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DEPARTMENT OF DEFENSE

Budget request: \$686.1 billion for defense

Proposal also includes 2.6 percent raise for military service members

BY JIM GARAMONE Department of Defense News Service

WASHINGTON, D.C. — The president's fiscal 2019 defense budget request calls for \$686.1 billion in spending and will reverse years of military erosion, Department of Defense officials said Monday.

percent raise for service members. There is no raise in the budget for civilian employees.

The base budget is set for \$617 billion and the overseas contingency operations fund is set for \$69 billion. Overall, the request is 3.1 percent of gross domestic product — a figure near historic lows, David Norquist said, DOD comptroller and

chief financial officer. The budget builds on the bipartisan budget act passed last week.

"We are appreciative of Congress raising the caps and ending the destructive effects of sequestration-level funding," Norquist said. "And we are committed to the reforms necessary to be good stewards of taxpayers' money."

The budget is a strategy-driven document that stresses the



Army Lt. Gen. Anthony Ilerardi, left, and David Norquist discuss the defense budget request in a news conference at the Pentagon Monday.

SEE BUDGET, 8A

JIM GARAMONE Department of Defense Photo

7TH INFANTRY DIVISION

EXERCISE AIDS READINESS



STAFF SGT. KENNETH BURKHART 302nd Mobile Public Affairs Detachment

Soldiers from 1st Battalion, 37th Field Artillery Regiment, 2nd Infantry Division Artillery set up a 155-mm Howitzer during a 10-day training exercise called Bayonet Focus 18-02 at Fort Hunter Liggett, Calif., Feb. 6.

Training helps brigade prepare for its upcoming NTC rotation

BY SGT. 1ST CLASS TONY WHITE 7th Infantry Division Public Affairs

FORT HUNTER LIGGETT, Calif. — Training exercise Bayonet Focus 18-02 began for Soldiers from across the 7th Infantry Division at Fort Hunter Liggett and Camp Roberts, Calif., from Feb. 5 to Friday.

The 10-day exercise certified one of the division's subordinate brigades, 1st Brigade, 2nd Infantry Division, on individual and collective tasks as the brigade prepares for an April National Training Center rotation.

"Exercise Bayonet Focus 18-02 not only serves as the external evaluation of (1st Bde., 2nd Inf. Div.) as it prepares for its April National Training Center rotation, it also builds readiness for all supporting forces and the division staff," said Col. Kyle Marsh, 7th Infantry Division chief of staff,

Serving as the exercise higher command, the 7th Infantry Division, provided the Ghost Brigade with a complex and dynamic virtual, constructive and live operational environ-

SEE 7TH ID, 8A



STAFF SGT. KENNETH PAWLAK 302nd Mobile Public Affairs Detachment

Spc. Mark Williams, 2nd Battalion, 3rd Infantry Regiment, 1st Brigade, 2nd Infantry Division, guides a Raven Unmanned Aircraft System preparing for Bayonet Focus 18-02 at Fort Hunter Liggett, Calif., Jan. 31.

ARMY EMERGENCY RELIEF

Support needed to boost AER fund

Campaign runs through May 15

BY RUTH KINGSLAND Northwest Guardian

Soldiers who have ever needed financial help during a family emergency may already know the benefits of the Army Emergency Relief program.

For those who don't and may need assistance in the future or those who'd like to help fellow service members can attend the AER Campaign Kick-Off at Carey Theater, 2163 Liggett Ave., Lewis Main, Feb. 23 at 9 a.m.

The campaign runs from March 1 to May 15 and is about Soldiers in need and being a part of the Army tradition of "Soldiers helping Soldiers" and "Helping the Army take care of its own." Donations to AER are tax deductible and can be made with a personal check, allotment, cash, credit or debit card.

This is the 76th year of the AER campaign, which provides service members and their families emergency financial assistance in the form of interest-free loans, grants or a combination of both, during valid emergencies requiring immediate assistance. The program also provides scholarships for military spouses and children.

"AER is an awesome program; without it, where would our

SEE AER, 8A

IN THE NEWS



Washington National Guard Photo

More than 30 state agencies gathered for a tabletop cybersecurity exercise on Camp Murray Feb. 8.

TABLE TOP EXERCISE

Officials from more than 30 Washington state agencies gathered for a tabletop exercise Feb. 8 at Camp Murray to review cyberthreats. See story, 3A

DEPARTMENT OF DEFENSE

Nondeployable Soldiers, PCS moves under review

BY DAVID VERGUN Army News Service

WASHINGTON, D.C. — The Army is taking a hard look at the number of Soldiers who are designated as nondeployable and possibly reducing the frequency of permanent-change-of-station moves, said Mark Esper, the secretary of the Army.

The high number of non-deployable Soldiers, currently at about 100,000, is "hurting Army readiness," Esper said Feb. 6 at the Pentagon during a

meeting with representatives of military and veteran service organizations.

A nondeployable Soldier is one who, for any number of reasons, is restricted from worldwide deployment where he or she would perform their unit's core designed or assigned mission. A business would not survive if 10 percent of its workforce could not perform its core mission, Esper said.

SEE ARMY, 8A



DAVID VERGUN U.S. Army Photo

Secretary of the Army Mark Esper, middle, speaks at the military and veteran service organizations roundtable in the Pentagon, Feb. 6.

DIRECTORATE OF PERSONNEL AND FAMILY READINESS



DEAN SIEMON Northwest Guardian

Staff Sgt. Gary Roberts, left, and Sgt. Harry Cruz, right, of Joint Base Lewis-McChord's Reception Center assist Pvt. Christopher Brown through in-processing at Waller Hall on Lewis Main Tuesday.

Merger helps streamline JBLM readiness services

DPFR could be a model for Army

BY DEAN SIEMON
Northwest Guardian

Joint Base Lewis-McChord's Directorate of Human Resources and Armed Forces Community Service subtly merged in October under one umbrella to increase efficiency, now known as the Directorate of Personnel and Family Readiness.

DPFR director Alecia Grady, who served as the AFCS chief, said consolidating both organizations was pitched to Installation Directorate Readiness and the Army Installation Management Command. The creation of what Grady called a "hybrid directorate" was allowed for one year.

"Our hope is that at the end of this, we can prove it's successful and advise IMCOM that this could be a model for the Army and other installations," Grady said.

The merger's origin dates back to when the Armed Forces Substance Abuse Program merged with AFCS in 2016. Grady said the AFSAP's prevention and education was essentially part of what AFCS does.

This laid out the foundation for the overall merger of complementary programs that fall under four main divisions:

- Military Life Cycle Division,

- Military Personnel Division,
- Life Skills Division,
- Operations Division.

"Through the Military Personnel Division, you have all of in- and out-processing, you have all of reassignments and retirement," Grady said. "So relocation, which is an AFCS program, complements nicely with in- and out-processing obviously."

Before the merger, all of the services between the two organizations were scattered throughout 14 buildings. Three of them have already been eliminated as part of the merger.

Grady said the goal is to establish four main hubs that can become one-stop shopping for most of their clients. Waller Hall on Lewis Main is already considered one of the four hubs, and Grady said DPFR hopes one inside Building 100 on McChord Field will be stood up by the end of March.

Two more will be stood up later this year at the Hawk Transition Center on Lewis North and the Service Member and Family Assistance Center at Madigan Army Medical Center.

"If you're a customer and you come into Waller Hall, you can get it all done in one building," Grady said. "We don't have to send you to Lewis North and we don't have to send you to McChord for a service."

Grady added that some services will not be eligible for consolidation into one of the four

main hubs, such as the postal service and the records holding area. Nonetheless, reducing the facility footprint will be an eventual cost saver.

Grady said she doesn't expect DPFR will make significant cost savings since it is still in the process of consolidating. She does expect savings will be identified in future years by using less resources to get the job done and utilizing cross-training, she said.

Initially, there are no job cuts expected, Grady said, but the first year will act as an evaluation that could lead to staff realignment between programs and services on JBLM.

"It could be that one section has more staff than they need and the other section doesn't have enough staff," Grady said. "We would be able to repurpose to balance the workload better."

DPFR will maintain AFCS' goal of being "the JBLM navigator," Grady said. That means each of the hubs can also act as a referral source for all types of services, such as medical and counseling.

"If there's something a person needs and they live off-base, they need to know where they can find a particular service in the community," Grady said.

Dean Siemon: 253-477-0235,
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NEWS IN BRIEF

3rd Battalion, 1st SFG Soldier dies in a JBLM vehicle accident Feb. 7

Army Spc. Jeremy Allen, 22, a tactical power generation specialist assigned to the 3rd Battalion, 1st Special Forces Group (Airborne), died in a vehicle accident on Joint Base Lewis-McChord Feb. 7.

"Our deepest condolences go to the family of Spc. Jeremy Allen," said Col. Will Bearpore, 1st SFG commander. "We collectively mourn the loss of our Soldier and honor his service to the nation."

Allen entered the Army in 2013 and was assigned to the 1st Brigade, 2nd Infantry Division, on JBLM, in May 2014. In September 2017, he was assigned to the 1st SFG.

He is survived by his daughter, parents and sister.

The accident is under investigation.

— 1ST SPECIAL FORCES GROUP (AIRBORNE) PUBLIC AFFAIRS

Nominations accepted for JBLM's 5 Volunteer of the Year awards

Nominations are being accepted for the Joint Base Lewis-McChord Volunteer of the Year award starting Monday to March 19.

Category descriptions are:

- Adult Volunteer of the Year: JBLM volunteers who are spouses of active duty members and civilian volunteers.
- Active-Duty Volunteer of the Year: JBLM volunteers who are active-duty service members stationed at JBLM.
- Retiree Volunteer of the Year: JBLM volunteer must be a retired service member, spouse of a retired service member or retired from a civilian job.
- Family Volunteer of the Year: nomination must include the impact and contributions of each family member as a JBLM volunteer.
- Community Volunteer of the Year: nominations are for volunteers who volunteer on JBLM, but contribute the majority of their volunteer service to communities/organizations outside of JBLM.

Nomination forms and category information flier are available at the Installation Volunteer Office at the Family Resource Center, by an email request to lori.j.parker2.civ@mail.mil or by visiting jblmafcs.com.

Nominations must be accompanied with a completed nomination form and may be hand-carried to the Family Resource Center 4724 Idaho Ave., or emailed to lori.j.parker2.civ@mail.mil by March 19 at 4:30 p.m.

Winners will be announced at the annual at the annual JBLM Volunteer Recognition Ceremony May 10.

For more information, call 253-967-2324.

— INSTALLATION VOLUNTEER OFFICE

Joint Base Lewis-McChord has late-night firing set for Tuesday

Units on Joint Base Lewis-McChord will conduct day, evening and nighttime artillery and mortar training Tuesday and the next few weeks.

• Mortar training will take place from Tuesday at 6:30 a.m. to Feb. 23 at 9:30 p.m. Training will occur throughout daytime and nighttime hours.

60 mm, 81 mm and 120 mm mortar training on JBLM.

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

Construction underway at Waller Hall, McVeigh, Grandstaff Library

Construction began Monday around the sidewalks and parking lots of the McVeigh Gym on Lewis Main. The work will be done in five phases and is scheduled to be complete by Aug. 2.

Construction began Friday on the parking lot next to the Grandstaff Library and Waller Hall on Lewis Main. Grandstaff Library and Waller Hall remain open through construction.

Construction will be conducted in two phases. Phase one, from Friday to June 8, will begin in the main parking lot located in front of Grandstaff Library and Waller Hall to include 10th Avenue which will also be closed down.

During this time, the main entrance to the library will be closed off and access will not be allowed. Patrons will be able to enter the building via the rear entrance located on the opposite side of the building near North 8th Street. The drive-up access book drop will be relocated to the pass-through located on Pendleton Avenue.

Phase two of the construction is scheduled to run from June 8 to Oct. 12. The remainder of the parking lot will be upgraded at that time to include parking in front of the Grandstaff Library as well as the end of Waller Hall and America's Credit Union.

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS

'Tis the season to see scams grow through social media accounts

QUANTICO, Va. — U.S. Army Criminal Investigation Command's Computer Crime Investigative Unit is once again warning the military community to be on the lookout for social media scams where cybercriminals impersonate service members by using actual and fictitious information, not just for Romance Scams, but for other impersonation crimes such as sales schemes.

Frequently, CID receives notifications from individuals stating they were scammed online by someone claiming to be a service member, but in reality it was an online scammer who has used an unsuspected service member's name and available social media photos to commit a crime.

No one is immune from becoming a victim. Scammers steal the identity of senior officers, enlisted members and civilians. Scammers, using this information from legitimate profiles, will capitalize on the trustworthy reputation of individuals associated with the Department of Defense.

CID officials said that the ideal solution is to limit the details you provide about yourself in your social media profile. Another tip is to routinely search for your name on various social media platforms. Since scammers may use your photo but change the name, you should also conduct an image search of your social media profile pictures.

If you find yourself or a family member being impersonated online, contact the social media platform and report the false profile.

For more information about computer security, visit the Army CID website at cid.army.mil.

— U.S. ARMY CRIMINAL INVESTIGATION COMMAND

WARRIOR TRANSITION BATTALION

Adaptive sports helping Soldier heal

BY ANNETTE GOMES

Warrior Care and Transition

ARLINGTON, Va. — At one point or another, we've all heard the saying "no pain, no gain."

It's the physical conduct code Spc. Katherine Morrin lives by. After suffering a head and back injury, she would come to lean on this code as she healed at the Warrior Transition Battalion at Joint Base Lewis-McChord.

An avid athlete, Morrin was introduced to adaptive sports, which has helped her adjust to her new normal.

"I did a variety of sports as a child and lifted weights," Morrin said. "I was a bit apprehensive at first to try adaptive sports due to my injuries and I began participating in events such as archery, rowing and field. I learned that adaptive sports are a great way to continue to be competitive while working around your injuries."

These days Morrin is focusing on competing at the 2018 Army Trials at Fort Bliss, Texas, for the first time.

The event will take place March 3 to 9 with more than 90 wounded, ill and injured active-duty Soldiers and Army veteran athletes training and competing for a spot on Team Army and the chance to compete at the 2018 Department of Defense Warrior Games, June 2 to 9 in Colorado Springs, Colo.



Courtesy Photo

Spc. Katherine Morrin begins target practice at the Warrior Transition Battalion at the Ryan J. Peterson Archery Range on Joint Base Lewis-McChord.

"This competition is important to me because it has been quite a while since I have been able to compete in something that I really enjoy," Morrin said. "I am excited to be competing and to meet other wounded warriors who are dealing with a lot of the same obstacles and hardships."

