

GUARDIAN WEEKEND  
Free admission to the annual Spring Fair, 3c

ALSO INSIDE  
17th FA Bde. packs up, heads to Idaho, 3A

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INTREPID SPIRIT CENTER

# New facility to aid brain injury, PTS care

The \$12 million center becomes sixth facility to open nationwide

BY SUZANNE OVEL  
*Madigan Public Affairs*  
After two years of construction, the Intrepid Spirit Center officially opened its doors on Joint Base Lewis-McChord April 5.  
The \$12 million center specializes in treating service members with traumatic brain injuries and related conditions such as post-traumatic stress and chronic

pain. It is the sixth Intrepid Spirit Center to open nationally, thanks to a partnership between the Army and the Intrepid Fallen Heroes Fund.  
“The challenge to care for traumatic brain injury and PTSD is nothing short of staggering,” said Col. Michael Place, Madigan Army Medical Center commander. “Since 2000, more than 379,000 service members

have sustained a traumatic brain injury.”  
Madigan staff members run the nearby Intrepid Spirit Center.  
“Concussions and more severe brain injuries don’t happen in isolation,” said Col. Beverly Scott, Intrepid Spirit Center and Madigan’s TBI Program director.  
She explained that the center offers a variety of therapeutic tools and approaches because other injuries and behavioral

SEE CENTER, 10A



Brenda Maltz, right, shows artwork created by Intrepid Spirit Center patients to Col. Michael Place, Madigan Army Medical Center commander, April 5.

JOHN WAYNE LISTON Madigan Public Affairs

NATIONAL GUARD

# Guard troops head to border

Up to 4,000 are now authorized

Department of Defense  
News Service  
WASHINGTON, D.C. — Defense Secretary James Mattis authorized Monday up to 4,000 National Guard troops to deploy to the U.S. border with Mexico to support the Department of Homeland Security border security mission there.  
National Guard troops began deploying after the announcement of the authorization.  
In a joint statement, Mattis and DHS Secretary Kirstjen Nielsen said DHS worked closely with border-state governors and identified security vulnerabilities the National Guard could address.  
“We appreciate the governors’ support and are dedicated to working with them to secure the national borders,” they said in a combined statement.  
DOD and DHS are committed to “using every lever of power to support the men and women of law enforcement defending our nation’s sovereignty and protecting the American people,” they said, adding that they will continue to work with the governors to deploy the necessary resources until the nation’s borders are secure.  
President Donald Trump authorized the National Guard,

SEE BORDER, 10A

IN THE NEWS



Stacey Barnes demonstrates a defense stance during a self-defense program April 6.

**SELF-DEFENSE PROGRAM**  
Instructors and students of the Joint Base Lewis-McChord Rape Aggression Defense Physical Self-Defense program provided a Demo Day April 6. **See story, 7A**

JBLM KIDS' FEST

# IT'S ALL ABOUT REPTILES



SCOTT HANSEN Northwest Guardian

Zoologist Don “The Reptile King” Riggs, right, introduces his friend Later Gator, a North American Black Alligator, to Callie Morey, 8, left, of JBLM, and Jayden Zehner, 4, right, of JBLM, at the “Reptile Isle” show during the annual JBLM Kids’ Fest celebration on Lewis Main April 5.

## Hundreds join fun during annual event to celebrate JBLM children

BY DEAN SIEMON  
*Northwest Guardian*  
Hundreds of children and their parents enjoyed the activities and sights at Joint Base Lewis-McChord’s Kids’ Fest April 5 at Family and Morale, Welfare and Recreation’s Fest Tent on Lewis Main.  
Christy Townsend took pictures on her phone of her son, Jacob, 5, seeing all of the differ-

ent static military vehicles sitting outside the Fest Tent. She said it was neat for her son to get to turn the crank for the M777A2 medium towed howitzer.  
Jacob also had the chance to climb into the truck bed of the M777-series prime mover for the howitzer.  
“You see (these things) some-

SEE KIDS, 10A



Iana Green-Bey, 5, middle, of JBLM, is all smiles after receiving a balloon animal during Kids’ Fest on Lewis Main April 5.

JBLM DIRECTORATE OF PUBLIC WORKS

# Amtrak wreckage moved off base to salvage yards

BY RUTH KINGSLAND  
*Northwest Guardian*  
Most of the wreckage of the Dec. 18 Amtrak train crash in DuPont was removed from Joint Base Lewis-McChord April 3 to Saturday, with no significant environmental impact, according to Greg Mason, environmental investigator for JBLM’s Directorate of Public Works.  
In addition to being first on the scene and aiding in emergency response, JBLM offered its facilities for storage of the

wreckage for the last four months. The 12 cars and locomotive had been stored in a secure, gated location on Lewis North for Amtrak and National Transportation Safety Board investigators.  
While the train car wreckage was removed, the locomotive remains at the JBLM site and will be moved in the future. Mason praised the cooperation and diligence of Amtrak and its

SEE AMTRAK, 10A



SCOTT HANSEN Northwest Guardian

Crew members prepare to move the wreckage from Amtrak Cascades Train No. 501 from its Lewis North secure location April 6.



INTERNATIONAL MILITARY BAND CONCERT



SGT. WILLIAM BROWN 5th Mobile Public Affairs Detachment

Chief Warrant Officer 3 Scott Pierson directs the playing of the U.S national anthem at the annual International Military Band Concert at the Washington State Center for Performing Arts in Olympia April 7.

A night of music, harmony

BY SGT. WILLIAM BROWN  
*5th Mobile Public Affairs Detachment*

Soldiers from America’s I Corps Band participated in the annual International Military Band Concert at the Washington State Center for Performing Arts in Olympia April 7.

The band played alongside the Navy Band Northwest, the U.S. Air Force Band of the Golden West, the First Marine Division Band and the 133rd Washington Army National Guard Band teamed up with the 15th Field Regiment Band of the Royal Canadian Army and the Naden Band of the Royal Canadian Navy for the two-hour show.

The International Military Band Concert has been a tradition for almost 30 years, bringing musicians from all around the Pacific Northwest together.

“It’s a great experience getting to work with all these different bands,” said Chief Warrant Officer 3 Donna Morgan, commander of America’s I Corps Band. “While we are very similar and music is the universal language, we are also different, especially when talking about how each band does things, so we learn a lot from each other.”

The bands were led by Morgan, Master Warrant Officer Cheryl McHugh, 15th Field Artillery Regiment Band, Royal Canadian Army; Marine Chief Warrant Officer 3 Stephanie Wire, the First Marine Division Band; Army Chief Warrant Officer 3 Scott Pierson, the 133th Washington Army National Guard Band; Capt. Rafael Toto-Quíñones, the U.S. Air Force Band of the Golden West; Chief Petty Officer 2nd Class Brayden Wise, Naden Band of the Royal Canadian Navy and Lt. Bruce Mansfield, Navy Band Northwest.

The service members performed a variety of compositions including “O’ Canada,” “The Star Spangled Banner,” by Francis Scott Key, “Rhapsody for Flute,” by Stephen Bulla and “Boys of the Old Brigade,” by William Paris Chambers.

“Each conductor was able to pick their own pieces. The styles varied drastically from each other but they flowed together,” said Army Sgt. Kristin Almond clarinet player for America’s I Corps Band.

