.**

## OCTOBER 19-25

DESERT CLIMBING  
TRIP IN MOAB, UTAH

The Fisher Towers are one of the most outstanding scenic features of Utah's Colorado Riverway. These rock pinnacles soar above a maze of red and purple hued canyons. Join Northwest Adventure Center guides for an amazing trip to climb some of these famous towers.

With a wide selection of routes the program can tailor.

Not only tower climbing is available, but an amazing selection of short sport routes in the river canyons. **\$1,900.**

## OCTOBER 21-22

ROCK CLIMBING INTRO  
IN TIETON VALLEY

The Tieton River crags are spread out along a 20 mile-stretch of the Tieton River drainage, on the east slope of the south Cascades. Most of the crags are andesite (similar to basalt), part of a 50-mile long flow from the ancient Goat Rocks volcano. By some accounts it's the world's longest andesite flow.

There are more than 400 routes, pretty much evenly split between trad and sport. Generally, the crags in the lower canyon (Royal Columns, the Bend, and Moon Rocks) have more crack routes while the crags higher in the drainage (the Oasis, the Cave, Rainbow Rocks, Wildcat, Lava Point and South Fork) have more sport routes.

Whether it's a reflection of the rock or the primary route developers, the Tieton shines at the 5.10 grade for trad routes and 5.11 grade for sport climbs. Register for an awesome fall weekend of climbing and camp-

fires out in the Washington southwest.

Ground transportation, technical climbing gear and camping included. **\$190.**

## OCTOBER 22

FALL PHOTOGRAPHY  
CLINIC ADVENTURE

Washington's diversity of flora in the mountains makes for a spectacular fall color display. From the deep reds of vine maple on the western slopes to the golden yellow of alpine larches on the eastern slope.

But that's not all that makes the hillsides light up in autumn. There are fiery reds and oranges in huckleberry shrubs,

brilliant yellows of the aspens and a variety of different berries in many hues often against a backdrop of crisp blue sky.

Minimum age: 12. Depart from the Northwest Adventure Center on Lewis North at 8 a.m. or McChord Field's Adventure Unlimited at 8:15 a.m. Trip with NAC expert guides. **\$50.**

OCTOBER 27-29  
BASIC ROCK CLIMBING  
TRIP AT SMITH ROCK

This is where it all began with greats like Alan Watts and the late Todd Skinner. Smith Rock is the sport climbing Mecca for the Northwest; there are more than 1,000 routes, mostly bolted sport climbs, some aid and many good

traditional climbs.

This place is home to some of the hardest routes on Earth, yet still offers challenges to climbers of all abilities. Don't miss the Monkey's Face.

Three days of amazing climbing tailored for any skill level. Whether you are just learning or want a guide to help you on those multi-pitch routes this is the place.

Ground transportation, technical climbing gear and camping included. **\$300.**

## OCTOBER 28

WATERFALL PHOTO  
WORKSHOP COURSE

Capturing waterfalls, a continuously flowing subject,

requires a delicate balance of the available light through proper use of aperture and shutter-speed.

This workshop will show how and when to use different shutter-speeds to convey the proper mood.

The group will travel to some hidden gems in the Mount Adams area where they will see some spectacular scenery and marvel at the power and beauty of nature.

Participants should bring: camera and tripod, good, sturdy footwear, rain gear, food/snacks and water.

Minimum age: 12. Depart from the Northwest Adventure Center at Lewis North at 7:30 a.m. Trip with NAC expert guides. **\$85.**

## upcoming events »



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## CIDER SQUEEZE

**Saturday, Oct. 14 • 10am to 4pm**

Squeeze Apples into Fresh Cider, Enjoy entertainment, plus purchase treats, pumpkins and items from our many vendors.  
*Vendor space, \$20.*

'DOWNTON ABBEY'  
THEMED  
TEA & TOUR

**Saturday, Oct. 21 • 1pm**

\$18 per guest. Vintage Dress and/or Hats.  
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## Sons of Norway Norden Lodge #2

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## Annual Lutefisk Dinner

**Saturday, October 21**

**11am to 4pm**

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Ages 6-12 \$10;  
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SATURDAY, OCT 14

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EVENTS

COMMUNITY

**“Quilts Ahoy:” Gig Harbor Quilt Show** 10 a.m. to 6 p.m. Friday and Saturday. Gig Harbor Yacht Club, 8209 Stinson Ave., Gig Harbor featuring simple to complex quilts. \$5 donation. 253-229-2209.