The Wisconsin native will compete in recurve bow (archery), rowing, shot put and discus. Morrin said she's realizing that the upcoming competi-

tion is about more than sports.

"The connections you make (at Army Trials) can become lifetime friendships," Morrin said. "I have bonded with a few participants here at the WTB with me and with several veteran competitors with whom I am still in contact with. This competition proves that we have the ability to adapt and overcome any obstacle that is put in front of us. The pain that comes with that is just weakness leaving the body."

Page Three

QUOTE OF THE WEEK

"We face a complex, volatile and challenging threat environment. The risk of interstate conflict is higher than any time since the end of the Cold War — all the more alarming because of the growing development and use of weapons of mass destruction by state and nonstate actors. Our adversaries, as well as the other malign actors, are using cyber and other instruments of power to shape societies and markets, international rules and institutions, and international hotspots to their advantage."

Daniel Coates
Director of National Intelligence

ALSO INSIDE



SCOTT HANSEN Northwest Guardian

ROLLER DERBY: The JBLM Bettie Brigade defeated the Rodeo City Rollergirls 180-134 in the season opening bout Saturday. **See story, 1B**

NWGUARDIAN.COM

● **Blood center delivers:** The Armed Services Blood Bank Center, as part of the Armed Services Blood Program, collected and delivered donated blood to two civilian hospitals here for storage for potential emergency use by U.S. service members participating in this year's Cobra Gold exercise. The blood was delivered to Bangkok Hospital Pattaya and Bangkok Hospital Chanthaburi Saturday. Cobra Gold is an annual exercise in Thailand, held from Tuesday to Feb. 23, with seven full participating nations.

● **Hollywood seeks help:** Every year, there are a few blockbuster movies based on true stories of U.S. service members, and the upcoming "15:17 to Paris," directed by Clint Eastwood, is no exception. What makes this one



unique, though, is that all three men who were the real-life heroes play themselves in the movie. The Defense Department helped provide as much accuracy as possible. Parts of the film were shot at Robins Air Force Base, Ga., even though the movie depicts Fort Sam Houston, Texas. While the Air Force took the lead, the Oregon Army National Guard also contributed.

1ST SECURITY FORCE ASSISTANCE BRIGADE

Brigade holds activation ceremony

BY STAFF SGT.
SIERRA MELENDEZ
Army News Service

FORT BENNING, Ga. — The 1st Security Force Assistance Brigade held an activation ceremony at the National Infantry Museum Feb. 8 unveiling their unit colors for the first time.

Since the summer of 2017, the 1st SFA Bde. has been building teams from places like Joint Base Lewis-McChord and others, training and receiving new equipment tailored specifically to their unique mission. The ceremony served as the official recognition of the unit's activation.

The 1st SFA Bde. was created in order to train, advise, assist, enable and accompany host nation conventional forces in infantry, armor, cavalry, engineer, artillery and combined arms warfare. The unit is the first of six planned brigades specifically built to achieve the Army's vision of enabling combatant commanders to carry out theater security objectives through partnered and allied indigenous security forces for decades to come.

Throughout the Army's history, advise and assist missions in combat have been consistent. From World War II to Vietnam — continuing to today's battlefields in the Middle East — the Army has been helping our allies and partners build large, credible conventional forces capable to secure and protect their countries autonomously.

In January, the Department of Defense officially announced the brigade's deployment to Afghanistan this spring. Col. Scott Jackson, the commander of the 1st SFA Bde., reflected on the journey his unit has embarked on during a speech at the ceremony.

"Ladies and gentlemen, in less than nine months, the formation in front of you has gone from a concept to a combat-ready formation fully ready for employment," Jackson said. "Starting with nothing, this formation has simultaneously recruited, trained and assimilated more than 800 Soldiers; received over 22,000 pieces of equipment; conducted two combat training center rota-



PATRICK ALBRIGHT U.S. Army Photo

The 1st Security Force Assistance Brigade marches with cased colors during their activation ceremony at the National Infantry Museum at Fort Benning, Ga., Feb. 8.



PATRICK ALBRIGHT U.S. Army Photo

tions; developed innovative doctrine related to security force assistance and formed and synchronized original equipping strategies to meet our unique mission requirements."

Jackson expressed his gratitude for the outstanding and remarkable leaders that filled the ranks before him. Prior to volunteering, Soldiers had to serve in a similar

position in a conventional unit before being selected for the 1st SFA Bde. Jackson attributes this requirement to the professional and skilled culture cultivated over the last nine months.

"The secret sauce to our achievements is standing right in front of you — the Soldiers that compose the 1st SFA Bde.," Jackson said. "Their achievement is

indicative of the self-starting, high performing, mature and intelligent Soldiers we brought on board."

In attendance for the ceremony was Gen. Mark Milley, Army chief of staff, who spoke on the critical and enduring need for the security force assistance brigades and how the benefits of having a permanent, additive force struc-

ture would be tenfold for the Army.

"(The security force assistance brigade) gives us purpose-built formations designed to execute the critical mission of security force assistance without having to rip apart conventional (brigade combat teams)," Milley said.

He went on to say by not relying on conventional brigade combat teams to execute security force assistance missions, the Army can develop and maintain its top priority of readiness.

"In times of national crisis when our Army is called to expand quickly, we already have a ready-made brigade combat team chain of command," Milley said. The brigade could be filled with Soldiers, conduct training, and be ready to fight in a relatively short period of time.

Milley continued that the 1st SFA Bde. is an excellent organization because the unit is filled with the right people and emphasized that 80 percent of the formation are combat veterans, many with advising experience. He closed by saying that he is very proud of the enthusiasm, training and efforts of the commander and the Soldiers and that the 1st SFA Bde. will establish its own history.

In addition to revealing the unit's colors for the first time in history, the 1st SFA Bde. cased its colors, symbolically preparing for deployment. Jackson addressed the brigade in its entirety for the last time before they deploy and offered some final guidance.

"Remember that you are the United States of America and the profession of arms to our partners," Jackson said. "Our conduct, appearance, actions and values must represent the best of America and its Army."

Jackson closed out by voicing his confidence in his formation and acknowledging their phenomenal work.

"This is just the beginning of our journey and our legacy," Jackson said. "Stay true to your values, trust in one another and continue to write the story of the 1st Security Force Assistance Brigade."

WASHINGTON STATE NATIONAL GUARD

Tabletop exercise responds to cybersecurity threats

Washington State National Guard

Officials from more than 30 Washington state agencies gathered for a tabletop exercise Feb. 8 at Camp Murray to review cyber threats, discuss reporting and information sharing, and discuss how cybersecurity awareness can be strengthened.

"The threat is getting worse, not better," said Maj. Gen. Bret Daugherty, adjutant general of the Washington National Guard, at the start of the two-and-a-half-hour exercise. "We just need to be prepared for it. Here at the Military Department, a cyber threat is just one more thing that keeps us up at night. It isn't a special shiny category over here all by itself. It's just another potential disaster we have to plan for."

Daugherty said if the threat is big enough — like an attack on the power grid — he'd recommend activating the Washington National Guard's cyber protection team, which has worked on power grid issues before.

Washington Emergency Management Division Deputy Direc-

tor Jason Marquiss reminded participants that a cybersecurity threat could have physical requirements.

"It's just like we were responding to a flood, or a lahar or a volcanic eruption," Marquiss said. "Cyber is just the mechanism. The local jurisdiction may have shelter needs, access needs and people needing help with translated materials. How would we help a public airport asking for our help?"

Tabletop participants were guided on real incidents. There was the time in 2015, when inmates at an Ohio prison built computers out of recycled materials, hid it in the ceiling of their prison cells and hacked their way through internal databases to create security passes, submit credit card applications and commit tax fraud.

"We talk about threats from the outside all the time, but something to think about is there are folks on the inside, who may do something nefarious, as well," said Rob Lang, the cybersecurity manager for the Washington



Washington National Guard Photo

Maj. Gen. Bret Daugherty, Washington National Guard commander, helps lead more than 30 Washington state agencies gathered for a tabletop exercise on cybersecurity at Camp Murray Feb. 8.

Military Department.

Maia Bellon, the director of the Department of Ecology, pointed out that it wouldn't just be power impacted, it could be sewer systems and water systems.

"Many of you saw the West Point treatment plant failure,"

Bellon said of the King County plant, which caused about 235 million gallons of untreated wastewater — including raw sewage — to spill into a nearby beach. "And a big part of that failure was a lack of electricity and if the PUD has a wastewater treatment plant or a drinking

water plant out to customers, we could have a major blowout."

Lang said we need to differentiate between a cyber incident such as ransomware on a business, for instance compared to a significant cyber incident, where public health and safety are impacted, and the physical affects start to be noticed by the agency's Alert and Warning Center and the state's Emergency Operations Center gets activated.

Lang points to the state's Cyber Incident Annex utilized to help respond to emergencies.

Daugherty asked participants how many participants had received a phishing scam and nearly everyone raised their hand. Phishing is when someone tries to get you to download a file or click a link that ends up placing malware on your device or seizes control.

"They're getting so sophisticated," Daugherty said. "It's no longer about the Nigerian prince seeking money. Now, there are contests and emails that look real from people you know."

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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STRAIGHT TALK

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



What did you think of the Super Bowl halftime show?

"I caught only bits and pieces of the game since I was in the kitchen, but I liked JT."

— KELLIE VARNER

"Marginal at best."

— ANN MARIE DALTON

"What Super Bowl?"

— DICK SPETH

"The Super Bowl and halftime was great!"

— MICHELLE MUNDAY

"Didn't watch it. Haven't watched any football since all the teams took a knee. But I did hear from some who watched it that everyone stood and had their hands on their hearts. So I might give them a chance next year."

— NIKKI ADAMS

"I thought it was good, just anticlimactic."

— KELSEY ALSUP

"He had me in bed and asleep by the end of the first song."

— CALEB WHEELER

"All three of my teenagers thought it was terrible."

— TIMOTHY FARY

Next week's question

What made your Valentine's Day special this year?

VIEW FROM THE TOP

Sustainment is the key to U.S. Army readiness

BY COL. ELIZABETH DELBRIDGE-KEOUGH
593rd Expeditionary Sustainment Command

Readiness remains the Army's number one priority. As Gen. Mark Milley, Army chief of staff, said in remarks at the Association of the United States Army Conference in 2015, "Readiness for combat is our Number 1 priority, and there is no other Number 1."

The mission of I Corps stated simply is to "Deploy, fight and win in any environment."

At the 593rd Expeditionary Sustainment Command, we've embraced a bit of our namesake into our mission statement. Our job is to deploy, fight, sustain and win in any environment. Sustainment is the

backbone to readiness. Without deployable Soldiers and properly functioning equipment, units simply cannot train, let alone deploy, fight and win.

The Soldier's Creed lays it out for us — "I will always maintain my arms, my equipment and myself." Individual Soldier responsibility is the foundation of sustainment.

Self goes beyond physical readiness training and dental, hearing and vision screenings. It also entails a Soldier's family — spouses and children, parents and grandparents. When Soldiers neglect important personal aspects of readiness, like medical and financial preparedness, they slow the process of deployment.

Readiness starts with people — Soldiers and family members. Units must focus on personnel readiness and deployability. Accurate and detailed Unit Status Reporting for personnel and equipment is a critical tool for gauging and addressing unit readiness concerns. In the past, some leaders saw Unit Status Reporting as a monthly data call. Leaders must shift their thinking to consider readiness as an everyday benchmark.

Units must focus on maintenance programs, baseline equipment maintenance standards and minimize reliance on contractors. In the same way that a neglected personnel item can delay the process of deployment, a neglected vehicle repair can backlog the service bay and slow movement to the railhead.

It's essential that leaders create time now for the critical moments tomorrow. Soldiers must understand the urgency of our profession and why adherence to standards is the



U.S. Army Photo

Sp. Destinee Banda, right, culinary specialist, qualifies on the 240B machine gun at Joint Base Lewis-McChord Sept. 1. Banda and other Soldiers of Headquarters and Headquarters Company, 593rd Expeditionary Sustainment Command, focused training on "America's Big Six."

only sure way to readiness.

One way to build more time for deployment is to divest excess equipment and enhance capacity and reliability of on-hand equipment. Units should evaluate their property books against their Mission Essential Task-Lists and consider turning in anything not on the Modified Table of Organization and Equipment.

With deployable Soldiers and operational equipment, leaders can devote more time and energy on training. Objective training standards must be adopted to increase overall readiness and improve the accuracy of readiness reporting. Additionally, commanders at all levels must maximize training opportunities and efficiency to preserve fiscal resources. Mandatory training requirements must be reduced to allow units to focus on Combined Arms Maneuver and Decisive Action training.

This doesn't apply just to maneuver units. In the 593rd Expeditionary Sustainment Command, we focus on America's Big Six — physical readiness training, marksmanship, warrior tasks and battle drills, medical training, sustainment, and the six categories of Mission Command and Communication.

Focused attention to these six categories enables us to increase our readiness in personnel, equipment and training. Even as a sustainment

headquarters responsible for medical and logistical support units, we are dedicated to the business end of our Army profession — warfighting.

In the past few weeks, our units have executed training and exercised deployment procedures. Our headquarters company conducted an 8-mile ruck march in conjunction with a week of chemical, biological, radiological, nuclear individual and collective training.

As the 13th Combat Service Support Battalion continues to support 7th Infantry Division's Bayonet Focus exercise, the battalion deployed the 24th Quartermaster Company's Supply Support Activity to the field for the first time in unit history. Meanwhile, the battalion's 513th Transportation Company conducted a Base Defense Live-Fire exercise.

The 62nd Medical Brigade conducted CBRN training, a multifunctional medical battalion field training exercise, and participated in U.S. Northern Command's Sudden Response exercise.

All across Joint Base Lewis-McChord, sustainment units are invested in America's Big Six and laser-focused on readiness. From battalion field support companies, brigade support battalions, to the 593rd ESC, sustainment units must be out front in the pursuit of readiness. Our supported units cannot wait for us, so we must be ready.

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



STAFF SGT. CHRISTOPHER JELLE 5th Mobile Public Affairs Detachment

From left to right, Lt. Gen. Gary Volesky, I Corps commanding general; Sp. Javon Woodruff, 2nd Assault Helicopter Battalion, 158th Aviation Regiment; Col. Yvonne Hudson, I Corps chaplain; and Command Sgt. Maj. Walter Tagalicud, I Corps command sergeant major, representing the youngest and oldest service members assigned to the corps, cut a cake with a ceremonial saber as part of a military tradition celebrating the I Corps centennial in Tacoma Saturday.