Canadian Maj. Jim Tempest, an International Military Band Concert founding member and

Canadian Armed Forces senior director of music, provided narration, presenting facts about each piece before it was played.

Tempest made it clear through his presentation that each song had a story to tell. “Tribute 1985,” by Mark Camphouse, for example, was written to honor all American women who have served their country in the armed forces.

“Hymn to the Fallen 1998,” by John Williams, was written for the movie “Saving Private Ryan.” “Powerhouse,” composed by Raymond Scott, was not originally written for cartoons but was purchased by Warner Bros, Tempest said.

“‘Powerhouse’ was a fun piece that really had a lot of elements involved,” Almond said. “The conductor really brought out the fun elements, and her personality drew out the music from us and helped drive the piece.”

The nearly 70 service members closed the night by playing each service’s respective song.

“This concert brought us all together, regardless of the branch we serve (in) and even the country we live in,” Almond said. “It gave us an opportunity to make music together.”

AMERICAN RED CROSS WORKSHOPS

Lessons in communication, resiliency

BY RUTH KINGSLAND  
*Northwest Guardian*

The Army’s greatest asset is its people — the finest men and women the nation has to offer, according to the Army’s published top line messages.

In an effort to better prepare and assist that asset in resiliency and communication, the American Red Cross on Joint Base Lewis-McChord is offering free monthly Reconnection Workshops for service members, adult family members, retirees, veterans and Department of Defense civilians.

The workshops are at the Family Resource Center on Lewis Main the third Saturday of the month at 10:30 a.m.

The first workshop, Communicating Clearly, was March 17. The next workshop, Relating to Children, will be April 21. Introduction to Mind-Body Skills is May 19, and Coping with Deployments is June 16.

At the first workshop, participants learned methods to improve communication and become a better communicator using games and discussion.

“I don’t think there’s anything I lack in communication, but my wife may say otherwise,” Thomas Bolton said at the beginning of the event.

Bolton is a veteran and his spouse, Adrienne, is a regional program specialist for JBLM’s American Red Cross. The two were among a handful of event attendees, some at first hesitant to speak, others anxious to share.

Audrey Hockman, Red Cross volunteer, retired Air Force colonel and spouse of an Air Force retiree, led the workshop. Different people see and hear things differently, Hockman said.

“It’s all about accepting those differences (and) not trying to change the other person,” Hockman said.

That was evident in a Pictionary-style game, where one person looked at a card with drawings on it and explained to their partner what to draw. In that game, Adrienne Bolton de-



RUTH KINGSLAND Northwest Guardian

Sarah Jacob, left, watches as Adrienne Bolton shows a card during a Pictionary-type game a monthly Red Cross Reconnection Workshop at the Family Resource Center on Lewis Main March 17.

scribed designs on a card to her co-worker, Sarah Jacob, an American Red Cross regional program specialist.

“Draw a squiggly line down the center of the paper,” Bolton began.

The person describing what to draw wasn’t allowed to give feedback before going on to the next step in their directions.

“I wish she’d (been able to give) feedback; I felt like I’d have understood more,” Jacob said, after she and Bolton compared the card to her finished drawing.

Next, Jacob gave directions to Thomas Bolton, as he attempted to draw what Jacob said.

This second drawing was simpler to convey, since it was of a heart with an arrow stuck through it. Jacob was able to quickly tell Bolton how to accomplish his task.

“Draw a heart in the center of the page,” she said. “Now, put your hand across the heart and make a line on the top of your hand and another at the bottom.”

“It was very easy, because we understood the shapes; there was a shared experience,” Jacob said.

Hockman said communicating clearly and finding shared understanding is important in any relationship.

“Being patient with your differences is also a huge part of it, and that’s the premise behind this exercise,” Hockman said.

The positive and negative aspects of verbal and nonverbal communication also were discussed, as the group created lists of both, including: tone of voice, respect, listening, eye contact, articulation, being kind, clarification and silence.

Although many items appeared on both lists, Hockman said there are more nonverbal components than verbal.

Another part of the workshop explored how a person reacts to a certain situation. Bolton shared her experiences about relating to one’s spouse after lengthy deployments.

“Adaptability is important,” she said. “If they are gone a long time you both change. Your experiences were different in that time period. The short term differences aren’t as bad, because you can keep up with each other.”

There will be different leaders at each of the upcoming workshops.

Jacob said the Relating to Children workshop is in honor of Month of the Military Child and is expected to be beneficial for parents and others raising children of all ages.

NEWS IN BRIEF

A 1st Bde., 2nd Inf. Div. Soldier dies in training incident at NTC

Private Julian Diaz, 19, of Tolleson, Ariz., died in a vehicle incident Tuesday at the National Training Center located at Fort Irwin, Calif.

Diaz enlisted in the Army in 2017, and served in the 1st Battalion, 23rd Infantry Regiment, 1st Brigade, 2nd Infantry Division, since December 2017, as an indirect fire infantryman. He was awarded the National Defense and Army Service Ribbons, respectively.

“Our deepest sympathies go out to the family and friends of Private Diaz,” said Maj. Gen. Willard Burleson III, 7th Infantry Division commanding general. “In conjunction with the Army Safety Center, we will conduct a thorough investigation into this incident. The Soldiers of (the 1st Bde., 2nd Inf. Div.) honor Private Diaz through their steadfast commitment and care for each other and their will to get better every day.”

The incident is under investigation.

— 7TH INFANTRY DIVISION PUBLIC AFFAIRS

The SSMCP Survey to help shape the on- and off-base partnership

Joint Base Lewis-McChord and South Sound community leaders want to know what you think.

Service members and Department of Defense civilians are being asked to complete South Sound Military, Communities Partnership Survey providing base and community leaders a better understanding of the ways the South Sound community supports the military.

“The Joint Base Garrison is responsible for providing many of the community services you and your families enjoy, and we are committed to improving those services for everyone in our military community, both on and off the installation,” said Col. Nicole Lucas, JBLM Garrison commander.

Lucas said the survey will be sent out Sunday. The 10-minute anonymous and confidential survey has 25 questions. It is seeking information about simple demographic data, including opinions about locally available services and programs — like preferences in housing, driving habits, shopping and recreation needs.

A few respondents could be picked at random between Sunday and May 15 to win a \$500 gift card from local retailers. Officials ask that only one survey be filled out per household.

— JOINT BASE LEWIS-MCCHORD PUBLIC AFFAIRS OFFICE

Gold Star families are invited for a fun day at Point Defiance Zoo

Joint Base Lewis-McChord’s Survivor Outreach Services is partnering with Sarah Vargo, SOS coordinator at Camp Murray, for a Gold Star Spouses event at Point Defiance Zoo and Aquarium Saturday from 10 a.m. to noon.

The event is free for Gold Star family members. Friends and others interested in attending can do so but must pay for their own zoo admittance. Preregistration is required, at tiny-url.com/yakrjyuo. Additional information will be emailed to participants after they register, concerning where to get into the zoo and how to pick up tickets.

— RUTH KINGSLAND, NORTHWEST GUARDIAN

Military kids who ‘Purple Up’ on JBLM can get treats at exchanges

The Army and Air Force Exchange Service on Joint Base Lewis-McChord will celebrate Purple Up Day Wednesday, a worldwide recognition of the strength and sacrifice of military children, by offering free treats to any child who wears purple to participating Exchange restaurants.