**Meeker Mansion Cider Squeeze** 10 a.m. to 4 p.m. Saturday. Meeker Mansion, 312 Spring St., Puyallup. Squeeze some fresh cider from apples, enjoy entertainment, buy your special pumpkin at our pumpkin patch and snack on everything apple from our Snack Shack. 253-848-1770, meekermansion.org.

**Northwest Carvers Association Show and Sale** 10 a.m. to 5 p.m. Saturday and 10 a.m. to 4 p.m. Sunday. Waller Road Grange, 2708 64th St. E. Tacoma. \$7 ticket is good for two days. Children 12 and younger get in free. woodcarvers.org.

**Pancake Breakfast** 8 to 11 a.m. Saturday. Puyallup Senior Activity Center, 210 W. Pioneer, Puyallup. Come and listen to the music of the “Touch of Class Combo Band.” Tickets are sold at the door. \$4. trudi@ci.puyallup.wa.us

**Lakewood Truck and Tractor Day** Noon to 3 p.m. Saturday. Fort Steilacoom Park, 8714 87th Ave.

SW, Lakewood. Free hayrides, hard hats and pumpkins — while supplies last. Children can climb on dozens of giant trucks and tractors, sit in the driver’s seat and honk the horn. Free. 253-983-7758, cityoflakewood.us/parks-and-recreation/special-events.

**Frightfully Delightful Bazaar** 10 a.m. to 5 p.m. Saturday and Sunday. VFW Post 91, 2000 S Union Ave., Tacoma. Forty vendors, food, games, contests, raffles and shopping. Look for our bright pink signs. 253-831-7894.

**Lummi Totem Pole Journey: We Draw the Line** 6:30 to 8 p.m. Sunday. Foss Waterway Seaport, 705 Dock St., Tacoma. Lummi Nation will travel across the western United States and Canada with a totem pole to bring attention to proposed fossil fuel terminals, pipelines and other facilities and the threat they pose to tribes and local communities. Free. 516-650-7530.

**Film Screening: “Wasted! The Story of Food Waste”** 6:30 to 8:30 p.m. Tuesday. Rausch Auditorium, University of Puget Sound, 1500 N. Warner, Tacoma. Film is followed by a brief discussion highlighting local community groups working to create a more resilient and sustainable food system. Refreshments provided. Free. 253-591-5172,

facebook.com/events/1852882325025624.

**Women in Leadership Forum** 6 to 8:30 p.m. Tuesday. University of Puget Sound, 1500 N. Warner St., Tacoma. Women panelists are selected from the Pierce County community and respond to questions regarding their path to leadership including challenges, sacrifices and successes. jltacoma.org/fundraiser/women-in-leadership.

**Making the Link 2017** 11 a.m. to 4 p.m. Wednesday. STAR Center, 3873 S. 66th St, Tacoma. Annual information, resources, services and supports expo for long term services and supports for older adults and individuals with disabilities. Free. No RSVP required. 253-798-4600, PierceADRC.org.

**Cruise Month at AAA** 2:30 to 3:30 p.m. Thursday. Cruise and Travel Presented by AAA, 1801 S. Union Ave., Tacoma. Hear about new initiatives and enhancements on Princess Cruises. Free. 253-756-3034, AAA.com.

SEASONAL

**Picha’s Pumpkin Patch and Corn Maze** 10 a.m. to 6 p.m. weekends and 3 to 6 p.m. weekdays through Oct. 20. Picha Farms, 6502 52nd St. E., Puyallup. Featuring a 5-acre corn maze, hayride, best pumpkin sling shot in the valley and open fields full of pumpkins ripe for the picking. No entrance fee. Corn maze \$6 per person; Hayride \$3 per person, Pumpkin Slingshot \$1 per

shot. 253-841-4443, pichafarm-s.com.

TALKS

**Steilacoom Library Speaker Series: “They Passed Through Steilacoom”** 2 to 3 p.m. Friday. Steilacoom Historical Museum, 1801 Rainier St., Steilacoom. An intimate look at some Naches Pass Travelers. Historian, author and living history presenter Ray Egan brings to life some intriguing and wacky stories about

people who passed through Steilacoom. Free. 253-584-4133, steilacoomhistorical.org.