THIS WEEK IN HISTORY

Feb. 16, 1984: American Bill Johnson wins Olympic gold in downhill skiing.

Feb. 17, 1972: VW Beetle overtakes Model T as world's best-selling car.

Feb. 18, 1885: Mark Twain publishes "The Adventures of Huckleberry Finn."

Feb. 19, 1807: Aaron Burr arrested for treason.

Feb. 20, 1998: Tara Lipinski is youngest Olympic figure skating gold medalist.

Feb. 21, 1965: Malcolm X assassinated.

Feb. 22, 1942: President Roosevelt to MacArthur: 'Get out of the Philippines.'



Register for JBLM's ShamROCKin' Run Saturday, March 10!
MWR Fest Tent, Lewis Main. Registration link at JBLMmwr.com/races




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Transitions

USO PATHFINDER

Boeing's veterans promote jobs

BY RUTH KINGSLAND
Northwest Guardian

Unlike many other job fairs on Joint Base Lewis-McChord, the USO Pathfinder program's monthly Employment Readiness Workshop doesn't include walking around to various business and community group tables and receiving pens, note pads, toys and other marketing freebies.

Instead, the monthly Employment Readiness Workshops offer individual interview and resume help, as well as classroom time to learn about the company partnering with USO Pathfinder for that particular month's offering.

The Boeing Company — the world's largest aerospace company and leading manufacturer of commercial jetliners and defense, space and security systems — was the USO Pathfinder partner for the Employment Readiness Workshop at the Hawk Transition Center Jan. 25.

"We're a community connector," said Kevin Henry, center operations and programs manager for the USO Pathfinders in Lakewood. "We try to remove the barriers, smooth things out and give a warm hand-off so transitioning service members can have a seamless transfer out and into their new career."

Henry said Pathfinder opts to partner with various organizations across the country. Many times when service members leave the military, they move back to their home state, which



Bill Fehrenbach, left, and Cynthia Ellis, center, conduct a mock interview with Sgt. Shango Harvey, right, during the Pathfinder Employment Readiness Workshop at the Hawk Transition Center Jan. 25.

may not be in the immediate area.

The workshops are designed for service members, veterans and military spouses.

Craig Murphy, a retired lieutenant colonel, was one of several veteran Boeing employees who spoke briefly at the event.

"Don't get discouraged when you are transitioning," he told the service members who attended the event. "You're going to get turned down; it's part of the transition. You've got to

quantify what you've done in the military and sell yourself. You've got what it takes, but you have to show how what you've done in the military transfers to what (the company) is looking for."

Murphy retired at JBLM in 1997 after 21 years in the Army and worked for two other organizations before taking a job as a systems product line senior analyst with the Boeing Company two years ago.

"I've worked other places, but I love it at Boeing," he said. Other speakers suggested

applicants need to bring the things that a company is looking for to the top of one's resume, and also find ways to quickly show an interviewer one is right for the job.

"You've got 30 seconds in an interview to articulate all your skills and why we should give you the job," said Gary Connor, academic and policy engagement for workforce development at Boeing, and Army veteran.

Connor suggested applicants research the company they are

applying to prior to being interviewed.

"The more you know, the better questions you can ask," he said.

As for the Boeing Company, it has about 150,000 employees in 65 countries. Veterans represent 15 percent of its workforce, at about 22,000 people, Connor told workshop attendees.

Several of those who attended said they felt better prepared for their transition after the event, even if they don't plan to work for Boeing, including Sgt. Shango Harvey, Headquarters and Headquarters Company, 593rd Expeditionary Sustainment Command.

Harvey, who is originally from Detroit, plans to transition out of the military in five months. He's been at Joint Base Lewis-McChord for two years.

Prior to joining the military, Harvey worked in heating and cooling. He plans to move to Nevada to find a job with an HVAC company after ending his military career.

"I'm a supply and logistics guy now, and I'm always open to what's available," he said. "This has given me some ideas, and I don't want to close myself off to what else is out there."

The next USO Pathfinder Employment Readiness Workshop will be with Accenture, an international consulting company, at the Hawk Transition Center, 11577 41st Division Drive, Lewis North, Thursday from 9 a.m. to noon.

To register, visit tinyurl.com/y8bwvwoa3.

OPERATION: GOODJOBS

Bringing employers, military together

BY DEAN SIEMON
Northwest Guardian

Hundreds of service members, retirees and veterans attended a special veteran networking event hosted by Goodwill-Olympics and Rainier Region's Operation: GoodJobs group at the American Lake Conference Center on Joint Base Lewis-McChord Feb. 7 to meet and network about career opportunities.

The conference rooms hosted more than 70 employers and organizations who are looking for the ready-to-work talent pool found in the military community — many of whom are prepared and trained through their military service.

"We're trying to increase exposure in our audience," said Terrence Hodge, the military and veteran services program manager for Goodwill-Olympics and Rainier Region. "That opportunity to speak to those employers; they don't get that too often unless they get to the interview."

Through Operation: GoodJobs' partnerships, there were several big-name employers advertised for the networking event, including Boeing, Walmart and Wells Fargo. The group also has connections with several local organizations such as Tacoma Public Schools.

The field included local agencies like the Washington State Patrol and Thurston County



DEAN SIEMON Northwest Guardian

Sheriff's Office. Veteran training organizations like Commercial Driver School, Troops to Transportation and Troops to Teachers were also on hand.

Having such a large, diverse collection of employment opportunities is what Hodge thinks makes these events as popular as they are, he said.

"It gives our military community exposure to what's in the local economy," Hodge said.

"Typically, the people that come in here are targeting the big names, but they don't know about the small organizations that have the same opportunity."

Hodge said some of the small-

er organizations may even provide a better commute and benefits because they can more directly support their employees.

"If (job seekers are) looking for (information technology work) at Microsoft, there might be another organization comparable locally that can do IT that is going to provide those opportunities," Hodge said.

Master Sergeant Anthony Dimico, of the Henry H. Lind Noncommissioned Officer Academy, came to the networking event with an open mind. With a master's degree in management from Troy University, Dimico said he feels confident his man-

agement skills can translate to various fields, such as IT and mechanical.

Dimico said the event was a great way to begin meeting people as soon as possible.

"I'm about seven, eight months out from retirement, so I'd like to start getting my name out there — start seeing what opportunities are available, what employers are looking for and what can I do to make myself more marketable," Dimico said.

In addition to local employers seeking job candidates from JBLM, some job seekers found companies who offer jobs outside of the Pacific Northwest.

This was a big attractor for attendees like Capt. Jordan Reilly, Headquarters and Headquarters Company, 593rd Expeditionary Sustainment Command, who is also applying to graduate school programs.

"There are businesses here that are focused nationally and not just here," Reilly said. "I love the area, but I don't know if I'm staying."

Hodge has first-hand experience transitioning from military service to a civilian career. After 10 years of service, Hodge left the Army out of JBLM as a sergeant first class in 2005. He worked for government agencies and in aerospace manufacturing before joining the Operation: GoodJobs team.

His big tip for anyone who is about to leave the military is to get out and attend these kinds of events and connect with a local veteran service organizations.

"Refine those skill sets, and identify the gaps for those positions," Hodge said. "Do the research. The opportunities are here. Boeing is not the only aerospace manufacturing organization; there are many others."

For more information on Operation: GoodJobs' upcoming hiring fairs, programs and veteran training events, visit goodwillwa.org/training/veteran.

Dean Siemon: 253-477-0235, @deansiemon

U.S. CHAMBER OF COMMERCE FOUNDATION

Reception and job fair to help job seekers' network

BY RUTH KINGSLAND
Northwest Guardian

Military spouses, service members, veterans and Gold Star spouses are invited to a free, two-day catered reception and job fair at the American Lake Conference Center beginning Wednesday at 7 p.m. and Thursday at 10 a.m. The event is coordinated by Hiring Our Heroes and the U.S. Chamber of Commerce Foundation.

"The ... event is an excellent opportunity for military spouses and job seekers to have a variety of companies in one location and seek out exciting career opportunities," said Kimberly Fallen, employment readiness manager for the Joint Base Lewis-McChord Directorate of Personnel and Family Readiness.

More than 70 employers have already signed up to participate in the event and many are looking to hire specifically from the event, according to Fallen. Employers range from health care to education, aerospace, government, hotel, restaurant and other hospitality services.

The event will provide more opportunities than a typical job fair, Fallen said.

"A job fair can be a fast paced environment and the (event's) networking reception allows participants more time for conversation," she said. "This is the spouses' chance to talk to employers on a human level."

At the event, Fallen suggests participants:

- Get resume feedback.
- Ask employers about oppor-

tunities, industry standards and the hiring process.

- Ask for any insider information on how to obtain a career within a specific occupational field.

Participants will have an opportunity to get resume reviews and also LinkedIn photos during the event. Refreshments also will be provided.

To prepare for the event, Fallen said, participants should:

- Research employers attending. Look at their job openings, corporate culture, hiring process and anything that can give you an advantage and allow you to speak knowledgeably about their company.

- Prepare your resume. You can prepare a general resume, but it is better to tailor resumes

If you go:

What: Military Spouse Career Event.

Where: American Lake Conference Center, 8085 NCO Beach Rd., Lewis North.

When: Networking Reception, Wednesday from 7 to 9 p.m.; Hiring Job Fair, Thursday from 10 a.m. to 1 p.m.

To register, visit tinyurl.com/y7tml332.

to the specific companies or positions you are targeting. You can have multiple versions of your resume to bring along.

- Practice your handshake,

eye contact and introduction of yourself. You want to be able to approach an employer with confidence.

Your introduction should be similar to a job seekers' quick, elevator pitch and include who you are, what you do and what you are looking for.

Limited free child care is available for Thursday. Children must be registered with Child and Youth Services and reservations must be made through CYS Hourly Care at 253-966-2977 or online at jblmcyss-registration.com. Child care vouchers will be provided during the event, at registration.

For more information, call the Employment Readiness office at 253-982-9675 or visit facebook.com/JBLMUnlimited.

Community Ledger

ATTENTION

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



SNAPSHOT 81st Brigade

Maj. Gen. Bret Daugherty, adjutant general of the Washington Army and Air National Guard, left, and Lt. Gen. Timothy Kadavy, director of the Army National Guard, center, visited the Washington Army National Guard's 81st Brigade with Doug Saunders, Stryker conversion project fielding coordinator, right, at the Regional Logistics Readiness Center Saturday.

SPC. BRIANNE KIM
Washington State National Guard Public Affairs

LET'S HEAR IT

What do you want to know in 2018? The Northwest Guardian, Joint Base Lewis-McChord's command authorized source for installation news and information, wants to hear from you. Go to the JBLM Facebook page to answer the Straight Talk question of the week on Page A4, or submit a 1MB JPEG of your favorite photo of life on JBLM. Got a news tip or know a story you'd like to see in the Guardian? Coordinate with your unit public affairs section, then call 253-477-0182.

SCHEDULED HOLIDAYS AND FAMILY DAYS

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.

Friday - Army DONSA
Monday - George Washington's birthday
March 30 - Army DONSA
April 2 - Army DONSA
May 25 - Army DONSA
May 28 - Memorial Day
June 14 - Army DONSA
June 15 - Army DONSA

SIGN UP YOUTH FOR KIDS' KRAFT FRIDAY

Your child can bring home a cool sea creature made at the Arts and Crafts Center's Kids' Kraft event. The class is Friday from 3:30 to 5 p.m. For more information, call 253-982-6723. Limited seating is available; students must preregister.

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.

JBLM FAMILY HOUSING FIRE SAFETY CLASS

New 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 are 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. Effective March 1, this class will no longer be required. It will now be a part of signing for quarters. New residents will view a DVD at the housing office and digitally sign acknowledging viewing the presentation to ensure one-stop acceptance of quarters. Those who still have the letters or haven't digitally signed at housing office should attend one of the last eight classes at the location on the letter. For more information, call 253-966-7164 or contact Lincoln Military Housing.

BUILDING MANAGERS FIRE SAFETY CLASS

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

ATTEND MONTHLY KIDS' BOOK CLUB

Kids in grades three to five are invited to join McChord Field Library's monthly Kids' Book Club meeting the third Wednesday of the month at 4 p.m.

Read fun books, meet fun people. Parents, bring your children by the McChord Field Library now to register and get a copy of this month's book. Check out "The Watsons Go to Birmingham-1963" by Christopher Paul Curtis for the Wednesday book club meeting. The library is located at 851 Lincoln Blvd. on McChord Field. For more information, call 253-982-3454.

PAINT CANVAS ART AND WINE EVENT

You don't need to be an artist to join in the fun at the Arts and Crafts Center's Wine and Canvas Night Feb. 23 from 6 to 8:30 p.m. at Nelson Recreation Center. Art supplies, light appetizers and first glass of wine are included in the cost. Seating is limited, prepayment is required and you must be age 21 or older to attend. For reservations and payment, call 253-982-6726 or sign up at JBLMmwrRegistration.com. The cost is \$30 per person. Nelson Recreation Center is located at 3168 2nd Division Drive on Lewis Main.

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 Feb. 27 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.

24-7 DAD CLASS FOR FATHERS

Join a class for dads, "24-7 Dad," where fathers support fathers. Learn how to become a better father, and 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 classes are March 13 and 20. Online registration is available by visiting jblmafcscheckappointments.com, or call 253-967-5901 to register via phone. 253-967-6416.

JOIN MCCHORD FIELD LIBRARY BOOK CLUB

The McChord Library's Novel Navigators is an adult discussion group for book lovers that meets the second Wednesday of each month at the McChord Field Library at 4:30 p.m. The next meeting is March 14 to discuss "The Walk" by Richard Paul Evans. 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.

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 second Thursday of every month. Social time begins at 4:30 p.m. and official business

at 5 p.m. Next meeting is scheduled to take place March 8.

SCORE THE BEST DEALS ON TEXTBOOKS

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

FREE BIKE RENTALS NOW AVAILABLE

The GO Bike program has expanded availability to include Department of Defense family members ages 18 and older. Now all DOD employees, their family members ages 18 and older and JBLM contract employees can check out a free GO Bike for up to two weeks. Use the bikes to run errands, get to appointments or spend some exercise time outside. Find the GO Bike check-out locations on GOLewisMCChord.com.

FIRE EXTINGUISHER ANNUAL SERVICING

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

FREE RIDE TO DUPONT WITH GO TRANSIT

Enjoy a free ride out to the City of DuPont with GO Transit Route 1 weekdays

from 7 a.m. to 5:40 p.m. with 20 minute frequencies. Route goes from the City of DuPont to Madigan Army Medical Center. Visit popular DuPont restaurants and coffee shops, take a stroll, run errands, make a connection to Seattle or Tacoma, or access JBLM without driving a car. Common Access Card is required to board at the DuPont stop. For more information, call 253-966-3939 or visit GOLewisMCChord.com.