“With frequent moves, parental deployments and an ever-changing peer group, being a military brat can be difficult,” said Michael Einer, JBLM Exchange general manager. “The resiliency of military children amid such challenges is an inspiration, and the Exchange salutes their service on Purple Up Day.”

Any child ages 18 or younger who wears purple Wednesday is eligible to receive a variety of free treats, while supplies last. Participating JBLM Exchange restaurants include: Starbucks, Manchu Wok, Charley’s Philly Steaks, Burger King, Subway, Arby’s and Popeye’s.

— ARMY AND AIR FORCE EXCHANGE SERVICE

A Lunchtime History Brown Bag event starts Thursday at museum

The Lewis Army Museum on Lewis North is rolling out its new Lunchtime History Brown Bag event at the museum Thursday from 11:30 a.m. to 12:30 p.m.

The free event will include an informal lecture on the history of Capt. Meriwether Lewis and 2nd Lt. William Clark and the Corps of Discovery, presented by retired Lt. Col. Alisha Hamel, I Corps archivist.

According to Erik Flint, director of the Lewis Army Museum, Hamel is an expert on Lewis and Clark, having studied extensively while at Portland State University and in her prior military duties managing the collections storage of the U.S. Army Museum network.

— RUTH KINGSLAND, NORTHWEST GUARDIAN

Army Counterintelligence Special Agents being recruited on JBLM

From April 20 to 21, the U.S. Army’s Counterintelligence Special Agent recruiting team will be on Joint Base Lewis-McChord to conduct information briefings on reclassifying to MOS 35L.

These information briefings will be conducted at the I Corps’ Headquarters in Room 129, located at 2025 Liggett Ave. on Lewis Main.

These presentations will provide information concerning the special agent position, to include criteria for entry into the MOS and how to apply for reclassification, as well as the missions, assignments and training opportunities.

These presentations are primarily directed at grades of E4 and E5. Army Counterintelligence is made up of unique individuals who have a genuine desire to detect, identify, assess and then neutralize or exploit foreign intelligence and security service activities against U.S. Armed Forces.

Special agents work against these foreign intelligence and security services through the conduct of CI investigations and operations, surveillance, evidence processing, analysis, source operations and the use of computer systems.

For more information, call 520-538-1432 or email william.g.phillips10.civ@mail.mil.

— I CORPS PUBLIC AFFAIRS

QUOTE OF THE WEEK

“(Physical training) should not be an event where everybody feels good about each other. People ought to be crawling off the PT field. They ought to be near puking, and they ought to know that this is going to make me better every day. We have to set the example by validating our credentials and being that leader who inspires the troops and intimidates the enemy.”

**Command Sgt. Maj. John Troxell**  
Senior enlisted adviser to the chairman of the Joint Chiefs of Staff

ALSO INSIDE



SCOTT HANSEN Northwest Guardian

**MADNESS:** JBLM kids compete during the annual Child and Youth Services Little March Madness tournament Friday. **See story, 1B**

NWGUARDIAN.COM

● **Robotic battlefield:** Once unmanned ground combat vehicles are developed and deployed, the battlefield area controlled by a brigade combat team will increase 10-fold, Don Sando said. Sando, the deputy to the commanding general at the Maneuver Center of Excellence, Fort Benning, Ga., said Tuesday. He also said that in addition to providing greater lethality, these robots will save lives and will dramatically improve sustainment through autonomous re-supply.

● **Helping others:** Everybody has the capacity to help somebody. That singular concept is the launching point for the “Stop the Bleed” campaign, a joint effort between the federal agencies and civilian organizations. It is designed to build national resilience



by empowering bystanders to understand and implement simple methods to stop or slow life-threatening bleeding, particularly during trauma events. Recognizing the importance of responding to a potential mass trauma event, Joint Base Andrews became the first Defense Department base to make bleeding control kits and training available installation wide March 29.

17TH FIELD ARTILLERY BRIGADE

Brigade packs up, moves to Idaho

The 17th FA Bde. tests its Soldiers and equipment

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

In 2003, military units used the equipment they had on hand to conduct the invasion of Iraq. The movement from Camp Arifjan, Kuwait, to Baghdad, Iraq, consisted of a 450-mile movement with fighting throughout.

From April 3 to Monday, the 17th Field Artillery Brigade and its subordinate units conducted a 550-mile movement from Joint Base Lewis-McChord to Orchard Combat Training Center, Idaho.

“Colonel (Chris) Wendland (17th FA Bde. commander) keeps saying, if we are called upon to fight our nation’s wars, we will use the equipment we have in the motor pool to do it,” said Sgt. 1st Class William Falby, the digital master gunner noncommissioned officer with 17th FA Bde. “So we have created a training opportunity to test our equipment and the Soldiers’ ability to maneuver over long distances.”

The brigade stressed its equipment and Soldiers to figure out the strengths and weaknesses of the command and control aspects of multiple units leaving at different times and performing convoy operations on a large scale.

“We are used to short movements,” Falby said. “Yet this is the first time in a long time that the brigade has moved this long of a distance.”

Before any of this was possible, there was a lot of coordination that needed to be made.

“This is a big movement!” said 1st Lt. Lesmes Acevedo, 17th FA Bde. mobility officer. “We have to know the types and amount of vehicles that are going, then making sure the three states,



SGT. JACOB KOHRS 17th Field Artillery Brigade Public Affairs



ABOVE: Pfc. Amy Yamasicca, 125th Field Support Company, 1st Battalion, 94th Field Artillery Regiment, 17th Field Artillery Brigade, ensures that the connections to launcher, loader module on the M142 High Mobility Army Rocket System, are working correctly on Joint Base Lewis-McChord April 3.

LEFT: Spc. Moses Amesquita, left, Headquarters, Headquarters Battery, 17th Field Artillery Brigade, holds a power steering pump steady while Pvt. Curtis Streff, Headquarters Support Company, 308th Brigade Support Battalion, works on repairing the part for Amesquita’s truck.

The other challenge to this movement was the vehicle maintenance.

“From the initial assessment of the equipment to today, has been a long drawn out process of inspecting, troubleshooting and repairing multiple vehicle platforms,” said Sgt. 1st Class David Blankenship, a maintenance

“We are used to short movements. Yet this is the first time in a long time that the brigade has moved this long of a distance.”

**Sgt. 1st Class William Falby**  
17th Field Artillery Brigade, digital master gunner noncommissioned officer

NCO with 308th Brigade Support Battalion. “We have implemented processes that were needed and hadn’t yet been completed, to include purchasing equipment and on the technical side of things, tactical communications management system components and the integration of the newer equipment the vehicles needed.”

Chief Warrant Officer 2 Vikramjit Kang, a maintenance warrant officer with 308th BSB, said keeping the vehicles up on their inspections, their usage repairs and juggling his manpower between the daily requirements of being a Soldier, while also fighting with the amount of time in the day, was the most difficult part of the maintenance piece of the movement. Yet, they were able to ensure the vehicles were ready to go.

“The vision of Idaho was first brought up back in August-September, but we haven’t been working solely on getting ready for this movement,” Kang said. “Since January, we have had multiple company and battalion field exercises and evaluations, so we have been working around the clock to keep the vehicle, not ready for Idaho, but just to keep them in the fight.”

With all the planning and maintenance that went into this movement, and with it being only the first leg of the exercise, one thing holds true.