**Dane Looker** 5 to 6 p.m. Sunday. Immanuel Lutheran Church, 720 W. Main, Puyallup. Former University of Washington and NFL player who is currently the Puyallup School Board President will be speaking about how his faith influenced his journey through his NFL career. Free.

SEE EVENTS, 7C

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Mon: 1:00, 3:35, 9:05  
Tue-Wed: 1:00, 3:35, 6:30, 9:05  
Thu: 1:00, 3:35, 9:05

**Lucky (NR)**  
Fri-Mon: 2:30, 4:45, 6:50, 8:50  
Tue: 4:45, 9:15  
Wed-Thu: 2:30, 4:45, 6:50, 8:50

**Victoria & Abdul (PG-13)**  
Fri: 1:15, 3:45, 6:15, 8:45  
Sat-Sun: 11:45 AM, 1:15, 3:45, 6:15, 8:45  
Mon-Thu: 1:15, 3:45, 6:15, 8:45

**Battle of the Sexes (PG-13)**  
Fri-Mon: 1:30, 4:05, 6:40, 9:15  
Tue: 1:30, 4:05, 6:40  
Wed: 4:05, 9:15  
Thu: 4:05, 6:40, 9:15

**Rosemary’s Baby (R)**  
WEIRD ELEPHANT SERIES  
Sat: 11:00

**Ex Libris: New York Public Library (NR)**  
TUESDAY FILM SERIES  
Tue: 1:00, 6:45

**The Lady Vanishes (NR)**  
CLASSIC FILM SERIES  
Wed: 1:45, 6:45

**Leonardo (NR)**  
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Thu: 1:30, 6:45

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5TH ANNUAL

# Oktoberfest

**Saturday, October 21st**  
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- Beef Rouladen served with Spaetzle and Rotkohl
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FROM PAGE 3C

# ZOMBIE

scheduled heats will receive “lives” in the forms of flags. The zombies will try to take these lives in a fashion similar to flag football. Runners who are able to keep at least one of their life flags will be eligible for a prize.

While it might sound like runners will have a video-game-like experience, co-coordinator Mallory Loy said it’s meant to feel like the events of the 2009 movie starring Woody Harrelson and Jesse Eisenberg.

“Our idea is to make this as realistic as possible as far as zombie make up, how they move and how they run,” Loy said.

“We’re hoping that it’s more realistic this year than in years past, and we’ve recruited more zombies.”

Registered runners will receive one life when they arrive and can get up to three more lives by visiting sponsorship booths before the race. It’s recommended to arrive at least one hour before the heat to successfully check into the event and receive lives.

There’s a chance to gain an additional life during a DECON tent in the middle of the 5K course.



SCOTT HANSEN Northwest Guardian / 2016

The annual JBLM Zombie Apocalypse Run will take place in two heats Saturday. There will also be a 1K event for kids.

The event also features a not-so-scary 1K Monster Dash for younger runners, which will feature some zombies. Loy said the undead volunteers have been informed to tone things down a little bit for the 1K.

“We tell them to make it as realistic as possible without scaring them,” Loy said.

In addition to the giveaways for each heat, the first 800 runners will receive a free entry into the annual Walk in the

Dark at Shoreline Park, which is good for admission either Thursday or Oct. 26.

The costume contest encourages runners to dress up like zombie hunters and victims. Points are given for having the necessary equipment and military-grade clothing to look the part; however, coordinators say no real weapons are allowed as props.

In years past, some runners have gone in another direction for the

zombie run by wearing food costumes, such as pizza and ice cream cones. People can dress up how-

ever they deem fit for a zombie run.

“The goal (for the costume contest) is to find

## If you go

**What:** JBLM Zombie Apocalypse Run

**When:** Saturday

**Where:** Wilson Sports and Fitness Center, Lewis North

Race bib pick-up from 5:30 to 8 p.m. Kids 1K starts at 8 p.m. Two heats for 5K at 8:30 and 9:30 p.m.

our best zombie hunter and our most gruesome victim,” Loy said. “It’s still pretty entertaining and comical to see (food costumes) though.”

The fees for day-of registration are \$20 (1K) and \$35 (5K) for those with a military ID; cost is \$25 (1K) and \$45 (5K) for those without a military affiliation. For more information about the event or to register, visit [jblmmwr.com/races](http://jblmmwr.com/races).