MOVING RESOURCES AVAILABLE ONLINE

Automated Housing Referral Network is sponsored by the Department of Defense and is designed to improve the process of securing available housing for relocating military families. Visit ahrn.com. Defense Travel Management Office consolidates, streamlines and centrally manages commercial travel. This single point of contact ensures consistency in the department's focus, policy and execution, marking a new era in government travel. For more information, visit defensetravel.dod.mil. Defense Personal Property System is a centralized, integrated one-stop source for managing personal property moves. For more information, visit move.mil.

GET CREATIVE AT ARTS AND CRAFTS CENTER

Relax, de-stress and learn a new skill at the Arts and Crafts Center on McChord Field. Classes include sculpture, painting, drawing, book binding, knitting, sewing, quilting, Zentangle, matting/framing and more. For current class descriptions and schedules, visit jblmmwr.com/arts_crafts. For more information, call 253-982-6723.

TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

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

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.

Joint Base Lewis-McChord Military Spouse Hiring Event Wednesday-Thursday at the American Lake Conference Center. Wednesday: Networking Reception from 7 to 9 p.m. hosted by Hiring our Heroes. HOH, a program of the U.S. Chamber of Commerce Foundation, is a nationwide initiative assisting veterans, transitioning service members and military spouses seeking to find meaningful employment opportunities. Thursday: Hiring Fair, 10 a.m. to 1 p.m. Registration is generally first-come, first-served and does fill fast. There

is no cost for employers or service organizations to register or attend. To register, visit tinyurl.com/y7tml332.

USO Employment Readiness Workshop Thursday from 9 a.m. to noon at the Hawk Transition Center, 11577 41st Division Drive, Room 216. For more information, call Jason Matheny at 253-477-4751.

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 and mitchell.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.

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 or email rob@pacmtn.org.

Earn money at home as a Family Child Care provider

Looking for a fun and rewarding home business? If you live on base, become a Family Child Care provider and make a difference in the lives of military children and families. FCC providers earn up to \$2,000 a month, may qualify for subsidies and receive free resources for their business. Learn about FCC at the Feb. 27 orientation from 6 to 8 p.m. at the FCC office. No children are allowed at the orientation due to space/discussion topics. Full-day training classes will meet weekdays from 8 a.m. to 4:30 p.m. following the orientation; all classes are required for FCC certification. The FCC Office is located at 2013B Third St. at Pendleton Avenue on Lewis Main. For more information, call 253-967-3039.

Work of Honor Corporate Networking Workshop Feb. 28 from 2 to 3:30 p.m. at the Hawk Transition Center, 11577 41st Division Drive. Learn how to network. Connecting companies with veterans, military spouses and business professionals. For more information, call Jason Matheny at 253-477-4751.

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

Boots to Business This is a three-day workshop covering topics related to how to start a

business. Gain tools and knowledge needed to identify a business opportunity, draft a plan and launch an enterprise. Day three is a field trip. Classes are at Hawk Transition Center. For more information, call 253-967-3258.

Onward to Opportunity The NW Edge is a six-week program facilitated by different partnering agencies providing specialized transition workshops covering: speaking civilian, social media-LinkedIn, WA state economic demographics, resume tailoring, interviews, WA state opportunities, and a NW Edge social with employers. For more information, email Ben Dufay at bjdufay@syrr.edu.

NONPOINT INSPECTOR COMPLIANCE SPECIALIST

Washington State Department of Ecology — Salary: \$42,264 to \$55,476 annually. The Water Quality Program within the Department of Ecology is looking to fill a Nonpoint Inspector and Compliance Specialist position in the Central Regional Office in Union Gap, Wash. Searching for applicants who possess excellent people skills, the ability to quickly assess a situation and make a decision and the ability to communicate with a diverse audience. Ideal career opportunity for someone looking to be a part of a small, collaborative work group, and who wants to be involved in a wide variety of water quality issues throughout the Central Region. For more information, visit ecology.wa.gov.

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.

CALL THE ENERGY WASTE HOTLINE

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

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 base in your work area; the Directorate of Public Works' Energy Conservation is the OPR for the use of all space heaters on the base. Call Eric Waehling at 253-966-1772, or Amin Sakhawati at 253-966-9011. If DPW authorizes the use, JBLM Fire Prevention will ensure space heaters are used in a fire-safe manner.

LEARN THE BASICS OF SOCIAL MEDIA

Do you or someone you know struggle to understand setting up an email or social media account? Do your kids, grandkids or friends wish you could join them online? Would you like to keep in touch with receive photos and messages more often? The Arts and Crafts Center offers a new social media class for beginners, on-demand. The course teaches you how to establish, use and maintain an email account and introduce you to use Facebook. You'll also be given an overview of other social media sites to see where your newfound skills can be applied. The cost for the class is \$5. For more information, call 253-982-6726/6718.

SKIESUNLIMITED INSTRUCTORS NEEDED

SKIESUnlimited is looking for talented people to join the team as instructors. Areas of need include gymnastics, karate, dance, art, music, boxing, and theater. For more information, call 253-966-3539 or email cindy.j.arnold.naf@mail.mil.

NAC SKI SHOP NOW OPEN FOR BUSINESS

Gear up for skiing, snowboarding and all your mountain snow adventures with JBLM's Outdoor Recreation Program. The Northwest Adventure Center has opened its ski shop for equipment rentals and clothing and outfitting purchases. The NAC is open seven days a week from 9 a.m. to 5:30 p.m., located at 8050 NCO Beach Road on Lewis North. Call 253-967-7744 for more information.

U.S. ARMY MEDICAL COMMAND

MEDCOM CSM meets medical specialists

BY SPC. ADELINE WITHERSPOON

20th Public Affairs Detachment

Command Sergeant Major Michael Gragg, command sergeant major of U.S. Army Medical Command and senior enlisted adviser to the U.S. Army Surgeon General, concluded his two-day visit to Joint Base Lewis-McChord with an open-forum town hall meeting at French Theater Tuesday.

Gragg recently assumed responsibility as U.S. Army Medical Command's command sergeant major in November, and now serves as senior enlisted adviser to Lt. Gen. Nadja West, the U.S. Army Surgeon General and commander of the U.S. Army Medical Command.

Gragg answered questions from medical professionals representing 24 specialties that make up the 68 series on JBLM

about the future of Army medicine and the changes he'd like to see made to the field.

"Knowing better and doing better are two different things," Gragg said. "I need you to change the perception of Army medicine. You are Soldiers who happen to be medically trained, so maintain your Soldiers skills. No one is going to care more about your career than you."

Gragg's visit to JBLM was hosted by Regional Health Command-Pacific and included meetings and office calls with leaders from Madigan Army Medical Center, 62nd Medical Brigade, I Corps, Public Health Activity-Fort Lewis, 593rd Expeditionary Command and Regional Health Command-Pacific Dental Activity.

"We have to do a better job taking ownership and mentoring our Soldiers," said Sgt. Joshua



SPC. ADELINE WITHERSPOON 20th Public Affairs Detachment

Command Sgt. Maj. Michael Gragg answers questions during a town hall meeting on Joint Base Lewis-McChord Tuesday.

Servian, a combat medical specialist assigned to Headquarters and Headquarters Battery, 2nd

Infantry Division Artillery. "It's most challenging when units have to develop programs to

meet the needs of Soldiers."

Gragg also voiced his support for the reintroduction of drill sergeants to the Advanced Individual Training environment.

"If you fix AIT, you fix the discipline problem at the source," Gragg said. "You need to mentor your Soldiers; teach them. When they know you're committed to them, they will commit to you."

The meeting gave Gragg the opportunity to get to know the Soldiers under his command and address individual comments and concerns. He emphasized the importance of professional development and challenged his Soldiers to demonstrate their commitment to service.

"We are a better Army because you serve," Gragg said. "We are a better nation because you sit here right now."

FROM PAGE 1A

BUDGET

nation's primary goals: to defend the homeland, make the military more lethal and to strengthen old alliances and build new ones.

DERIVED FROM STRATEGY

The budget is the child of the White House National Security Strategy and the National Defense Strategy that shifts DOD's focus.

"Great power competition, not terrorism, has emerged as the central challenge to U.S. security and prosperity," Norquist said. "It is increasingly apparent that China and Russia want to shape a world consistent with their authoritarian values, and in the process, replace the free and open order that has enabled global security and prosperity since World War II."

The United States will seek areas of cooperation with any

competitors, but must do it from a position of strength. "We recognize that, if unaddressed, the eroding U.S. military advantage versus China and Russia could undermine our ability to deter aggression and coercion in key strategic regions," the controller said.

The budget funds Defense Secretary James Mattis' three lines of effort: building a more lethal, resilient, agile and ready joint force; strengthening alliances and attracting new partners; and reforming the department's business practices for greater performance and affordability.

Overall, the budget calls for an increase of 25,900 military personnel by the end of fiscal 2019. End strength for the department would be set at 1,338,000 active-duty service members and 817,700 reserve component service members.

"This allows us to fill in units and provide key skills related to recruiting pilots, maintainers and cybersecurity experts,"

Norquist said. "It also allows us to add units related to reinforcing the National Defense Strategy."

FUNDING LEVELS

The Army will receive \$143,314,452, the Navy will get \$179,065,809, the Air Force will receive \$169,767,948 and DOD agencies will receive \$104,925,839.

Improving military readiness is crucial and the operations and maintenance funds will receive a major boost. Departmentwide operations and maintenance will receive \$15.3 billion more than in fiscal 2018.

Procurement gets the biggest increase with a \$24 billion plus-up to \$131.1 billion and with research and development funds increasing by \$18 billion to \$90.6 billion. The research and development funds will examine new technologies including hypersonic technology, cyber integrated defense, making space assets more resilient, directed energy weapons and artificial intelligence.

Military service member funds will receive \$12.2 billion more and are pegged at \$148.2 billion.

The budget follows strategy on the ground as well.

Some of the key enhancements with regard to Asia involve "continued investment in air and space superiority; procurement of additional weapons systems, including the Virginia payload module for Navy submarines; procurement of additional P-8As, ... and work to increase naval presence appropriately as this strategy is implemented in the Pacific, to include infrastructure investments," said Army Lt. Gen. Anthony Ilerardi, the director of force structure, resources and assessment at the Joint Staff.

"In Europe, we continue robust increases in our investments to enhance Army prepositioning stocks and responsiveness, including the enhancement of a second armored brigade combat team's worth of equipment in an Army prepositioned set; replenishment of

wartime stocks, including preferred and advanced munitions and increased lethality of each; and expansion and enhancement of air bases to support our operations, as appropriate," the general said.

Among the new equipment coming into the military are 77 new F-35 Lightning II's to the Air Force and Navy, 60 new AH-64 Apache helicopters, 15 new KC-46 Pegasus tanker aircraft, 10 new P-8 Poseidon aircraft, 10 new ships added to the fleet and a myriad of space and cyber capabilities.

The military will buy 5,113 new joint light tactical vehicles, refurbish and modernize 135 M-1 Abrams tanks, 30 amphibious combat vehicles and 197 armored multipurpose vehicles.

The budget begins the process of modernizing the nuclear triad with \$2.3 billion dedicated to the Air Force's B-21 bomber, \$3.7 billion to the Columbia-class submarine and \$300 million to the ground-based strategic deterrent.

FROM PAGE 1A

7TH ID

ment supported by Army aviation, joint fixed-wing, Marine Air Naval Gunfire Liaison Company, and a free-thinking opposing force from the 4th Battalion, 23rd Infantry Regiment, an infantry battalion task force from the Lancer Brigade — 2nd Brigade, 2nd Infantry Division.

"The Lancer Brigade is here to ensure our sister brigade is tactically proficient prior to their NTC rotation," said Maj. James Carrier, 2nd Bde., 2nd Inf. Div. operations officer. "This is also a great opportunity for us to learn from them, to improve our own processes."

The Bayonet Focus 18-02 training experience was further enhanced by the Joint Pacific Multinational Readiness Capability, an exportable training



STAFF SGT. KENNETH BURKHART 302nd Mobile Public Affairs Detachment

A 5th Battalion, 20th Infantry Regiment, 1st Brigade, 2nd Infantry Division Soldier scans his sectors of fire during Bayonet Focus 18-02 Feb. 8.

package organized from the 196th Training Support Brigade, Schofield Barracks, Hawaii.

"(The Joint Pacific Multina-

tional Readiness Capability) provides instrumentation feedback and a professional operations group that extends the

overall readiness impact" Marsh said.

Bayonet Focus 18-02, an important step for the 7th Infantry

Division, Task Force Ghost and all the enabling units, provided the nation trained and ready formations.

FROM PAGE 1A

AER

Soldiers go when they need help?" said Donna Gotel, manager of the Financial Readiness Program for the Directorate of Personnel and Family Readiness. "There are other organizations out there that look like they'd help but really get (the service member) in worse financial shape. We don't want that."

When Soldiers come to AER asking for help, "we're going to do everything we can to say 'yes,' and give them the help they need," Gotel said.

The Army Emergency Relief provides money for food, rent, utilities, emergency transportation, funeral expenses, emergency medical and dental expenses and emergency needs when pay is delayed or stolen.

It also gives undergraduate-level education scholarships, based primarily on financial need, to children of Soldiers,

spouses of active-duty Soldiers and Gold Star spouses.

Since its inception in 1942, AER has distributed more than \$1.7 billion to Soldiers, their families and veterans. In 2017, Joint Base Lewis-McChord's AER provided Soldiers and their families more than \$2.3 million.

The Armywide campaign has a goal of \$12 million, established by AER in order to provide the same level of assistance realized in past years, according to JBLM's AER. AER is supported

If you go

What: Army Emergency Relief Campaign Kickoff.

Where: Carey Theater, 2163 Liggett Ave., Lewis Main.

When: Feb. 23 at 9 a.m.

by voluntary contributions from active duty, retirees, veterans and civilians during the Army's

annual AER Campaign.

The purpose of the JBLM campaign kickoff is to raise awareness of the program and the value of being part of such an important cause.

At the kickoff, speakers will highlight loans and scholarships available, as well as provide financial tips and ways to stay out of debt and reach out to the AER before financial problems get out of hand.

For more information, visit jblmmwr.com/acs/acs_aer.html.