“This is all about teamwork,” Acevedo said. “Everyone pulling their weight because without it, we won’t be able to move the whole brigade.”

DEVELOPMENT AND TRAINING FLIGHT

Recruits get glimpse of their future through program

446th AW hosts future Reserve Citizen Airmen

BY 1ST. LT. ALYSSA HUDYMA  
446th Airlift Wing Public Affairs

Each drill weekend, new recruits from the 446th Airlift Wing’s Development and Training Flight get exposure to important aspects of serving in the military, including getting to check out a C-17 Globemaster III and interact with aircrew.

The Development and Training Flight program helps future Reserve Citizen Airmen prepare for basic training and making the transition to the military.

A group of future Airmen visited Joint Base Lewis-McChord in February during the Rainier Wing’s unit training assembly. The aircrew shared rewarding stories about their military experience, and for one of the crew members, the visiting new recruits brought back her Development and Training Flight memories.

“I was in the (Development



1ST LT. ALYSSA HUDYMA 446th Airlift Wing Public Affairs

and Training Flight) for nearly six months and enjoyed meeting the people who would later be coworkers, but who quickly became friends,” said Staff Sgt. Liana Williams, 97th Airlift Squadron loadmaster. “Going through the physical fitness standards in a military envi-

ronment helped me to know what I could expect physically, and the multitude of classes helped me achieve the highest end of course score in both my basic military training flight and my brother flight.”

The recruits spent time with 2nd Lt. Mitchell Williams, 97th

AS pilot, who taught them about the C-17 capabilities.

The program has roughly 25 to 30 trainees at any given time and students spend about six to eight months in the Development and Training Flight before basic training. During that time, they are mentored on a wide

variety of military knowledge and skills to prepare them.

“We try to introduce a curriculum that teaches them about our core values and military culture,” said Tech. Sgt. John Hillenbrand, wing coordinator of the Development and Training Flight. “We cover topics about Air Force history, wingmen culture and other key pieces of information to help them be better prepared for (basic training). This is a great opportunity, we are these Airmen’s first impression of the Air Force, so we have a big responsibility and I’m happy to be a part of this program.”

Offering more than just his own activities and lectures, Hillenbrand also brings in several guest speakers to help reinforce some of the skills necessary for success in basic training and the Air Force.

Rainier Wing recruiters bring in the new recruits, and the Development and Training Flight is an integral part of the recruiting process here. For more information the wing’s Development and Training Flight, call 253-982-3501.





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STRAIGHT TALK

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



Who makes the best cup of coffee in the Pacific Northwest? Is it a well-known chain, or do you beg to differ?

“Best in the South Sound is definitely the Olympia Coffee Roasting Company. In Seattle, my favorite is in Fremont: Espresso To Go.”

— GABRIEL BOWMAN

“Dunkin Donuts, hands down.”

— JOHN WHITE

“Dutch Bros! Great variety of coffee, Italian sodas and smoothies.”

— KATIE UDELL

“Love my ladies at Spotted Cow in Spanaway. Delicious coffee, friendly people and the prices can’t be beat!”

— LISA BOUCHARD

“Valhalla in Tacoma on Sixth Avenue ... beyond good! Great atmosphere and friendly staff.”

— SHERRI NORDIN

“Dillanos for sure!”

— CLARISSA BROWN

“Cool Bean Espresso in South Hill. The coffee is wonderful and the people are genuine.”

— TIFFANY LEMENAGER SHEPPARD

Next week’s question

You’re going camping for the weekend and can only bring three things. What are they?

VIEW FROM THE TOP

The six components to personnel readiness

BY BRIG. GEN. JAMES MOORE  
*593rd Expeditionary Sustainment Command Commanding General*  
As a sustainment command, the 593rd Expeditionary Sustainment Command tracks and manages readiness for our supported units. Identifying trends and gaps across I Corps



Moore

along with assessing personnel and equipment shortages and maintenance needs, our logistics, medical and human resources professionals provide solutions to keep units operational. It’s what we do. So sustaining personnel readiness in our own units should be easy, but it’s not. Expertise aside, we face the same challenges as other units in building and sustaining our own readiness, especially personnel readiness. Like all things Army, readiness is about people. In evaluating our own performance, we’ve identified six key components to enhancing our personnel readiness.

START SMALL

Start small, progress with process. In the last year, we improved our personnel readiness by three percent across the 2,500-Soldier ESC, but some 100 to 200 Soldier companies have seen improvements of more than 20 percent.

Three percent may seem small, but the hidden story is that we have been able to sustain that improvement. By focusing on processes that promoted more accurate reporting, we ensured we were able to maintain our momentum.

Units sometimes approach personnel readiness with knee-jerk reactions. All of us have attended mandatory training before because “we need to get our numbers up,” regardless of whether individually we were compliant.

This approach wastes Soldiers’ time and energy. That energy is better focused on identifying systems and processes that project requirements and track progress. Flexing to improve in one area most likely results in pitfalls elsewhere, and the gains you seek are only temporary in nature.

We’ve found establishing systems from the company to the one-star ESC level, has proven to be our underlying foundation to improving readiness.

LEADER ENGAGEMENT

Second, leaders drive and lock in change to a culture. Leader engagement early is the key to preventing

Like all things Army, readiness is about people. In evaluating our own performance, we’ve identified six key components to enhancing our personnel readiness.

and resolving issues that make a Soldier nondeployable.

Engaged leadership and communication are key ingredients to keeping Soldiers prepared to accomplish the mission. Leadership involvement also ensures long-term success as new Soldiers enter the various formations. Leaders communicate expectations and clearly express the importance of readiness.

Leaders are also vital in bringing all the different agencies supporting Soldiers to bear to improve readiness.

IN SYNCH

Third, synchronize your enablers. One of the most useful forums for improving readiness has been our weekly Soldier readiness synchronization meetings.

Our ESC command sergeant major and chief of staff bring our brigade, battalion and company command teams together every week with our resident subject matter experts from G1, our surgeon and legal offices and even support agencies from across JBLM.

Units gather around a large conference table and review the status of each one of their nondeployable Soldiers and develop plans to get them to a higher level of deployability.

The meeting invites collaboration and synchronization from all attendees. The ESC staff enablers actively participate by fielding questions about specific topics, exploring individual cases where a Soldier’s readiness has stagnated and disseminating information important to command teams’ efforts to improve their unit’s deployable status.

Commanders and medical providers learned how important a direct dialogue between them is to any plan relating to a Soldier’s deployability. Over the weeks, command teams have been able to share best practices and ideas on how best to support both the Soldier and the unit’s readiness need.

STAY HEALTHY

Fourth, maximizing the capabilities of the medical community is essential to rapidly resolve or facilitate a Soldiers care when nondeployable.

Soldiers have to keep medical appointments. Medical concerns are

the leading cause of nondeployable Soldiers.

Leaders must stress the importance of scheduling and keeping medical appointments, especially to Soldiers with multiple medical issues. Active engagement of leaders to overcome friction in the medical system reduces timelines for nondeployable Soldiers to readiness recovery or separation, if necessary.

DANGER SIGNS

Fifth, look for signs of danger. Prevention of injuries and other potentially nondeployable conditions should be on the front lines of any effort to maintain one’s readiness.