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## FROM PAGE 5C EVENTS

253-686-2760, ilcpuyallup.org.  
**Conversation Cafe in Puyallup** 6:30 to 8:30 p.m. Monday. Mama Stortini's, 3207 E. Main Ave., Puyallup. Satisfy your hunger to talk about the issues of the day with a wide range of people with a variety of views. Just a conversation, nothing more. Free. 253-272-1495, tacomapiercelwv.org.  
**Travel Talk: A Misunderstood People** 7 to 8:30 p.m. Wednesday. Annie Wright School, 827 N. Tacoma Ave., Tacoma. Thoughts on Fulbrighting in Russia and meeting everyday Russians with Jeff Birkenstein. Free. 253-251-2750, wactacoma.com/event-2617697.

## MUSIC CHORAL

**Jet Cities Chorus** 2 and 7 p.m. Oct. 28. Federal Way Performing Arts and Event Center, 31510 Peter von Reichbauer Way South, Federal Way. \$25-\$35. 253-835-7010, fwpaec.org.  
**Federal Way Chorale** 7:30 p.m. Dec. 9. Performing Arts and Event Center of Federal Way, 31510 Pete Von Reichbauer Way S., Federal Way. Winter performance. \$24-\$34. fwpaec.org.

## CLASSICAL

**Organ at Noon with Joseph Adam** 12:05 p.m. Friday. University of Puget Sound's Kilworth Memorial Chapel, 1500 N. Warner St., Tacoma. Organist plays an all-Bach program in honor of Bach's birthday. Free.  
**Second City Chamber Series: Masterpiece I** 7:30 p.m. Friday. Great Hall at Annie Wright School, 827 N. Tacoma Ave.,

Tacoma. 253-572-8863, scchamberseries.org.  
**Piano Concert Series at Peace Lutheran** 7 to 9 p.m. Thursday. Peace Lutheran Church, 214 E. Pioneer, Puyallup. An evening with Jimothy Rogers performing classical music, hymn arrangements, improvisation and special music. Reception to follow. Donation \$10. 253-383-1317, peacelutherantacoma.org.

## COUNTRY

**Billy Ray Cyrus** 8 p.m. Friday. Snoqualmie Casino, 37500 SE North Bend Way, Snoqualmie. snocasino.com.

## FOLK

**Kronos Quartet** 8 p.m. Nov. 4. Performing Arts and Event Center of Federal Way, 31510 Pete Von Reichbauer Way S., Federal Way. \$54-\$79. fwpaec.org.

## JAZZ

**Jazz Orchestra** 7:30 p.m. Oct. 27. University of Puget Sound's Schneebeck Concert Hall, 1500 N. Warner St., Tacoma. Directed by Tracy Knoop. Free.  
**UP for Arts 2017 Fall Arts and Concert Series** 7 to 8:30 p.m. Oct. 27. University Place Civic/Library Atrium, 3609 Market Place, University Place. Jazz with the David Deacon-Joyner Trio. Featured artist is fused glass artist Fred Buxton. Free parking available beneath the library. \$15 adults; \$5 students; free for UP for Art members. Tickets at door. upforarts.org.

## SOUL/R&B

**Bone Thugs-N-Harmony** 9 p.m. Friday. Showbox SoDo, 1700 First Ave. S. Seattle. showboxonline.com.  
**Take Me to the River: Memphis Soul and Rhythm and Blues Revue** 7:30 p.m. Oct. 22. Pantages Theater, 901 Broadway, Tacoma. Featuring William Bell, Charlie Musselwhite, Bobby Rush and

others. \$19, \$30, \$45, \$59. 253-591-5894, broadwaycenter.org.

## ROCK

**A Night with Janis Joplin** 7:30 p.m. Friday. Pantages Theater, 901 Broadway, Tacoma. \$55, \$75, \$99, \$129. 253-591-5894, broadwaycenter.org.  
**Problem Child** 7:30 p.m. Saturday. Rialto Theatre, 310 S. Ninth St., Tacoma. AC/DC tribute bands working today. \$25. 253-591-5890, broadwaycenter.org.  
**Tommy James and The Shondells** 8 p.m. Saturday. Tulalip Resort Casino, 10200 Quil Ceda Blvd., Tulalip. \$55-\$65. Ticketmaster.  
**Arcade Fire** 7:30 p.m. Sunday. KeyArena, 305 Harrison St., Seattle. Ticketmaster.