FROM PAGE 1A

ARMY

Too many nondeployable Soldiers creates a health-of-the-force issue, Esper said. For every Soldier who cannot deploy, someone must take that person's place, and that puts a strain on an already over-deployed force.

Getting nondeployables transitioned out of the Army is "an approach I hate to do," but it has to be done, he said. Having said that, Esper said the Army will do everything it can to help get as many Soldiers as possible changed to a deployable status.

For some, it may be very easy

to do, he said, and might include something as simple as getting dental work done. For others, however, there's no easy fix, he said. Many are on extended profiles and will never be able to deploy.

PCS FREQUENCY

Many Soldiers are PCSing every two or three years, Esper said.

"Changing duty stations too often hurts families," he said.

Frequent permanent-change-of-station moves make it difficult for military spouses to find work or develop professionally in a career. Children are affected as well, he said. Frequent PCS moves mean military children change schools frequently.

In an effort to keep their kids in school or hang on to a good civilian job, some families have opted for the Soldier to become a "geographical bachelor," he said.

In addition, frequent PCS moves hurt team cohesion. As an example, Esper said it would be difficult for a football team to win games if there was a 30 percent turnover on its roster each year. Similarly, with over-frequent PCS moves, it becomes hard to build cohesion inside military units.

Frequent PCS moves also cost the Army money, he said.

Still, Esper said, a PCS move can be good for a Soldier's career growth. In the private sector, for instance, it's a given that

to climb the corporate ladder, one has to move on or stagnate, he said.

One solution, he said, might be to offer Soldiers a choice of staying put or moving. Those who move might further their careers more than those who stay, but those who stay might have some compelling reasons to do so, such as caring for a sick relative, he said. For them, staying put would boost morale.

DEPLOYMENTS

Esper also touched on a number of other issues, including deployments.

The secretary, himself a retired Soldier, said that more people today are deployed than when he served in the Army

three decades ago. The secretary acknowledged that deploying too frequently takes a toll on family life and also impacts retention.

While the Army is in a period of growth and met its recruiting mission last year, it will take time for the numbers to increase. Once the size of the Army is sufficiently increased, that should reduce the frequency of deployments Soldiers experience, he said.

In the meantime, the Army is examining certain missions around the world and asking hard questions about the size or necessity of continuing those missions, he said. The Army is also looking at increasing home-station training times, he said.

Sports

ARMED FORCES CROSS-COUNTRY CHAMPIONSHIPS

Flight surgeon helps Army team win gold

Maj. Nicole Solana finished 22nd overall during Armed Forces meet

BY DEAN SIEMON
Northwest Guardian

It's been awhile since Maj. Nicole Solana of Joint Base Lewis-McChord has run as part of an All-Army women's team, but she did contribute to a team that won gold at the 2018 Armed Forces Cross-Country Championships hosted in conjunction with the USA Track and Field Cross Country Championships Feb. 3 in Tallahassee, Fla.

Solana, a flight surgeon with 4th Battalion, 160th Special

Operations Aviation Regiment, finished 22nd overall among the Armed Forces women on the 10-kilometer course with a time of 43 minutes and 31.7 seconds. The time also ranked her 49th among all women competing in the 10K for the USA Track and Field event.

Solana said she wasn't happy with her individual time. And although she's not one to make excuses, she mentioned that in the week before the event, she did physically-

grueling combatives training.

"If anyone has done level one combatives, they know your whole body is completely sore," Solana said. "The instructors were being really nice; they did a couple of drills where they avoiding kicking my legs."

The last time Solana ran in Army uniform was during the 2016 Armed Forces Marathon Championships — under the banner of the 41st annual Marine Corps Marathon — in Washington, D.C. At that time, she was a flight surgeon with the 16th Combat Aviation Brigade.

Solana was deployed for most of 2017, but she maintained a running regimen while she was

at Bagram Air Base, Afghanistan, forming a group for weekly distance runs. She wasn't able to begin serious training until last month, shortly after switching over to 4-160th SOAR.

"During the holidays, you can sometimes lose focus," Solana said. "I was doing the distance, but not the speed work."

Solana said she was proud of the Army women's team that included a lot of new faces.

Susan Tanui led all Armed Forces women with a time of 34:39 — also good for sixth among all USA Track and Field 10K participants. Teammate



Armed Forces Sports

Maj. Nicole Solana competes at the Armed Forces Cross-Country Championships Feb. 3.

SEE GOLD, 2B

JBLM BETTIE BRIGADE ROLLER DERBY



SCOTT HANSEN Northwest Guardian

Tara Hornback, right, blocks a RollerGirls jammer during a Bettie Brigade bout at Rollin' 253 Skate and Community Center Saturday.

JBLM TEAM BOUNCES ROLLERGIRLS, 180-134

Bettie Brigade wins in season opening bout

BY DEAN SIEMON
Northwest Guardian

Lisa Schexnayder, a retired Army staff sergeant who served at Joint Base Lewis-McChord, spent her birthday evening like any roller derby enthusiast would — weaving and fighting through a crowded pack of skaters, half of whom were aiming to knock her off the track.

While taking her licks and dishing them out through two 30-minute periods, Schexnayder tallied 32 hard-fought points to help the JBLM Bettie Brigade defeat the Rodeo City RollerGirls out of Ellensburg, Wash., in their 2018 season opener 180-134 Saturday at Rollin' 253 Skate and Community Center in Fircrest.

The bruising sport is physical but fun for

SEE DERBY, 2B



Members of the JBLM Bettie Brigade prepare for the second half during the season opener against Rodeo City RollerGirls at Rollin' 253 Skate and Community Center in Fircrest Saturday.

ON THE SCHEDULE

WADS CANADA VS. USA HOCKEY CHALLENGE

Sports: The Western Air Defense Sector and the Joint Base Lewis-McChord Canadian Detachment will host the 24th annual Canada/USA Hockey Challenge at Sprinker Recreation Center in Spanaway Feb. 23 at 1:30 p.m.

YOUTH SPRING SPORTS CAMPS OPEN APRIL 2

Youth: A variety of camps and clinics are available for spring break through Joint Base Lewis-McChord's Child and Youth Services. Start Smart, CYS Soccer and Flag Football enrollments are Feb. 27 to March 27; camps run April 2-4. Cost is \$35 per youth in football and soccer, \$25 for Start Smart. First Tee Gold Camps 1 and 2, as well as the Lil' Drivers enrollments are March 1-April 25. Register online at jblmcsregistration.com. For more information, call 253-967-2405.

SHAMROCKIN' RUN 5K TO OPEN JBLM RACE SEASON

Races: The first race of 2018 for Joint Base Lewis-McChord is the ShamROCKin' Run 5K and Kids' Rainbow Rush 1K outside Family and Morale, Welfare and Recreation's Fest Tent March 10. The 1K begins at 10 a.m., followed by the 5K at 10:30. The 5K fee is currently \$20 for military ID cardholders and \$30 for others. The fee for the kids' 1K is \$15. Register by 11:59 p.m. Feb. 28 to guarantee a T-shirt. For more information, visit tinyurl.com/yaucutv9.

INTRAMURAL SOCCER SEASON BEGINS MARCH 12

Intramurals: The Joint Base Lewis-McChord Commander's Cup soccer season kicks off March 12. Informational meetings are Wednesday at noon at Nelson Recreation Center and Thursday at noon at the McChord Fitness Center. Active-duty service members on JBLM can apply; unit entry deadline is March 7. For more information, call 253-967-9210.

HOOPS 4 HEROES GAME SCHEDULED FOR MARCH 8

Sports: The Captain Meriwether Lewis Chapter of the Association of the United States Army will host the Hoops 4 Heroes basketball exhibition game at Pierce College — Fort Steilacoom March 8 at 6 p.m. The Soldiers vs. First Responders game will feature service members from Joint Base Lewis-McChord playing against local law enforcement, firefighters and emergency technicians. For more information, email kgetchell@patriotslanding.com.

VETERAN GOLFERS ASSOCIATION

Eagles Pride Golf Course to host VGA West Region tournament

BY DEAN SIEMON
Northwest Guardian

The Veteran Golfers Association will open the 2018 season later this month with tournaments sprinkled throughout the country. The West Regional schedule includes tournaments in the West Coast and Pacific Northwest, along with a return to Joint Base Lewis-McChord.

Eagles Pride Golf Course on Lewis Main is on the schedule for the VGA West Region June 9. It is the first time JBLM has

hosted a VGA event since both Eagles Pride and Whispering Firs Golf Course on McChord Field were on the 2016 calendar.

Eagles Pride was also the host for one of the first qualifying tournaments during the VGA's inaugural season in 2015. An agreement between VGA and JBLM fell through in 2017, but organizers said they are happy to be bringing golf back onto what they consider a home base.

"We're one of the largest populations in the region based

on where we are with the joint base and the Navy folks (in Everett and Bremerton)," said Chip Townsend, VGA Washington state executive director.

In addition to Eagles Pride, a tournament at Gold Mountain Golf Club (Bremerton) April 28 and Lake Spanaway Golf Course (Spanaway) May 12 are the confirmed dates on the VGA schedule. Townsend said he's close to finalizing two more



DEAN SIEMON Northwest Guardian / 2016

Eagles Pride Golf Course on Joint Base Lewis-McChord played host to the VGA West Region tournament 2016.

SEE VGA, 2B

FROM PAGE 1B GOLD

Kelly Calway finished third among the Armed Forces

women with a time of 37:28.6.

Having been part of several All-Army running teams since 2012, Solana said this group still found success by developing friendships.

“Just like all of these teams, it doesn’t matter what unit we’re from or how good or terrible you do, we all bond very quickly,” Solana said.

Looking ahead, Solana said she hopes to return to the

Army’s marathon team in October. She’s also interested in attending one of the spring tryouts for JBLM teams that will compete in the Army Ten-Miler event in October, but it all depends on her work schedule.

“I have a ton of training in the near future, so I can’t really make any plans,” Solana said.

Dean Siemon: 253-477-0235, @deansiemon



SCOTT HANSEN Northwest Guardian

Bettie Brigade's Aliah McCord, left, blocks a jammer during the season opener against Rodeo City Rollergirls at Rollin' 253 Skate and Community Center in Fircrest Saturday.

FROM PAGE 1B DERBY

the collection of service members, retirees, veterans, spouses and family members. And if you ask Schexnayder, who dons the derby name “Check U L8ter,” it can be a healthy outlet, too.

“I think everybody has a little bit of crazy in them,” Schexnayder said. “I think everybody has a little anger in them. When you find a hobby, all of your negativity, depression and anxiety tend to go away.”

The JBLM Bettie Brigade formed in 2010 on the installation, but the team has spent the last few seasons hosting team practices and bouts out of Rollin' 253. Regardless of where it plays, the team has remained a consistent home away from home for women in the local military community.

It is a welcoming environment that some skaters, like Schexnayder, consider a support group filled with women who know the struggles with being in a military family.

“Our husbands deploy, and we have our time with the children,” Schexnayder said. “This is a group that will make Sunday dinners so we can all bring our families.”

The team often sees a lot of skaters leave due to deployments and permanent-change-of-station orders, but the door is



SCOTT HANSEN Northwest Guardian

JBLM Bettie Brigade jammer Lisa Schexnayder (456) is all smiles while between jams during the season opener against Rodeo City Rollergirls at Rollin' 253 Skate and Community Center in Fircrest Saturday. Bettie Brigade defeated Rollergirls 180-134.

open for women new to the area to join.

Master Sergeant Kiersten Bustos, of the U.S. Army Reserve Command on Joint Base Lewis-McChord, said she wanted to try out roller derby for 10 years, but she was either busy or not in the right place. After being transferred from Twinsburg,

Ohio, to JBLM in August, she actually came to a Bettie Brigade practice before she checked into work.

Bustos was attracted to the idea of forming an identity with costume makeup and a derby moniker. Her nickname is “Double Down-Her,” based on the Blackjack term that’s well-

known in her hometown of Las Vegas.

“I’m challenged every single time, so I keep coming back,” Bustos said.

Aliah McCord, whose grandfather, Joe, was an Army colonel who served on JBLM, has done roller derby since she was a youth in Santa Cruz, Calif.

McCord came to the area in the fall of 2017 after receiving a scholarship to attend the University of Puget Sound in Tacoma. She had heard about the Bettie Brigade and another Tacoma club that practiced out of Rollin' 253. McCord met Schexnayder, who made her feel welcome the first time they met, she said.

As a second-year skater for the JBLM team, McCord said she feels the rest of the Bettie Brigade team has stepped in as adult mentors supporting her.

“I feel like all of the women I have met have figured out how to make their homes wherever they area and have welcomed me into that,” McCord said.

Although the JBLM Bettie Brigade’s season has started, the team is always willing to accept new skaters — with or without derby experience — to attend practices Sundays from 9 to 11 a.m. and Wednesdays from 8 to 10 p.m. at Rollin' 253.

“If you can’t skate, we’ll teach you,” Schexnayder said. “If it’s something you want to try, this is an awesome team for that because we have two coaches — one for the vets and one for fresh meat so we can get them on the right track.”

For more information, visit bettiebrigade.com.

Dean Siemon: 253-477-0235, @deansiemon

FROM PAGE 1B VGA

tournaments.

The VGA will offer five different divisions under which golfers can compete. The Veterans Division includes service members, retired, disabled and discharged members. The Wounded Division includes Purple Heart, service members, retired and discharged members. The Family Division is open to family members ages 18 and older.

The two new divisions include a Senior Division — veterans, wounded and family ages 60 and older — and a Female Division for service members, retired, disabled and discharged members. Townsend said there is some flexibility to play in different tabs during the regular season, but golfers must choose



DEAN SIEMON Northwest Guardian / 2016

Howard Smith, left, competes at the VGA West Region tournament on Eagles Pride Golf Course on Joint Base Lewis-McChord June 18, 2016.

a division in time for the West Super Regional.

“We can have a couple of

senior guys who play in the senior tab, but they’re scratch golfers (no handicap),”

Townsend said. “They prefer to play in the more challenging (division).”

Each division will have four flights for golfers to compete with others based on their handicap — A (0 to 4.9), B (5 to 9.9), C (10 to 14.9) and D (15 and above). Townsend wants members of the military community to participate as a way of doing something fun to relieve stress from the grind.

“You don’t have to be fantastic; you just have to have fun,” Townsend said. “The competitive side is almost a byproduct of making sure we’re taking care of each other.”

There will be 120 slots available for the West Super Regional Aug. 11 at the Rio Secco Golf Club in Las Vegas. Golfers who accumulate points throughout the regular season — three points for winning a tournament, one point for participation

— will be put on a priority list to be eligible to sign up for the Super Regional.