Factors found to affect future readiness are now tracked for every individual Soldier and are available for review by commanders — body mass index, number of days on temporary profile in the past, number of medical appointments and Army physical fitness test scores are some of the significant factors found that help predict a Soldier’s risk of becoming nondeployable and can guide a commander to direct prevention resources to those in need.

The Army wellness centers are a key resource for those seeking to improve their health, optimize fitness and, ultimately, readiness. Soldiers, their families and leaders should leverage this free resource often to take advantage of the targeted expertise the professionals working in the center can provide.

FAMILY MATTERS

Sixth, embrace the family unit. Family members can support their Soldiers’ readiness by encouraging them to take the proper time to recuperate, attend all scheduled doctor’s appointments and keep their chain of command informed of any issues that might affect their abilities to deploy, fight, sustain and win.

Families also need to understand the realities of a potential deployment, or lengthy absences of their Soldier, from the home. Family readiness is part of personnel readiness.

The unit Family Readiness Group remains instrumental in training and mentoring Army families new and old.

As we continue to press our Army’s top priority, we have validated these six best practices and recommend them to our partner units on JBLM and across the force. In the

ESC, it is important to our mission, and we need every Soldier ready to deploy, fight, sustain and win.

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



1ST LT. ALYSSA HUDYMA 446th Airlift Wing Public Affairs

Capt. Fidan Thornburg, assigned to the 728th Airlift Squadron, tells Reynolds High School Army Junior ROTC cadets the job responsibilities of a C-17 pilot at Joint Base Lewis-McChord April 7. Cadets from the Reynolds High School, Troutdale, Ore., visited the 446th Airlift Wing to learn about its mission.

THIS WEEK IN HISTORY

- April 13, 1970:** Apollo 13 oxygen tank explodes.
- April 14, 1818:** Webster’s American Dictionary of the English Language printed.
- April 15, 1947:** Jackie Robinson is first African-American player in MLB.
- April 16, 2007:** Virginia Tech shooting leaves 32 dead.
- April 17, 1964:** Ford Mustang debuts at World’s Fair.
- April 18, 1956:** Grace Kelly and Prince Rainier marry.
- April 19, 1897:** First Boston Marathon run.





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### Sunday April 15<sup>th</sup> 2018

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# Health & Wellness Expo



April 26, 11 am – 1 pm  
McChord Fitness Center Annex 982-6700

Explore numerous health and wellness services and products, talk to experts one-on-one and learn more. Various agencies will have an opportunity to educate the public about significant health matters, products and services, display and distribute information and material.





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*You're invited*  
**Friday, May 4**  
6-9 p.m. to the  
Club at McChord Field's

# PARENT & SON DANCE

Call **253-982-5581** for reservations

**\$20/pair \$8/additional son. Prepayment & reservations required.**

700 Barnes Blvd. at McChord Field

Light snacks, punch, coffee, tea & cake provided!



## 12<sup>th</sup> Annual NW Military Masters Bowling Tournament

Saturday, April 21  
Check-in: 9 a.m.  
Practice: 9:30 a.m.  
Qualifying: 10 a.m.  
Entry: \$100 Cash

**1<sup>st</sup> place prize: \$1,000**  
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Earth Day is here!! Join us for a special storytime at the McChord Library to celebrate this wonderful planet and learn how we can help take care of it.

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## FAMILY MOVIE NIGHT AT BOOK PATCH LIBRARY!

April. 21 | 6–8 p.m.

Enjoy a movie with the family at Book Patch Library! Bring blankets, pillows, camp chairs and make yourselves comfortable. Refreshments will be served!

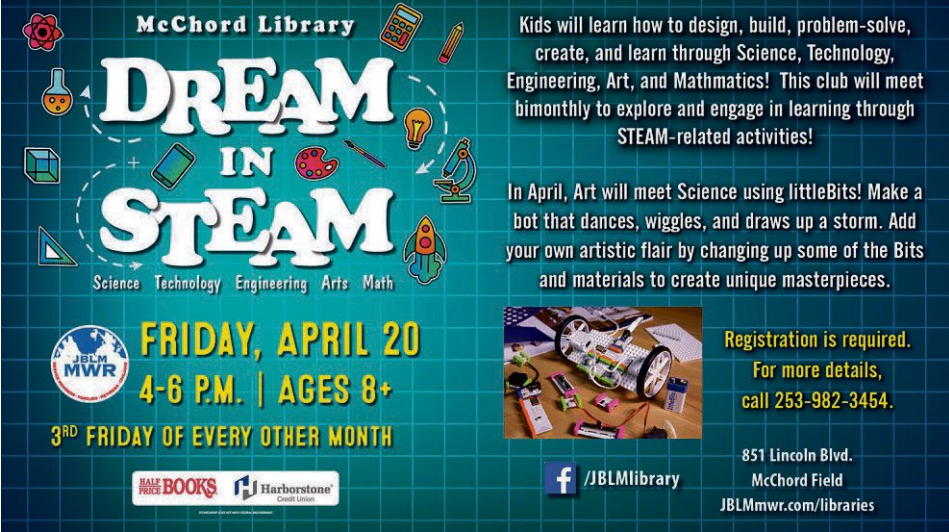
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## McChord Library DREAM IN STEAM

Science Technology Engineering Arts Math

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

In April, Art will meet Science using littleBits! Make a bot that dances, wiggles, and draws up a storm. Add your own artistic flair by changing up some of the Bits and materials to create unique masterpieces.

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April 27  
Fluid Painting

May 25  
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R.A.D. PHYSICAL SELF-DEFENSE

# Bringing out self-defense skills

BY DEAN SIEMON  
*Northwest Guardian*

According to the Rape, Abuse and Incest National Network, someone in the United States is sexually assaulted every 98 seconds. One out of every six American women has been the victim of an attempted or completed rape in her life.

Joint Base Lewis-McChord's Rape Aggression Defense physical self-defense program wants women on base to know they have the ability to defend themselves and escape from a sexual assault situation.

"We can't guarantee nothing will happen, because there are just too many what-ifs, but we want you to know if you have to, you have skills," said Scott Acosta, lead instructor.

Acosta is a retired Army sergeant first class and current 62nd Medical Brigade victim advocate with seven years of teaching experience.

He was joined by other instructors and women April 6 for a Demo Day at the Clarkmoor gymnasium on South Division Street. .

Leaders from various JBLM units talked with students about the techniques they've learned in the Rape Aggression Defense program. Acosta said the value the program has brought to the installation is that women has the ability to defend themselves, if someone attempts to sexually assault them.

"They aren't the weaker gen-



DEAN SIEMON Northwest Guardian

Staff Sgt. Jennika Cardenas, middle, of the Washington Army National Guard, punches instructor Lance Posner during a Demo Day for JBLM R.A.D. Physical Self-Defense at the Clarkmoor Gym April 6.

der; they are strong and they don't need a man to defend themselves," he said.

JBLM's program falls under the Directorate of Personnel and Family Readiness' Sexual Harassment/Assault Response and Prevention program.

Classes are usually scheduled from 9 a.m. to 4 p.m. Acosta said plenty of students return to continue learning. Part of the Rape Aggression Defense network is that once a student pays for a class, they are free to return as many times as possible.

That offer is also valid for anyone who moves to another state and wants to take a course with another instructor.

"We bombard them with a lot of information in those hours; they're not mastering the program," Acosta said. "To build that muscle memory, you have to come back."