## NIGHTLIFE FRIDAY

**Karaoke with DJ No Pants** 9 p.m. Acme Tavern, 1310 Tacoma Ave. S., Tacoma. 253-503-6712.  
**Nite Crew** 9 p.m. Emerald Queen I-5 Nightclub, 2024 E. 29th St., Tacoma. 253-594-7777.  
**Live Music** 6:30 p.m. Forza Coffee Company, 1520 Wilington Drive, DuPont. 253-964-1407.  
**Open Mic** 7 p.m. Forza Coffee Company, 2209 N. Pearl St., Tacoma. 253-759-9320.

**Sonic Funk** 9 p.m. Great American Casino, 10117 South Tacoma Way, Lakewood. 253-396-0500.  
**Sir Mix-A-Lot** 9 p.m. Jazzbones, 2803 Sixth Ave., Tacoma. \$20-\$25. 253-396-9169.  
**Into the Floot, Avoid and Guests** 8 p.m. Louie G's, 5219 Pacific Highway E., Fife. \$10. 253-926-9700.  
**Magician Cary Durgin** 6 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way. 253-473-2255.  
**Festival of Friends** 9 p.m. The Swiss, 1904 S. Jefferson, Tacoma. 253-572-2821.  
**Open Mic** 6-10 p.m. Urban Timber Coffee, 6621 166th Ave. E., Sumner. All ages, family friendly. 253-826-3936.

## SATURDAY

**Barb Wire Dolls** 8 p.m. Louie G's, 5219 Pacific Highway E., Fife. \$10. 253-926-9700.  
**The Expanders, Iya Terra and For Peace Band** 8 p.m. Real Art Tacoma, 5412 South Tacoma Way, Tacoma. \$12-\$15. realarttacoma.com.  
**Lit End** 8 p.m. The Spar, 2121 N. 30th St., Tacoma. 253-627-8215.  
**Decade Detour** 9 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way. 253-473-2255.  
**The Spazmatics** 9 p.m. The

Swiss, 1904 S. Jefferson, Tacoma. 253-572-2821.  
**Live Music Featuring blues, brews and barbecue** 8 p.m. Uncle Thurm's Finger Lickin' Ribs and Chicken, 3709 S. G St., Tacoma. 253-475-1881.  
**Head Honcho with Acid Teeth** 8 p.m. The Valley Pub, 1206 Puyallup Ave., Tacoma. 253-248-4265.  
**Pub Team Trivia** 7 to 8:15 p.m. Four fun rounds of team trivia with raffle prizes. Flanagan's Craft Pub, 120 S. Meridian, Puyallup. Free. 253-268-3246, liveeventtrivia.com.

## SUNDAY

**Tim Hall Band** 8 p.m. Dawson's Bar and Grill, 5443 South Tacoma Way, Tacoma. 253-476-1421.  
**Dead Lakes, Outlier, Tigerhawk, Cut Out and As Pillars Fall** 6 p.m. Real Art Tacoma, 5412 South Tacoma Way, Tacoma. \$10. realarttacoma.com.  
**Country Roadhouse Jam with Dave Nichols** 8:30 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way. 253-473-2255.  
**Linda Myers** 7 p.m. The Spar, 2121 N. 30th St., Tacoma. 253-627-8215.  
**Puget Sound Music for Youth** 2:30 to 8 p.m. The Swiss, 1904 S. Jefferson, Tacoma. 253-572-2821.  
**Whiskey Dick, Stoned Evergreen Travelers, Bazooka Benny and the Pfefferle and Stump Tail**

**Dolly** 8 p.m. The Valley Pub, 1206 Puyallup Ave., Tacoma. 253-248-4265.  
**Pub Team Trivia** 7 to 8:15 p.m. Four fun rounds of team trivia with raffle prizes. Rock the Dock Pub and Grill, 535 Dock St., Tacoma. Free. 253-272-5004.

## MONDAY

**Rockaroake with Live Band** 10 p.m. Jazzbones, 2803 Sixth Ave., Tacoma. 253-396-9169.  
**Open Mic with Chuck Gay** 7 p.m. The Swiss, 1904 S. Jefferson, Tacoma. 253-572-2821.