“They may say anybody with the highest points from 20 to 25 are going to be able to sign up first,” Townsend said. “Then they’re going to open it up to the next phase of points.”

Golfers will be asked to compete in the Sub-Regional and Super Regional tournaments in the region in which they reside. JBLM service members must compete in the West Super Regional, but they can compete in regular season tournaments in any region to gain points.

There will be flexibility for those who have recently relocated or plan to move; they can compete in the regional tournaments near their new or future home.

For more information, email chip.townsend@vgagolf.org or visit vgagolf.org.

Northwest Adventure Center's

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SPECIAL OFFER

FEB. 16-19 • UP TO 30% OFF

All clothing (North Face, Outdoor Research, Kuhl & more), Scarpa shoes, snowshoes & Hydro Flask

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fb.com/SeeYouOutsideJBLM
JBLMmwr.com/nw_adventures



McChord Library Presents

PIRATE DAY



Ahoy there, Matey! Help us search for lost treasures! Beware: there'll be lots o' swashbucklin' fun, some grub & you may have to walk the plank! Be sure to wear your best piratey get-up.

Saturday, Feb. 17 • 1-2 p.m.

JBLMmwr.com/libraries
f /JBLMlibrary

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




Saturday, March 10 MWR FEST TENT

2200 Liggett Ave. at Lewis Main

Early registration for the 5K by Feb. 28 includes T-shirt in your size, custom pint glass, finisher medal, drink ticket & banger!

Enjoy live music, costume contests and a beer garden.

Also join us for the after-party at Samuel Adams Brewhouse JBLM!

Registration link at JBLMmwr.com/races









BOOK PATCH LIBRARY

TEEN HORROR FRIGHT NIGHT



FRIDAY, FEB. 23
6 PM | AGES 11-17

Teens, come to our horror movie night. Slurp, pop and crunch while watching a horrifying, spine-tingling, eye-cringing, hair-raising movie!

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

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JBLMmwr.com/libraries



FREE CLINIC HUNTING ON PUBLIC LANDS

FEB. 21
6:30PM - 9:30PM
@ JBLM SKEET RANGE

LEARN HOW TO HUNT WASHINGTON'S PUBLIC LANDS:

- PREPARE
- MAPPING
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ELK DEER TURKEY WATERFOWL UPLAND BIRDS

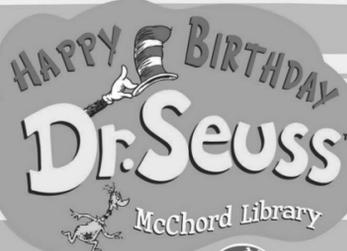
REGISTER AT JBLMMWRREGISTRATION.COM
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HAPPY BIRTHDAY

Dr. Seuss

McChord Library



MARCH 2
4-5 P.M.

Ages 3 and older are invited to attend, so come to party and bring a friend!

Storytime, snacks & games.

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McChord Library

DREAM IN STEAM

Science Technology Engineering Arts Math

FRIDAY, FEB. 16
4-6 P.M. | AGES 8+

3RD FRIDAY OF EVERY OTHER MONTH

Kids will learn how to design, build, problem-solve, create & learn through Science, Technology, Engineering, Art & Mathematics! Beginning in February, this club will meet bimonthly to explore and engage in learning through fun STEAM-related activities!

Are you ready to imagine, build and play with K'NEX? In February, we will be entering into a world of unlimited imagination with K'NEX!

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For more details, call 253-982-3454.

f /JBLMlibrary

851 Lincoln Blvd.
McChord Field
JBLMmwr.com/libraries




American Red Cross

Join the American Red Cross for a brief introduction to natural disaster preparedness and home fire safety! Participants will learn through a fun and engaging storytime with the instructor reading "No Dragons for Tea" as well as through other short activities.

Thursday, March 8
3-4 p.m.
Ages 4-8

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

2109 N. 10th & Pendleton
Lewis Main
JBLMmwr.com/libraries

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McCHORD LIBRARY

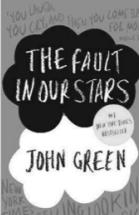
TEEN BOOK CLUB

Wednesday, Mar. 7
4:30-5:30 p.m.

This month we will be discussing "The Fault in Our Stars" by John Green.

Copies of the book are available for check out at the McChord Library.

Transportation will be available from Hillside Teen Zone as long as you are registered with CVS and Teen Zone.



JBLMmwr.com/libraries

851 Lincoln Blvd.
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253-982-3454





LUNCH & BOWL!

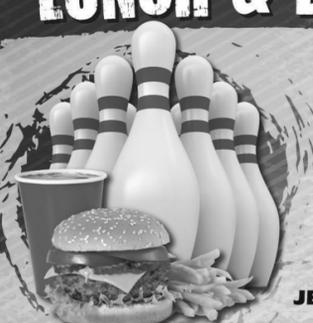
SOUNDERS LANES Family Fun Center

Monday - Friday
11 am - 1:30 pm

Buy a lunch combo at the Strike Zone Snack Bar, show your lunch receipt at the front desk, pay for shoe rental & get a free game of bowling!

JBLMmwr.com

737 Jackson Blvd
JBLM McChord Field
253-982-5954




Book Patch Library

Nutrition Storytime



Wednesday, March 14
11 a.m. & 3 p.m.

How many ways do you use potatoes? March is National Nutrition Month and this year we are encouraged to "Go Further with Food"! Join the dietitians from Madigan as they read Tomie DePaola's classic book "Jamie O'Rourke and the Big Potato: an Irish Folktale", talk about how potatoes can help fuel an active lifestyle and demonstrate making and using potato stamps to decorate cards.

For more details, call 253-982-3454.

HALF PRICE BOOKS

f /JBLMlibrary

851 Lincoln Blvd.
McChord Field



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Roses
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Sweet Crunchy
Pink Lady & Gala Apples

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Save, Only **\$15** Twenty Pound Bag

WEDNESDAY ONLY FEB 14, 2018

FREE

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Coupon is Limited to one Coupon Per Person On Feb 14, 2018 ONLY!

The Very Best!
Super Sweet N Juicy
Comice Pears

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Super Sweet Acid Free
Pineapples

Always Free Samples
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Hass Avocados

Only **\$1.00** Each

Vine Ripe
Beefsteak Tomatoes

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Big Fresh
Romaine Lettuce

Only **\$2.00** Head

New Crop! Fresh
Asparagus

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New Crop Fresh
Zucchini

Only **\$1.00** Lb

Delicious
Yukon Gold Potatoes

Only **\$1.00** Lb

Big Sweet
Kiwi

2 For \$1 Only

Fresh, Crisp
Cucumbers

2 For \$1 Only

Kobe Petite Sirloin Steaks **\$8.99** Lb
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Wild Alaskan Sockeye Salmon Filets **\$13.99** Lb
Fresh Steelhead Filets From Norway **\$15.99** Lb

Angus Top Round **Save \$2.00 Lb**
London Broil Roast **\$4.99** Lb

Fresh Sockeye Salmon Filets
Dover Sole Filets **\$10.99** Lb
Stuffed w/ Crabmeat, Shrimp Meat, Jack Cheese, Bell Peppers

Chicken Cordon Bleu **\$4.99** Lb
Save **\$2.00 Lb**
Stuffed w/ Black Forest Ham, Asiago & Mozzarella Cheese

Wild Lobster Tails
5 oz **\$9.99** ea
12-14 oz **\$24.99** ea
20-24 oz **\$49.99** ea

Pork Tenderloins **\$4.99** Lb
Stuffed w/ Pesto, Spinach, Mozzarella & Asiago Cheese

Center Cut Boneless Pork Loin Roast **\$2.99** Lb

Cooked Cocktail Prawns **\$8.99** Lb
41-50 Ct Tail On **Save \$5.00 Lb**

Deli Sliced Turkey Breast **\$4.99** Lb
Oven Roasted **Save Big!!**
Honey Smoked Ham **\$3.99** Lb

Fresh Sweet Manila Clams **\$5.99** Lb
From: Washington Coast **Save \$2.00 Lb**

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Lindeman's Framboise & Samuel Smith's Organic Chocolate Stout
These two beers are the perfect combination for a beer lovers Valentine's Day beverage! Try blending them 50/50, you'll love it!! Check out the other Lindeman's flavors, including Kriek, Peche & Strawberry, as well.

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Inviting aromas of black cherry and dark chocolate combine and continue on the palate surrounded by hints of cocoa powder. Nuances of red wine and residual sugar linger on the smooth finish. Perfect for Valentine's Day!

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f JBLMCYS

t @JBLMYouthSports

LEAGUE SPORTS	Enrollment Dates	Cost & Ages	Parent Meeting	Practices Start	Season Ends
Jr Olympic Archery	through Jan. 31	8-18; \$65	Feb. 2	Feb. 2	April 27
Special Olympics Aquatics	Feb. 1-March 5	8-18; \$50	March 9	March 13	April 21
Special Olympics Track & Field	Feb. 1-March 12	8-18; \$50	March 16	March 20	April 28
Special Olympics Soccer	Feb. 1-March 19	8-18; \$50	March 23	March 27	May 6
Spring Baseball	Feb. 5-March 19	5-15; \$55	March 30	April 9	June 2
Lil' Batters (no games)	Feb. 5-March 19	3-4; \$25	March 29	April 9	May 17
Flag Football & Cheer	April 9-May 21	5-15; \$55	June 1	June 4	July 27
Fall Soccer	May 1-July 31	5-15; \$55	Aug. 18	Aug. 20	Oct. 20
Bumblebee Soccer	May 1-July 31	3-4; \$25	Aug. 18	Aug. 20	Oct. 13

CAMPS & ACTIVITIES	Registration Dates	Ages & Cost	Dates	Time & Location
Start Smart Camp	Feb. 27-March 27	3-4; \$25	April 2-4	10-11 a.m. Youth Sports, 2295 S. 12th St.
CYS Soccer Camp	Feb. 27-March 27	5-15; \$35	April 2-4	4-5:30 p.m. Youth Sports, 2295 S. 12th St.
Flag Football Camp	Feb. 27-March 27	8-18; \$35	April 2-4	4-5:30 p.m. Youth Sports, 2295 S. 12th St.
The First Tee Golf Camp 1	March 1-April 23	7-18; \$35	Tue, April 24-May 29	4:15-5:45 p.m. Eagles Pride Golf Course
The First Tee Golf Camp 2	March 1-April 25	7-18; \$35	Thu, April 26-May 31	4:15-5:45 p.m. Whispering First Golf Course
The First Tee Lil' Drivers	March 1-April 25	5-6; \$25	Thu, April 26-May 31	4:15-5:15 p.m. Eagles Pride Golf Course
Pitch, Hit & Run	Onsite with birth cert	7-14; FREE	April 28	12-2 p.m. Lewis & McChord Youth Ball Fields
Armed Forces Kids Run	March 1-31	5-16; FREE	April 14	9 a.m. Cowan Stadium
British Soccer Camp	challengersports.com	3-16; online	July 16-20, Lewis Aug. 13-17 McChord	Times online

* Registration forms at fb.com/JBLMcyS; drop off at Youth Sports, 2295 S. 12th St., Lewis Main or JBLM Commissary dropbox. Onsite day-of-race registration is at 8 a.m.

JBLMcySREGISTRATION.COM

Youth sports are recreational leagues inclusive of all youth who want to learn the fundamentals and have fun. You must be registered with Child & Youth Services to enroll in sports. For details & a registration checklist, visit fb.com/JBLMcyS.



CHILD & YOUTH SERVICES

Get involved as a coach. Sports fee vouchers are available. Details, call 253-967-2405.



No federal endorsement of sponsors implied.

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February 9 & 23
March 2 & 16
April 6 & 20

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Provisional classes: March 12, 13, 15, 16, 19, 20 & 22
APPLY TODAY! 2013B N. 3rd St., Room 1271 @ Lewis Main
 Questions? Call 253-967-3039.

TODDLER TIME at Book Patch Library

SECOND AND FOURTH TUESDAY OF EVERY MONTH
10:30 A.M.

Parents/Caregivers, join us for a musical rhythmic story as we sing, dance, wiggle and giggle plus much, much more!

NO REGISTRATION REQUIRED!
 FOR MORE DETAILS, CALL 253-967-5533.

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 Lewis Main
 JBLMmwr.com/libraries

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Joint Base Lewis-McChord MWR's fun, food, travel & well-being guide

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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

MARKET FRESH

Where to find the
best local winter
farmers markets, 3C

FOR THE WEEK OF FEB. 16-22

16

McCHORD PUB

4 to 8:30 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.

McCHORD GRILL

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

STRIKE ZONE AT SOUNDERS LANES

11 a.m. to 10 p.m. Chicken-fried steak for \$8.25.

17

SOUNDERS LANES

11 a.m. to midnight Cosmic Blacklight Bowling from 7 to 11 p.m. Two hours plus shoe rental for \$12 per person, plus the Laser Maze and PAC-Man.

SAMUEL ADAMS BREWHOUSE JBLM

4 to 11 p.m. Watch your favorite sports right here with appetizers and brew.

JOINT BASE LEWIS-MCCHORD MARKETPLACE DIRECTORY

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

18

SAMUEL ADAMS BREWHOUSE AT EAGLES PRIDE

Open to the public. Come in for great meals, good brew and your favorite sports.

WHISPERING FIRS AND EAGLES PRIDE GOLF COURSE

Buy a golf package that includes green fee, shared cart and \$6 food voucher.

19

STRIKE ZONE AT SOUNDERS LANES

11 a.m. to 8 p.m. Meatball sandwich for \$8.25.

WHISPERING FIRS HABAÑERO MEXICAN GRILL

7:30 to 10:30 a.m. and 11 a.m. to 2 p.m. Buy one lunch burrito and get the second lunch burrito half off.

BATTLE BEAN AT McCHORD FIELD

7 to 11 a.m. Order breakfast with your made-to-order coffee.

BATTLE BEAN AT STONE EDUCATION CENTER

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

20

WHISPERING FIRS HABAÑERO MEXICAN GRILL

7:30 to 10:30 a.m. and 11 a.m. to 2 p.m. Cheese quesadilla, soup and fountain drink for \$7.50.

STRIKE ZONE AT SOUNDERS LANES

11 a.m. to 8 p.m. Beef stroganoff over noodles for \$8.25.

WARRIOR ZONE

Try the Zone's turkey, Thai chicken, chicken chipotle and turkey Caesar wraps, tuna salad, veggie, roast beef, turkey and chicken sandwiches. Ages 18 and older only.

21

McCHORD GRILL

11 a.m. to 1 p.m. Reuben on rye with fries and a drink for \$8.50.