Stacey Barnes, a JBLM civilian, has taken the course three times, starting in March of last year. While she's improved her muscle memory of the stances and strikes, she's also enjoyed helping other women who are in the class for the first time.

Barnes' daughter, Jordyn, 18, registered for a class and also

recruited two friends, whose parents told Barnes they will also likely enroll as well.

"You can see that (word of mouth) actually works, seeing it spreading on and on," Barnes said.

Stephanie Portch, a sergeant first class with Joint Forces Headquarters for the Washington Army National Guard, took the class in January. She said the mental part of the self-defense class is just as important as the physical component.

"It changes your mindset," Portch said. "It makes you think about being more assertive."

Female service members, spouses, Department of Defense civilians and family members ages 13 and older can sign up for any of the upcoming two-day classes: Saturday and Sunday, Thursday and Friday and April 23 to 24 from 9 a.m. to 4 p.m. Participants must attend both days to complete the class.

Acosta is also working on a men's course that will meet later this month. He is selecting a few service members from the 62nd Medical Brigade for a trial run and plans to use feedback to form additional classes later this year.

For more information, visit [jblmafcs.checkappointment-s.com](http://jblmafcs.checkappointment-s.com), or call 253-967-2072.

*Dean Siemon: 253-477-0235, @deansiemon*

JBLM VOLUNTEER FAIR

# Hundreds of volunteers honored on JBLM

BY RUTH KINGSLAND  
*Northwest Guardian*

A few weeks of volunteer appreciation activities kicked off at Joint Base Lewis-McChord with a Volunteer Fair at the Club at McChord Field April 4.

Upcoming events include: Cookie Social at Waller Hall on Lewis Main Tuesday from 12:30 to 2 p.m., two free games of bowling, including shoe rental, at Bowl Arena Lanes and Sounders Lanes Thursday and a Cookie Social at the Commissary at McChord Field Friday from noon to 1:30 p.m.

For those looking for ways to help one of about 300 organizations and community groups on and around the installation, the Volunteer Fair was an opportunity to get to know at least a few dozen of those groups.

"This is the closest thing to a one-stop, and it gets you ready for anything," said Christina Song, who began volunteering a few months ago with the Hiring Our Heroes Military Spouse Professional Network. She first heard about the group at a job fair for spouses on the installation in February.

Song married five months ago, and this is her first duty station as an Army spouse. Volunteering has helped her make friends and become part of the JBLM community, she said.

"I was so lost, and I had no idea what I was doing," she said. "It's hard to find a community



RUTH KINGSLAND Northwest Guardian

when you are new and don't have family, but being busy with a group of people is great."

Pia Igarta, a chapter lead with Hiring our Heroes, said some spouses who are new to an installation become homesick or depressed because friends and family are far away.

By connecting with others as a volunteer, it's easier to make that transition, Igarta said.

"This is your family now," she said to Song, as the two manned their booth at the Volunteer Fair.

Angela Crow, volunteer coordinator with JBLM's Santa's Castle, attended the event to find elves and an inventory coordinator for this year's military toy giveaway. More than 600 volunteers helped last year to make the holidays a success at Santa's Castle.

"It's so fun helping (service members) shop for toys," Crow said. "They were so grateful (last year), because they all went out (of the giveaway) with more than they expected."

Representatives with Fisher House, Lewis Army Museum, McChord Field Thrift Store and Fort Lewis Family Member Scholarship Fund also had booths at the event.

Anna Kearney, with the McChord Field Thrift Shop, said she's looking for volunteers to fill many positions, including sales and data entry.

"We're in desperate need of cashiers, and we're flexible with whatever hours volunteers can give," she said.

Angie Melnyk, whose husband, Capt. Stephen Melnyk is a radiology resident at Madigan Army Medical Center, is on the board of the Fort Lewis Family Membership Scholarship Fund. She said she was looking for at least one volunteer to fill the position of board secretary.

Melnyk said being a member of the board is fun and meaningful.

Though most groups were hoping to connect with multiple volunteers, the Employment Readiness Program was looking for just one.

"We're recruiting for only one — an employment support associate," said Kimberly Fallen, ERP manager.

Fallen said the position usually ends up short term, because the volunteer networks and often ends up finding a perfect job for themselves in the process.

"We have a high success rate to learn about the workforce and apply for jobs," she said. "It's a great volunteer opportunity."

Sergeant First Class Eric Avant, equal opportunity adviser with the 201st Brigade Expeditionary Military Intelligence Brigade, attended the Volunteer Fair to gather ideas for his Soldiers.

One such opportunity was a fast and easy way to volunteer.

"You just need to place the sticker in the area for your answer," said Molly Tecca, a usability lab consultant with the Defense Health Agency, as she showed Avant how to volunteer his opinions on her question and answer board. The first question was: "Which way would be your favorite way to see a therapist?"

Tecca said volunteering with the Defense Health Agency can be as simple as providing input that ultimately gives providers solutions.

"It's an easy way to be a volunteer and help make a difference," she said.

JBLM VOLUNTEER OF THE MONTH

# JBLM Army wife supportive, volunteers for anything

BY RUTH KINGSLAND  
*Northwest Guardian*

Amanda Pinkstaff is one of those people who volunteers for anything, according to 2nd Lt. Colin Green, family readiness liaison, 2nd Brigade Support Battalion, 2nd Brigade, 2nd Infantry Division.

Pinkstaff is Joint Base Lewis-McChord's April Volunteer of the Month. Each month, the base honors one of its volunteers from the about 300 nonprofit groups on and affiliated with the installation.

She was nominated for the award by Green and receives it just as she gears up to move this week to Fort Knox, Ky., with her husband, Maj. Winfield "Scott" Pinkstaff, 2nd BSB, 2nd Bde. 2nd Inf. Div. The couple's three daughters: Zoe, 10; Darby, 8; and Sally, 6, are all students at Horizons Elementary School in Lacey.

"Amanda is extremely devoted to (the Family Readiness Group) and is a key player in

organizing events and fundraisers, as well as being treasurer for our group," Green said. "She has helped alleviate whatever was on my plate."

In addition to volunteering with the FRG, Pinkstaff has given numerous hours as a member of the parent teacher student association and volunteer with her children's school and her church. For the past year, she's also served as president of the Protestant Women of the Chapel on Lewis Main. The group meets weekly at the Lewis Main Chapel.

Pinkstaff has been involved in PWOC for the past 12 years, since her family was at Fort Hood, Texas.

"It's one of the first things I look for at (an installation)," she said, adding the group encourages women to question aspects of their faith. "It's a safe place to ask questions and not feel judged."

The group offers Pinkstaff opportunities for service. She recently took up crocheting to aid in creating prayer shawls for women who need extra emotional or physical support and encouragement.

"I'm not crafty normally, but as I make the shawls — I've made about 10 in the past year — I pray for the women who will wear them," she said. "Being part of this is really a blessing for me as well as the women who will wear the shawls."

Pinkstaff is a self-described military brat and grew up moving from post-to-post with her parents, Doug and Dee Coulter, and older sister, Amber Wood, of Chicago.

Her dad retired from the Navy after 22 years. Pinkstaff was born in Portugal, and the family moved to Scotland when she was 8 months old. In addition to time in the U.S., the family lived in Japan and Italy.



RUTH KINGSLAND Northwest Guardian

Amanda Pinkstaff has been named the JBLM Volunteer of the Month for April.