## TUESDAY

**Open Mic** 7 p.m. Antique Sandwich Company 5102 N. Pearl St., Tacoma. 253-752-4069.  
**Jerry Miller and CD Woodbury (Alternate)** 7 p.m. Daves of Milton, 1502 11th Ave., Milton. 253-926-8707.  
**Leanne Trevalyan and Billy Stoops** 8 p.m. Dawson's Bar and Grill, 5443 South Tacoma Way, Tacoma. 253-476-1421.  
**Karaoke with Virginia** 9 p.m. Great American Casino, 10117 South Tacoma Way, Lakewood. 253-396-0500.  
**Blues Jam with Roger Williamson** 9 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way. 253-473-2255.

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Does not include taxes/fee  
Offer expires Oct. 31, 2017  
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**3035 South 160th Street, SeaTac WA**

**Buy One Get One FREE!**  
Two house pastas with house sauce dishes for **\$16.99**  
(includes soup or salad, limit one per table)

**Joeseppi's**  
Italian Ristorante

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## ON SALE THIS WEEK

**SAM SMITH: THE THRILL OF IT ALL TOUR** Sept. 8, 2018. KeyArena, Seattle. Tickets went on sale Thursday.

**PINK: BEAUTIFUL TRAUMA WORLD TOUR** May 13, 2018. KeyArena, Seattle. Tickets go on sale Friday.

**CELTIC WOMAN: HOME-COMING TOUR** June 2, 2018. The Paramount Theatre, Seattle. Tickets go on sale Friday.

## ALREADY ON SALE

**LINKIN PARK AND SNOOP DOGG** 7:30 p.m. Saturday. KeyArena, Seattle.

**TOMMY JAMES AND THE SHONDELLS** Saturday. Tulalip Casino. Tulalip.

**WWE SMACKDOWN LIVE** Tuesday. KeyArena in Seattle.

**JACK DEJOHNETTE** Oct. 19. The Moore Theatre. Seattle.

**WHOSE LIVE ANYWAY** Oct. 20. The Moore Theatre. Seattle. stgpresents.org.

**DEPECHE MODE** 7:30 p.m. Oct. 21. KeyArena, Seattle.

**ANDRE RIEU** 8 p.m. Oct. 28. Tacoma Dome, Tacoma.

**GREGORY PORTER** Nov. 1. The Moore Theatre, 1932 Second Ave., Seattle.

**GARTH BROOKS WORLD TOUR WITH TRISHA YEAR-**

**WOOD** Nov. 4. Tacoma Dome, Tacoma.

**QUEEN LATIFAH** Nov. 4. Emerald Queen Casino, Tacoma.

**BOB SEGER AND THE SILVER BULLET BAND** Nov. 11. KeyArena, Seattle.

**"THE BODYGUARD" TOUR** Nov. 14-19. Paramount Theatre, Seattle. stgpresents.org.

**FALL OUT BOY** 7 p.m. Nov. 12. KeyArena, Seattle.

**TRANS-SIBERIAN ORCHESTRA 2017** Nov. 25. KeyArena, Seattle.

**BILL MURRAY, JAN VOGLER AND FRIENDS** Nov. 29. McCaw Hall, Seattle. Ticketmaster.

**"ELF THE MUSICAL"** TOUR Dec. 5-10. Paramount Theatre, Seattle.

**JAY Z - 4:44 TOUR** Dec. 13. Key Arena, Seattle. Ticketmaster.

**GARY ALLEN** Dec. 15. Emerald Queen Casino, Tacoma.

**CIRQUE DREAMS HOLIDAZE** Dec. 22. Paramount Theatre, Seattle. stgpresents.org.

**HARLEM GLOBETROTTERS** Dec. 29. KeyArena, Seattle. Ticketmaster.

**"BOOK OF MORMON"** Jan. 2-14 at The Paramount Theatre, Seattle. stgpresents.org.

**MONSTER JAM TRIPLE**

**THREAT SERIES** Jan. 12-14, Tacoma Dome. Tacoma.



SEP 22-OCT 15 • FRI &amp; SAT 7:30PM • SUN 2PM; SAT OCT 7 &amp; 14 2PM

Tacoma Musical Playhouse

## FOOTLOOSE THE MUSICAL

7116 6th Ave, Tacoma WA 98406

Kick off your Sunday shoes and cut loose as the explosive rock'n'roll musical Footloose bursts onto the Tacoma Musical Playhouse stage.