WARRIOR ZONE

6 p.m. Texas Hold 'Em Tournament; register at 6 p.m. and play at 6:30 p.m. \$7 entry fee. Earn points for the finals. Ages 18 and older only.

STRIKE ZONE AT SOUNDERS LANES

11 a.m. to 8 p.m. Spaghetti and meatballs for \$8.25.

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.

EAGLES PRIDE GOLF COURSE

Two-for-one green fees.

22

SAMUEL ADAMS BREWHOUSE AT EAGLES PRIDE

Order a club sandwich, cup of chili, chips and a fountain drink for \$8.95 until 2 p.m.

STRIKE ZONE AT SOUNDERS LANES

11 a.m. to 8 p.m. Beef stroganoff over noodles for \$8.25.

WHISPERING FIRS GOLF COURSE

Two-for-one green fees. Dine in before or after your game.

AT THE MOVIES

Carey Theater
on Lewis Main**Black Panther (PG-13)**

Friday at 7 p.m.

Black Panther (PG-13)

Saturday at 1 p.m.

Black Panther (PG-13)

Saturday at 7 p.m.

Black Panther (PG-13)

Sunday at 1 p.m.

Black Panther (PG-13)

Sunday at 7 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

REGAL LAKEWOOD STADIUM 15:

844-462-7342 411#

CENTURY POINT RUSTON AND XD:

Not available by phone, online cinemark.com

PUYALLUP

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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

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YELM CINEMAS: 360-400-3456

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MARTIN VILLAGE STADIUM 16:

360-455-5003

CENTURY OLYMPIA: 360-943-0769



Walt Disney Studios Motion Pictures

Chadwick Boseman, middle, Lupita Nyong'o, left, and Danai Gurira star in the new Walt Disney Studios release, "Black Panther."



SCOTT HANSEN Northwest Guardian

Adam DeLeo, of Adam's Mushrooms, restocks one of the six different varieties of mushrooms he grows or gathers for the Proctor Winter Farmers Market in Tacoma Saturday.

Members of Market Swing play a collection of jazz standards at the Proctor Winter Farmers Market in Tacoma Saturday.



LOCAL WINTER FARMERS MARKETS

'Like a taste of home'

BY RUTH KINGSLAND
Northwest Guardian

There's no need to wait for spring or summer for farmer's market supplies; a few local winter markets are open throughout the

cooler months and offer a plethora of fresh produce and other market items.

Local markets that offer outdoor winter fare include the Proctor Market in Tacoma and the Olympia Farmers Market.

Most other local farmers markets open for spring and summer between March and May.

Proctor Market is located at the corner of North 27th and

SEE MARKET, 7C

FEBRUARY 17-18 BACKCOUNTRY SKI TRIP IN CASCADE MOUNTAINS

Receive hands-on climbing and climber's safety training in Washington's glorious Cascade Range. It serves as a prerequisite for many of our basic-level climbs and is a stepping stone to more technically difficult mountains, including Denali. This course is an overnight in deep snow conditions to practice all the skills learned in the classroom. Register at JBLMmwrRegistration.com. **\$125.**

FEBRUARY 18 SNOMOBILE TOUR AT SASSE MOUNTAIN

Take a snowmobile tour around Sasse Mountain in Cle Elum. Fun, action, beauty and excitement. For those seeking the most fun-filled winter experience, check out this snowmobiling trip through the Cascade Mountains. Transportation, snowmobile, helmet, boots, gloves and snowsuit are provided. Minimum age to drive: 16. Passengers younger than 15 cost **\$75.** Depart from Northwest Adventure Center at Lewis North at 7 a.m. Register at JBLMmwrRegistration.com. **\$185.**

FREE SEMINAR FOR FEMALE TRAVELERS

Join monthly free seminars touching on a wide range of introductory topics. Learn a new skill, ask some questions or figure out how to use your gear in a few hours with the Northwest Adventure Center instructors. This introduction class will go over being a female traveler. Work with a travel enthusiast and international guide to learn how to explore the world specifically as a lady traveling alone. Exploring unknown lands alone is an incredibly empowering and life-changing experience. No equipment necessary. This class is at 11 a.m. at McChord Field's Adventures Unlimited. Register at JBLMmwrRegistration.com. **Free.**

FEBRUARY 20 LEARNING BASICS IN SEA KAYAK SKILLS CLASS

The course will offer five

levels within the two-hour kayak skills class. Start at any time, and master as many of the five levels as you like.

- Level 1: Proper paddling techniques and how to buddy rescue.
- Level 2: Edging maneuvers and self-rescue.
- Level 3: Recovery techniques and muscle memory exercises for the roll.
- Level 4: Multi-day kayak trip prep and T-rescue.
- Level 5: Learning the kayak roll.

After the fifth level, continue to perfect the roll. Minimum age: 12; children younger than 18 must be accompanied by an adult. Meet at Kimbro Pool at 7:30 p.m. Register at JBLMmwrRegistration.com. **\$35.**

FEBRUARY 23 YOGA CLASS DESIGNED FOR SNOWSHOERS

After spending the day exploring a winter wonderland, trudging up, down, across and zigzagging through waist deep snow, it's inevitable to get tight calves, hamstrings, hip flexors and quads. Join other outdoor recreators in a 60-minute class away from the studio designed specifically for preparing the

muscles to endure the snow-filled adventures ahead of you this winter. Class takes place at 6 p.m. at McChord Field's Adventures Unlimited surrounded by inspiring outdoor gear. Minimum age: 12; children younger than 18 must be accompanied by an adult. Register at JBLMmwrRegistration.com. **\$17.**

FEBRUARY 24 WINTER SUMMIT AT MT. ST. HELENS

On this steep snowshoe trip/mountain climb, snowshoers can walk strait up this snow-piled volcano to the rim of a massive crater from the 1980 eruption. Once at the summit, you can cautiously view over the edge to view the lava dome, as well as the miles of destruction. Difficulty: most difficult; hiking time: nine hours; distance: 8 miles; elevation gain: 5,700 feet. Minimum age: 18. Meet at McChord Field's Adventures Unlimited at 1 a.m. Register at JBLMmwrRegistration.com. **\$110.**

LEARNING THE BASICS OF PHOTOGRAPHY

It's often difficult for beginners to know where to start, but this Photoshop 101 seminar covers nearly every tool and

menu available in detail. This is the starting point for getting introduced to the editing possibilities in Photoshop. Learn how to edit quickly, build confidence in your skills and ensure your images come out looking great.

Topics include layers, masking, groups, typography, quick masks, introduction to filters and more. Meet at the Northwest Adventure Center at Lewis North at 9 a.m. Register at JBLMmwrRegistration.com. **\$45.**

BACKCOUNTRY SKI TRIP TO CASCADE MOUNTAINS

Ski all over the Cascade Mountains this winter. Backcountry skiing is growing in popularity and backcountry access is increasing. Don't miss the opportunity to see amazing alpine wilderness and truly unforgettable skiing. This trip provides all the gear you need to go safely into the backcountry. Trip includes transportation, skis or split board, boots, float pack, avalanche safety kit and guide. Minimum age: 16 years; children younger than 18 must be accompanied by an adult. Participants must be intermediate skiers. Due to

weather, location is subject to change for safety. Depart from McChord Field's Adventures Unlimited at 8 a.m. Register at JBLMmwrRegistration.com. **\$110.**

FEBRUARY 25 ADVANCED PHOTOSHOP SKILLS WORKSHOP

Build on the basic experiences working with Photoshop and learn some of the program's most powerful tools. Learn Adobe Camera RAW, learn actions, adjustment layers, create custom brushes, advanced brush options, dodge and burn, blending modes and more.

Meet at the Northwest Adventure Center at Lewis North at 9 a.m. Register at JBLMmwrRegistration.com. **\$45.**

INTRODUCTORY MOUNTAIN BIKING TRIP

Experience the thrill of mountain biking. The trip will start by addressing proper bike fit and making any necessary adjustments to your bike. Next, the experts will demonstrate riding techniques, including body and pedal position, shifting, braking,

climbing, descending and navigating minor obstacles on the trail.

The course will also go over important communication skills and mountain biking trail etiquette with the aim of keeping multi-use trails open and safe for everyone. Practice all these new skills on a great trail ride. Minimum age: 14; children younger than 18 must be accompanied by an adult.

Depart from the Northwest Adventure Center at Lewis North at 8 a.m. Register at JBLMmwrRegistration.com. **\$35.**

MARCH 2 MOONLIGHT SNOWSHOE TRIP AT SNOQUALMIE

Head to the Snoqualmie Pass area to snowshoe in the moonlight. Dress warm because you won't see the sun on this trip. Difficulty: beginner; distance: 1.5 miles; elevation gain: 50 feet; time: two hours.

Depart from the Northwest Adventure Center at Lewis North at 5:30 p.m. or McChord Field's Adventures Unlimited at 6 p.m. Register at JBLMmwrRegistration.com. **\$50.**

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ON SALE THIS WEEK

RAIN: A TRIBUTE TO THE BEATLES Sept. 10. Washington State Fair, Puyallup. Tickets go on sale Saturday.

JUSTIN TIMBERLAKE: THE MAN OF THE WOODS 7:30 p.m. Nov. 12. Tacoma Dome. Tickets go on sale Monday.

PEARL JAM Aug. 8 and 10. Safeco Field, Seattle. Tickets go on sale Wednesday.

ALREADY ON SALE

TOBYMAC 7 p.m. Friday. KeyArena, Seattle.

JO KOY: BREAK THE MOLD TOUR 7 p.m. Saturday. ShoWare Center, Kent.

MARK MORRIS DANCE GROUP 8 p.m. Saturday. The Moore Theater, Seattle.

GOGOL BORDELLO 8 p.m. Tuesday. Neptune Theatre, Seattle.

SOUTHERN SOUL FEATURING LOMAX SPAULDING 7:30 p.m. Tuesday. Temple Theater, Tacoma.

RYAN CARAVEO 9 p.m. Feb. 23. Neptune Theatre, Seattle.

JOEL MCHALE 7 p.m. March 3. Moore Theater, Seattle.

JAY PHAROAH 7 p.m. March 8. Neptune Theatre, Seattle.

LORDE'S MELODRAMA WORLD TOUR 7 p.m. March 9. KeyArena, Seattle.

RICHARD MARX 8 p.m. March 9. Tulalip Resort Casino.

JEFF DUNHAM: PASSIVELY AGGRESSIVE 5 p.m. March 10. Tacoma Dome.

BLUE OYSTER CULT 8 p.m. March 10. Emerald Queen Casino, Tacoma.

CHIPPENDALES 6 p.m. March 17. Tulalip Resort Casino, Tulalip.

TREVOR NOAH 7:30 p.m. March 23. Paramount Theatre, Seattle.

TIME MACHINE/MASHINA VREMENI 8 p.m. March 28. Moore Theatre, Seattle.

SOMO: THE RESERVATIONS TOUR 8 p.m. March 30. Neptune Theatre, Seattle.

PAW PATROL LIVE: RAVE TO THE RESCUE April 3. McCaw Hall, Seattle.

KEITH SWEAT 8:30 p.m. April 7. Emerald Queen Casino, Tacoma.

MONSTER ENERGY AMA SUPERCROSS April 7. Century-Link Field, Seattle.

BILL MAHER 8 p.m. April 14. Paramount Theatre, Seattle.

PBR TOUR April 14-15. Tacoma Dome, Tacoma.

JUDAS PRIEST: FIREPOWER

2018 NORTH AMERICAN TOUR April 15. ShoWare Center, Kent.

ALVIN AILEY AMERICAN DANCE THEATER 8 p.m. April 27 and 28; 2 p.m. April 29. Paramount Theatre, Seattle.

CASPAR BABYPANTS 10:30 a.m. April 28. Neptune Theatre, Seattle.

KHALID: THE ROXY TOUR May 3. WaMu Theater, Seattle.

KENDRICK LAMAR 7:30 p.m. May 5. White River Amphitheatre, Auburn.

LITTLE BIG SHOW NO. 21: NADA SURF, CELEBRATING THE 15TH ANNIVERSARY OF LET GO 8 p.m. May 9. Neptune Theatre, Seattle.

SEVEN LIONS: CHRONICLES 6 p.m. May 12. WaMu Theater, Seattle.

PINK: BEAUTIFUL TRAUMA WORLD TOUR 7:30 p.m. May 13. KeyArena, Seattle.

PAUL SIMON HOMEWARD BOUND FAREWELL TOUR 8 p.m. May 18. KeyArena, Seattle.

CHRIS YOUNG: LOSING SLEEP WORLD TOUR 2018 7:30 p.m. May 19. Tacoma Dome.

STARS ON ICE 7:30 p.m. May 20. KeyArena, Seattle.

WEIRD AL YANKOVIC: ILL ADVISED TOUR 8 p.m. May 20. The Moore Theater, Seattle.

SASQUATCH MUSIC FESTIVAL 3 p.m. May 25-27. The Gorge Amphitheatre, George.

MARON 5 7:30 p.m. May 30. Tacoma Dome.

CELTIC WOMAN: HOME-COMING TOUR 7:30 p.m. June 2. Paramount Theatre, Seattle.

NATALIA LAFOURCADE 8 p.m. June 2. Neptune Theatre, Seattle.

JAMES TAYLOR AND BONNIE RAITT 7:30 p.m. June 6. KeyArena, Seattle.

KEVIN HART IRRESPONSIBLE TOUR 7 p.m. June 14. KeyArena, Seattle.

ANDREA BOCELLI IN CONCERT WITH THE SEATTLE SYMPHONY 7:30 p.m. June 24. KeyArena, Seattle.

DEAD AND COMPANY SUMMER TOUR 7 p.m. June 29. Gorge Amphitheater, George.

KENNY CHESNEY: TRIP AROUND THE SUN TOUR 4 p.m. July 7. CenturyLink Field, Seattle.

TIM MCGRAW AND FAITH HILL SOUL2SOUL WORLD TOUR 2018 July 13. KeyArena, Seattle.

PHISH 7:30 p.m. July 20-22. The Gorge Amphitheater, George.

CHRIS STAPLETON "ALL AMERICAN ROAD SHOW" 7

p.m. July 21. White River Amphitheatre, Auburn.

FOREIGNER - JUKE BOX HEROES TOUR 7 p.m. July 27. White River Amphitheatre, Auburn.

NIALL HORAN: FLICKER WORLD TOUR 7 p.m. Aug. 2.

White River Amphitheatre, Auburn.

WEEZER AND PIXIES 7:30 p.m. Aug. 4. White River Amphitheatre, Auburn.