Pinkstaff graduated from West Terre Haute High School, in Terre Haute, Ind., in 2000 and earned a bachelor's degree in psychology from Indiana State University, also in Terre Haute, in 2004.

She met her husband while in college. He was in ROTC and earned a Bachelor of Science in physical science. The two married during spring break of their senior year at the university.

The couple moved to Aberdeen, Md., for his officer basic training. The have since lived in Texas, Virginia, Kentucky and Rhode Island. In June, 2015 the Pinkstaff family moved to JBLM.

Being a supportive, military wife is a passion for Amanda, she said.

"I'm an all-in Army wife," she said. "This is not a job; it's a lifestyle. If you're not supportive, you are battling your husband's lifestyle. This is what God has set before my husband for his life, and I want to do everything I can to support him."



Transitions

OPERATION: GOODJOBS

# Free networking event set for Wednesday

BY DEAN SIEMON  
*Northwest Guardian*

Goodwill of the Olympics and Rainier Region’s Operation: GoodJobs will host a free veterans’ networking event Wednesday at the American Lake Conference Center on Joint Base Lewis-McChord.

Between 50 and 70 employers from different fields will be inside the Lewis North conference center from 11 a.m. to 2 p.m. — including big-name companies like Boeing, Wells Fargo and Walmart. There will also be veteran service and training organizations present.

“*(Job seekers are) not just going through the process of putting their resume in a database and hoping with their fingers crossed that something is going to pop up,*” said Terrance Hodge, the Military and Veteran Services Program manager the local Goodwill region.

Hodge said the event is a chance for transitioning service members to learn about career opportunities in the Pacific Northwest. and a chance for the employers to get in front of folks to talk more about those opportunities.

“It’s a lot easier to have a conversation in that environment than in an interview,” Hodge said.

The event, as well as Operation: GoodJobs’ additional services, is for transitioning service members, veterans, spouses and working-age family members, Hodge said.

The big-name companies and



Capt. Jordan Reilly, left, speaks with Nic Roberts, of the U.S. Department of Veterans Affairs, about transition opportunities during the Veteran Networking Event hosted by Operation: GoodJobs at American Lake Conference Center Feb. 7.

organizations can seem attractive to the people who have attended Operation: GoodJobs’ quarterly events, but Hodge said smaller organizations also have good opportunities with a decent salary and a better work-life balance.

Most employers have jobs based in Washington state and the Pacific Northwest. Some are offering roles in other parts of the country, which can be in-

triguing to a service member wanting to return closer to home after their service.

“Many of these organizations have facilities and partners outside of this immediate area, so having that first-level conversation helps us get *(job seekers)* to be aware of that — especially if they may look at potentially leaving in a few years, whether it’s family-related or something else,” Hodge said.

Sometimes, a job seeker might not find what they are interested in. Hodge said organizations always have ties to other companies.

He recalled an example of one transitioning service member who wanted to be a coroner but ultimately found a job working for a state agency.

That agency had connections to line that service member up with an internship and educa-

IF YOU GO

**What:** Operation: GoodJobs’ Free Veterans Networking Event

**When:** Wednesday from 11 a.m. to 2 p.m.

**Where:** American Lake Conference Center, 8085 NCO Beach Road, Lewis North

tion path with a local coroner’s office.

“It just so happens to be *(the)* right time, right place to step into this opportunity,” Hodge said.

The event is free, in an effort to make the networking opportunities accessible to a larger group. Hodge said there are several hiring fairs and similar networking events that charge admission.

Hodge said Operation: GoodJobs receives grants to help JBLM’s military community members in the program buy professional clothes, tools required for certain jobs and even car tires so they can get to the interviews.

“In this program, we’re thoughtfully looking at removing barriers for job seekers and companies looking for this kind of talent,” Hodge said.

For more information or to register for the networking event, visit [goodwillwa.org/training/veteran](http://goodwillwa.org/training/veteran).

Dean Siemon: 253-477-0235, @deansiemon

TROOPS TO TEACHERS

# Army veteran finds his second calling in the classroom

BY LAUREN FINNEGAN  
*Troops to Teachers Program*

A huge smile appears on the face of Beachwood Elementary School student Gabby Olter as she talks about two topics that rarely bring a smile to anyone’s face – long division and double digit multiplication.

For Gabby, that smile comes courtesy of hard work coupled with some help from fifth grade teacher and retired Lt. Col. Mike Winkler.

“I will be honest, last year I was awful at long division but this year Mr. Winkler has helped me a lot, and I’m actually very good at it now,” Gabby said.

“(This year) has probably been one of my favorite school years.”

Winkler, who has been teaching for the past 10 years, retired out of Madigan Army Medical Center in 2004 and immediately transitioned into a civilian career there.

Although he said he enjoyed his time at Madigan, he felt that he needed to follow his second calling — to be a teacher.



Mike Winkler, right, a retired lieutenant colonel and a current Beachwood Elementary School teacher, examines the results of his students’ erosion experiment during a science lab March 9.

“I simply made the decision that I needed to pursue that second calling,” Winkler said.

“Therefore, I resigned from my job at Madigan and enrolled at Saint Martin’s University *(in the)* fall of 2005.”

While Winkler was apprehensive about going back to college

pared,” Winkler said. “Military service members, with our many different assignments, bring a level of confidence that we can do new jobs, meet new people and create new teams. A classroom is a small community, and we bring the experience of building teamwork.”

Paula Gayson, Beachwood Elementary principal, said she likes to hire military teachers as much as possible because of their discipline and the high expectations they have for both themselves and their kids, and, she said, Winkler is no exception.

“First and foremost, instructionally in the classroom he’s superb,” she said. “At any given time, Mike can tell you exactly what the data is showing for each student ... *(and)* how to use the data to modify instruction ... to get them where they need to be. He has consistently some of the highest scores in the district in growth and achievement, and he just does an awesome job for us.”

Winkler credits both his

popularity among students and their subsequent academic success in his class to one guiding principle — all children want to learn.

“Students truly want to learn and our job is to help them be successful at it,” Winkler said.

“Through that learning process, they know that they will receive a lot of assistance, support and scaffolding to help them. When they see themselves being successful, they want to learn more and to experience that success again.”

That perfectly describes Gabby who is now confident in her math skills as she prepares to move on to the sixth grade. Before she leaves Beachwood however, she had one message for Winkler.

“Thank you for all of your help and support,” Gabby said to her teacher.

For service members thinking about making a transition into the classroom, contact Troops to Teachers-Washington at [troopstoteachers@k12.wa.us](mailto:troopstoteachers@k12.wa.us).

POST - 9/11 GI BILL

A NEW BILL FOR A NEW CENTURY







# Community Ledger

## ATTENTION

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



## SNAPSHOT

### Strykers roll out

Soldiers from 1st Brigade, 2nd Infantry Division prepare to rollout at the commencement of Decisive Action Rotation 18-06 at the National Training Center in Fort Irwin, Calif., April 6. Decisive Action Rotations at the National Training Center are designed to test the capabilities of Army brigade combat teams against a similarly equipped, opposing threat.