**Ticket Info:** Adult: \$31; Senior/Military/Students: \$29, Children: \$22, Groups of 10 or more: \$27 • All seating is reserved

FRI &amp; SAT AT 7:30PM • SUN AT 2:00PM OCTOBER 20-NOVEMBER 5

Tacoma Little Theatre

## BLITHE SPIRIT

210 N I Street, Tacoma, WA 98403

Noel Coward's hauntingly fun story of a man haunted by his dearly departed wife accidentally brought back from the other side by a kooky medium.

**Ticket Info:** (Adult) \$22 (Sr/St/Mi) \$20 (Children 12 and under) Pay What You Can Thursday, November 2, 2017 at 7:30pm. www.tacomalittletheatre.com 253-272- 2281

OCTOBER 21 &amp; 22 • SAT &amp; SUN 10AM - 3PM

Tacoma Musical Playhouse

## COSTUME SHOP SALE

7116 6th Ave, Tacoma WA 98406

TMP's Costume Shop is cleaning house and having a huge sale! Drop by to find one-of-a-kind items to expand your wardrobe and even find your next Halloween costume.

**More Info:** 253-565-6867 or tmp.org

SUNDAY, OCTOBER 15 • 5PM

Immanuel Presbyterian Church

## BLUES VESPERS

901 N J Street, Tacoma WA

The award winning Randy Oxford Band comes to Blues Vespers with their high energy six piece horn band. A good time will be had by all. Don't miss it!

**Ticket Info:** Free 253.627.8371 ipctacoma.org



OCTOBER 13, 14, &amp; 15, 2017 • FRI &amp; SAT 8PM • SUN AT 2PM

Lakewood Playhouse

## 10TH ANNUAL RADIO GALA "THE VAULT OF RADIO HORROR"

Lakewood Playhouse 5729 Lakewood Towne Center Blvd SW

Featuring classic horror plays from radio's Golden Age shows like "Lights Out" and "Suspense," with wine and complimentary hors d'oeuvres. LAKEWOOD: Shop, Eat, Play, Stay! **Ticket Info:** All Tickets: \$25 each, two for \$40 (includes one free beverage) (253) 588-0042 or online www.lakewoodplayhouse.org

OCTOBER 14, 2017 • 7:30PM

Tacoma Concert Band

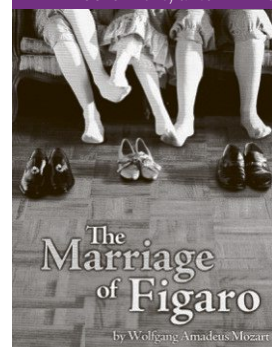
## TACOMA CONCERT BAND PRESENTS "STARS, STRIPES, AND SOUSA"



**Pantage Theater downtown Tacoma** TCB is proud to present on October 14, 2017 its salute to John Philip Sousa in the style of the authentic Sousa band. Maestro Musser will, for the last time, play the part of Mr. Sousa. Trombonist Bill Dyer, euphonium soloist Jason Gilliam and mezzo-soprano Heidi Vanderford will be featured.

**Ticket Info:** Broadway Center Box Office, 901 Broadway, 253-591-5894 www.broadwaycenter.org \$18 - \$36 with discounts for students, seniors, Military personnel free with ID

OCTOBER 28, &amp; NOVEMBER 3 AT 7:30P.M. • NOVEMBER. 5 AT 2:00P.M.



TACOMA OPERA

Tacoma Opera presents

## THE MARRIAGE OF FIGARO

By W.A. Mozart Rialto Theater

Figaro, the Barber of Seville, is about to marry the Countess' maid, Susanna. But the Count wants to revive the seigniorial right on a servant's wedding night. Figaro vows to outwit him and the fun begins! Sung in Italian with supertitles.

**Ticket Info:** \$35 - \$90. Box Office: 253.591.5894.

For information go to: tacomaopera.com

The Great Northwest  
**Glass Pumpkin Patch**

**FREE ADMISSION!**

Featuring 2,000+ hand-blown glass pumpkins crafted by local glass artisans.

There are a dazzling array of one-of-a-kind glass pumpkins in a variety of colors, shapes, sizes and price ranges.

**SATURDAY, OCTOBER 14, 9AM-3PM**  
**PICKERING BARN**  
1730 10th Ave NW - Issaquah, WA 98027

Sponsored by Tacoma Glassblowing Studio  
**253.383.3499 | www.tacomaglassblowing.com**  
\* A portion of every sale will be helping Children here in the Northwest and abroad.

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