DARYL HALL AND JOHN OATES WITH TRAIN 6 p.m. Aug. 11. KeyArena, Seattle.

JACK WHITE 8 p.m. Aug. 13. WaMu Theater, Seattle.

ED SHEERAN: 2018 NORTH AMERICAN TOUR 7 p.m. Aug. 25. CenturyLink Field, Seattle.

ZAC BROWN BAND: DOWN THE RABBIT HOLE LIVE 7 p.m.

Aug. 31. Safeco Field, Seattle.

DAVE MATTHEWS BAND Aug. 31-Sept. 2. Gorge Amphitheatre, George.

ROD STEWART, WITH SPECIAL GUEST CYNDI LAUPER 7:30 p.m. Sept. 1. White River Amphitheatre, Auburn.



FEB 2-25 • FRI & SAT 7:30PM • SUN 2PM • SAT FEB 17 & 24 2PM

Tacoma Musical Playhouse

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7116 Sixth Avenue, Tacoma, WA 98406
Musical revue set in the 1940s of Sinatra favorites performed as eight actors share more than 50 of his iconic hit songs.
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7116 Sixth Avenue - Tacoma, WA 98406
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Ticket Info: \$15 Adults | \$13 Senior, Military, Students | \$12 Children (12 and under) | \$10 Groups of 10 or more Reserved Seating

FEB. 16 - MAR. 11, 2018 • FRI. & SAT. 8PM • SUN. 2PM

Lakewood Playhouse

TENNESSEE WILLIAMS' THE GLASS MENAGERIE

5729 Lakewood Towne Center Blvd SW, Lakewood, WA 98496
Amanda Wingfield strives to give meaning to her life and those of her children, Tom and Laura. An American Classic.
LAKEWOOD: Shop, Eat, Play, Stay!
Ticket Info: Full Price \$26 Seniors/Military \$23 Students/Educators \$20 (253) 588-0042 or online www.lakewoodplayhouse.org

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MARCH 1 • 7PM & MARCH 2 • 7PM

Pierce College Puyallup Theatre

GUEST ARTIST TIM MILLER, BODY MAPS AND ROOTED

Pierce College Puyallup, Black Box Theatre AAH 110
Miller shares stories of his family tree and the hidden gay histories that live among the branches. "Rooted" is a funny and emotionally charged story of the times we live in.
Ticket Info: \$5 per ticket general admission. Tickets available at PierceCollegeEvents.com

FRIDAY, FEBRUARY 23 • 7PM-8:30PM

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Ticket Info: Tickets available at the door: \$15 for adults, \$5 for students and free for UP for Arts members. Free parking available underneath the library.



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EVENTS
COMMUNITY

American History: Black History Month 1 p.m. Saturday. Buffalo Soldiers Museum, 1940 S. Wilkenson St., Tacoma. Buffalo Soldiers Museum presents "Held in Trust: The Story of Lt. Henry O. Flipper," the first African-American graduate of the U.S. Military Academy in West Point, N.Y. Free and open to the public; donations welcomed. 253-272-4257, BuffaloSoldiersTacoma.org.

Kids 'n Critters 9:30 a.m. to 3 p.m. Saturday-Sunday. Northwest Trek, Eatonville. Get up close to dozens of native Northwest animals. Get your own kids close to nature at Northwest Trek, where up to four kids get in free for every full-price adult on President's Day Weekend. \$21-\$23. nwtrek.org.

Early Bird Automotive Show and Swap Meet 8 a.m. to 5 p.m. Saturday and 9 a.m. to 3 p.m. Sunday. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. One thousand booths, featuring cars and parts for all collectible makes and models, plus a large selection of antique and collectibles for the antique buff. thefair.com.

History After Hours: Press Play 21+ 7 to 10 p.m. Thursday. Washington State History Museum, 1911 Pacific Ave., Tacoma. Series kicks off with fun and games for ages 21 and older. Enjoy the new exhibition Toytopia while games take over the entire museum for the evening. \$20 advance; \$25 at the door; or \$60 for all four History After Hours events. 253-272-3500, washingtonhistory.org.

Art, Theater and Music of the Human Journey 5:30 to 8:30 p.m. Feb. 23. Karshner Museum and Center for Culture and Arts, 309 Fourth St. NE, Puyallup. An evening exploring the human journey; migration and the movement of human groups. Immigration and refugees will be explored, stories told and perspectives talked about. Free. 253-841-8748, facebook.com/events/1876823362359337.

Bass Pro Shop's Spring Fishing Classic 1 to 3:30 p.m. Feb. 23. Bass Pro Shops, 7905 S. Hosmer St., Tacoma. Free. 253-671-5700, facebook.com/events/176645446397906.

Destiny City Film Festival Feb. 23-25. Blue Mouse Theatre,

2611 N. Proctor St., Tacoma. Showcasing the best independent films from the Pacific Northwest and beyond. Will include high-quality film programming for all ages and demographics, a free screenwriting panel, filmmaker Q&As, free family films and more. \$6-\$60. 253-752-9500, DestinyCityFilmFestival.com.

Pierce County Dental Society's Annual Children's Dental Health Day 10:30 a.m. to 2:30 p.m. Feb. 24. South Hill Mall, 3500 South Meridian, Puyallup. Children age infant to 18 years old and their families are welcome and will receive free dental screenings, free fluoride varnish applications, free mouth guards, free dental supplies, face painting and more. Free. 253-274-9722, southhillmall.com.

Northwest Aviation Conference and Trade Show 9 a.m. to 5:30 p.m. Feb. 24 and 10 a.m. to 4 p.m. Feb. 25. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. Washington Aviation Association annually hosts the Aviation Conference with free seminars, career forums, more than 350 exhibitors and airplane displays. thefair.com.

Drive the Blues Away 8 to 11 p.m. Feb. 24. LeMay — America's Car Museum, 2702 East D St., Tacoma. Join us at America's Car Museum for a night of live music, gourmet light bites and tastings from local craft distilleries, breweries and wineries, in addition to full museum access. \$35-\$65. 253-779-8490, americascarmuseum.org/event/drive-blues-away.

So Northwest Women Show 9 a.m. to 6 p.m. Feb. 24 and 10 a.m. to 5 p.m. Feb. 25. Tacoma Dome, 2727 E. D St., Tacoma. Celebrating 30 years with fashion, fun, freebies and more. Tacoma Dome. \$15. nwwomens-show.com.

Pierce County Conversations: The Hunting Ground 6:30 p.m. Feb. 27. University Place Library, 3609 Market Place W., University Place. A startling expose of sexual assaults on college campuses in the U.S., institutional cover-ups and the toll on victims and their families. A community discussion will follow the 45-minute film screening. Movie rating: PG-13. Free. 253-548-3307, piercecountylibrary.org/calendar.

Fly Fishing Film Tour 6 p.m. March 1. Blue Mouse Theater, 2611 N. Proctor St., Tacoma.

Sponsored by Gig Harbor Fly Shop, live music, silent auction and refreshments. \$15 in advance at Gig Harbor Fly Shop or \$18 online. tinyurl.com/y7f3aosx.

Dino Days at Burke Museum 10 a.m. to 5 p.m. March 3-4. Burke Museum, Northeast 45th St. and 17th Avenue Northeast, Seattle. Join us for prehistoric fun. Become a Junior Paleontologist by completing fossil challenges, talk to paleontologists about their research and careers, and see hundreds of prehistoric plants and animals. \$7.50-\$10. 206-543-5590, burkemuseum.org.

Seattle Kennel Club Dog Show 8 a.m. to 5 p.m. March 10-11. CenturyLink Field Event Center, 800 Occidental Ave. S., Seattle. Demonstrations and competition. Learn about breeds, agility, obedience and rally action. \$8-\$12. seattledog-show.org.

Free Family Flick: The Last Starfighter 10 a.m. March 17. Grand Cinema, 606 S. Fawcett Ave., Tacoma. 1984 sci-fi movie. Seating is free for all; first come basis. Free. grandcinema.com.

T-Town: Play, Explore, Learn 10 a.m. to 3 p.m. March 24. City services expo, learn services available, how city government works, share ideas and feedback. Tacoma Dome, 2727 E. D St., Tacoma. Free.

NIGHTLIFE

FRIDAY

Magic with Cary Durgin 6 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way, Tacoma. 253-473-2255.

Open Mic Night 6 to 10 p.m. Urban Timber Coffee 6621 166th Ave. E., Sumner. All ages, family friendly. 253-826-3936.

Among Authors, Dirty Dirty, J. Martin and Dweller on the Hill 7 p.m. Real Art Tacoma, 5412 South Tacoma Way, Tacoma. \$7-\$10. realarttacoma.com.

Luenell 8 and 10:30 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. 253-282-7203, tacomacomedyclub.com.

Noise, The Drowns, C.F.A. and Old Fools 8 p.m. Jazzbones, 2803 Sixth Ave., Tacoma. \$8-\$12. 253-396-9169.

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

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

The Hipsters 9 p.m. The

Swiss, 1904 S. Jefferson, Tacoma. 253-572-2821.

SATURDAY

Marrowstone, Lo' There, Newbrighton, Nacion De Humo, Save Bandit and Wanting 6 p.m. Real Art Tacoma, 5412 South Tacoma Way, Tacoma. \$7-\$10. realarttacoma.com.

Tupelo 8 to 11 p.m. The Spar, 2121 N. 30th St., Tacoma. 253-627-8215.

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.

Red Elvises and the Fun Police 9 p.m. Jazzbones, 2803 Sixth Ave., Tacoma. \$12-\$15. 253-396-9169.

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Phantom Thread (R)

Fri-Thu: 12:00, 2:45, 5:35, 8:25

The Post (PG-13)

Fri-Mon: 11:15 AM, 1:40, 4:05, 6:40, 9:15
Tue: 4:05, 9:15; Wed: 6:40, 9:15
Thu: 1:40, 4:05, 9:15

The Shape of Water (R)

Fri: 1:30, 8:45; Sat: 1:30, 8:40
Sun-Tue: 1:30, 8:45
Wed: 1:30; Thu: 1:30, 8:45

Lady Bird (R)

Fri-Mon: 11:20 AM, 4:15, 6:30
Tue: 4:15, 6:30; Wed-Thu: 4:15

Paddington (PG)

FREE FAMILY FLICK: Sat: 10:00 AM

Idiocracy (R)

WEIRD ELEPHANT SERIES: Sat: 11:00

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TUESDAY FILM SERIES: Tue: 1:45, 6:45

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CLASSIC FILM SERIES: Wed: 1:45, 6:45

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80s Invasion 9 p.m. The Swiss, 1904 S. Jefferson, Tacoma. 253-572-2821.

SUNDAY

Billy Barner and King Kom Beaux 7 p.m. The Spar, 2121 N. 30th St., Tacoma. 253-627-8215.

Tacoma's Best Comics 8 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. 253-282-7203, tacomacomedyclub.com.
Tim Hall Band 8 p.m., Dawson's Bar and Grill, 5443 South Tacoma Way, Tacoma. 253-476-1421.

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FROM PAGE 3C

MARKET

Proctor streets in Tacoma and is open the second Saturday of each month from 10 a.m. to 1 p.m. during the winter and Saturdays from March 24 to Dec. 15 from 9 a.m. to 2 p.m.

Olympia's Farmers Market is at 700 N. Capitol Way, in Olympia, and is open Saturdays from 10 a.m. to 3 p.m. now to March 31 and Thursday through Saturday from April to October.

The Proctor Market stays busy during the winter, which was obvious Saturday as dozens of families and couples pushed strollers or walked their dogs, stopping at booths filled with fresh vegetables, fruit, meats, cheeses and more.

One of the more popular booths at the market offered samples of goat's milk feta and blue cheeses from Burton Hill Farm in Vashon Island.

"Mmmmm," said 2-year-old Lillian Bylenga as she sampled the creamy blue cheese substance.

Lillian came to the market with her parents, Mark and Tara Bylenga, and her 2-month-old brother, August. The family recently moved to Tacoma from Bellingham, Wash.

"We have markets in Bellingham, and this is similar," Tara said. "It's amazing. 'It's like a taste of home.'"

Collin Medeiros, owner of Burton Hill Farm, said he enjoys the 10-minute ferry ride to hawk his wares at the Proctor Market.

"It's a beautiful ride, and then, I love this market," he said.



SCOTT HANSEN Northwest Guardian

The 2018 Proctor Winter Farmers Market in Tacoma is open the second Saturday of each month now-March 24 from 9 a.m. to 2 p.m.

Medeiros said he's impressed with the way the market is coordinated, with a wide variety of vendors and no more than two of most kinds of merchants. The sense of community at Proctor Market also makes it a special kind of place, he said.

"I've worked at Seattle markets and other places, and it's not the same as here," Medeiros said.

Music also makes for a festive atmosphere, with a ukulele-wielding singer at one end of the market, half-yodeling and half-singing, as well as a four-piece string and percussion group: the Market Swing, providing tunes in the center of the block.

Several men and women passed by holding brightly colored floral bouquets and potted plants they'd purchased at the market that day.

Justin Averre, manager at the Colvin Ranch, a

Tenino, Wash., beef farm, opened a large cooler of packaged meats to show off the farm grown steaks

and roasts he'd brought to the market Saturday morning.

"Now that looks good,"

If you go

Local winter markets:

Proctor Market, at the corner of North 27th and Proctor streets in Tacoma; open the second Saturday of each month from 10 a.m. to 1 p.m. during the winter and Saturdays from 9 a.m. to 2 p.m. March 24-Dec. 15.

Olympia Farmers Market, 700 N. Capitol Way, Olympia; open Saturdays from 10 a.m. to 3 p.m. now-March 31 and Thursday to Saturday April-October.

Kevin Helfrick held a basket of pink, blue and brown eggs produced by the araucana, maran and leghorn chickens at his Enumclaw farm.

"The eggs are all non-GMO, corn and soy free," Helfrick told a customer.

This was Helfrick's first day at the Proctor Market. He said he plans to return from now on.

"I sell eggs to restaurants around the Seattle area, but this is a great market; I will be back," he said.

Angie Tronset, a longtime Tacoma resident, walked her cockapoo dog, Locke, along the walkway between the aisles of market vendors.

"We'll probably buy some produce, mostly veggies," Tronset said. "We go to the Broadway Market downtown (Tacoma) in the summer, but this is a nice market in the winter. And, it provides Locke a good walk."

one customer said, as Averre held up a sirloin steak.

Across the walkway, another man sold rain barrels, and another had a wide range of mushrooms for sale.

At the Hell or High Water egg farm booth,



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