SPC. DANIEL PARROTT U.S. Army Photo

## 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.

- April 23 - Army DONSA
- May 25 - Army DONSA
- May 28 - Memorial Day
- June 15 - Army DONSA
- June 18 - Army DONSA
- June 29 - Army DONSA
- July 3 - Army DONSA
- July 4 - Independence Day
- July 5 - AF Family Day
- Aug. 3 - Army DONSA
- Aug. 6 - Army DONSA

### EXPERIENCE THRILLS AT VARIETY SHOW

Adults ages 18 and older are invited to the Amazing Johnathan’s Big Bang Variety Show Saturday at 6 p.m. at Nelson Recreation Center. The show, brought to you by Army Entertainment, stars the Amazing Johnathan, magician-comedian and performer. The evening will be hosted by comedian Key Lewis and features a Cirque-style acrobatic team Duo Enchantment and contortionist Anna Brown. Food, beer and wine will be available for purchase. Tickets cost \$10 or \$15 per couple and are available at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). Nelson Recreation Center is located at 3168 Second Division Drive on Lewis Main. Doors open at 5:30 p.m.

### ARMY, AIR FORCE PCS MOVE WORKSHOPS

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

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

### 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. Two copies of commander-signed memorandums are required for admittance to the class. 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 “El Deafo” by Cece Bell for the Wednesday book club meeting. The library is located at 851 Lincoln Blvd. on McChord Field. For more information, call 253-982-3454.

### I CORPS RETIREMENT CEREMONY THURSDAY

The I Corps monthly retirement ceremony is Thursday at 2 p.m. at Carey Theater on Joint Base Lewis-McChord. Anyone with access to JBLM is welcome to attend and watch.

### SIGN UP YOUTH FOR FREE KIDS’ KRAFT

Your child can bring home a hand-print craft made at the Arts and Crafts Center’s Kids’ Kraft April 20 from 3:30 to 5 p.m. Limited seating is available; students must preregister. The Arts and Crafts Center is located at 1121 Barnes Blvd. on McChord Field. For more information, call 253-982-6721/6718.

### PLAN TO ENJOY FAMILY MOVIE NIGHT

Bring the entire family to Book Patch Library’s free movie night and refreshments April 21 from 6 to 8 p.m. Bring blankets, pillows and camp chairs to make

yourselves comfortable for the family-style feature. Grandstaff and Book Patch libraries are located at 2109 N. 10th on Pendleton Avenue at Lewis Main. For more information, call 253-967-5889.

### SELL TREASURES AT SPRING FLEA MARKET

One person’s trash is another one’s treasure at the annual Spring Flea Market in Family and Morale, Welfare and Recreation’s Fest Tent April 21 from 9 a.m. to 1 p.m. Clean out your closet, garage or attic so you can rent tables or spaces and sell your gently used items for cash. The cost for two tables, spaces or a combination is \$26. For three spaces, tables or a combination, pay \$30. Each additional table or space is \$6. For more information on renting your sale area, email [speialevents@JBLMmwr.com](mailto:speialevents@JBLMmwr.com) or call 253-967-6772. The Fest Tent is located at 2200 Liggett Ave. on Lewis Main.

### HEALTH AND WELLNESS EXPO

Attend the McChord Field Fitness Center’s free Health and Wellness Expo April 26 from 11 a.m. to 1 p.m. at McChord Fitness Center Annex, located at 726 Fifth St. The comprehensive expo gives patrons an opportunity to explore numerous health and wellness services and products, talk to experts one-on-one and learn more. Various agencies will have an opportunity to educate the patrons about significant health matters, products and services.

### MISS OKTOBERFEST? ATTEND VOLKSFEST

If you love the fun and festivities of Oktoberfest and wish we’d celebrate spring the same way, then

you’re in luck. Come out to Volksfest at the Club at McChord Field April 26 from 5:30 to 7:30 p.m. You’ll be treated to an authentic, delicious German buffet with a live oompah band, German beer on tap and riesling, for those preferring wine. The cost is \$21.95 for ages 11 and older, \$11.95 for ages 4 to 10 and free for ages 3 and younger. Club members save \$2. The Club is located at 700 Barnes Blvd. Reservations are required; call 253-982-5581.

### JOIN IN WINE AND CANVAS EVENT

Set your creativity free and join in the fun at the Wine and Canvas event at Nelson Recreation Center April 27 from 6 to 8:30 p.m. Art supplies, light appetizers and your first glass of wine are included in the cost, plus you’ll get a chance to win a door prize. You’ll get instruction if you’re a beginner, and can see samples of completed paintings for inspiration. Seating is limited, and you must be age 21 or older to attend. Prepayment is required; register at [JBLMmwrRegistration.com](http://JBLMmwrRegistration.com). The cost is \$30 per person. For more information, call 253-982- 6726/6718.

### NEW BYOU TEEN GIRLS’ CLUB APRIL 27

Spend a girl-fueled power hour of creativity and awesome nosh at the new Be Your Own You girls’ club April 27 from 6 to 7:30 p.m. at Grandstaff Library. We’ll experiment with fluid painting. We’ll explore marble art May 25. Grandstaff and Book Patch libraries are located at 2109 N. 10th on Pendleton Avenue at Lewis Main. For more information, call 253-967-5889.

## TRANSITIONS: INFORMATION TO HELP WITH LIFE CHANGES

Find jobs on the “JBLMUnlimited” website at [jblmunlimited.com](http://jblmunlimited.com) or on Facebook at [facebook.com/jblmunlimited](https://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 [vetservicesinfo@goodwillwa.org](mailto:vetservicesinfo@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.

**Operation: GoodJobs Networking Event** Wednesday from 11 a.m. to 2 p.m. at the American Lake Conference Center, sponsored by Goodwill’s Military and Veteran Services and its Operation: GoodJobs program. Transitioning military, veterans and spouses have the opportunity to meet with human resource and recruiters who are looking to hire. Attendees are introduced to multi-state employers where they can network with government and private sector employees and have on-the-spot resume and LinkedIn reviews. For more information, visit [tinyurl.com/ycchna9g](http://tinyurl.com/ycchna9g).

**Apprenticeship Job Fair** Wednesday from 9 a.m. to noon on Camp Murray, Building 91, DuPont. The Apprenticeship Job Fair will connect

you with training directors, employers and apprenticeship coordinators from industries throughout Washington State. Learn more about the apprenticeships in the below industries: construction, aerospace manufacturing, information technology, maritime and more. For more information, email [rachelr@dva.wa.gov](mailto:rachelr@dva.wa.gov).

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

**WorkSource Veterans Service Orientation Briefings** First and third Wednesdays of the month from 9 to 11 a.m. at 500 SW Seventh St., Renton. For more information, call 206-205-3500.

**Get job training with Microsoft Military Program** Staff from the Pierce County Public Library are at McChord and Grandstaff libraries the fourth Wednesday of each month at noon to explain the benefits of the Microsoft Military Program. Pierce County Library. Staff members are also available from 11 a.m. to noon and 12:30 to 1:30 p.m. to answer individual questions. Once you enroll in this free program, you can take Microsoft certification tests for the office specialist and technical assistant certifications. Tests are free, and study materials are available. For more information, email [mmp@pcl.us](mailto:mmp@pcl.us). Grandstaff and Book Patch libraries are at 2109 N. 10th Street on Pendleton

Avenue at Lewis Main; 253-967-5889. McChord Library is at 851 Lincoln Blvd. at McChord Field; 253-982-3454.

**C2C Walk-In Resume Lab** Thursday from 1 to 3 p.m. at Hawk Transition Center’s auditorium, located at 11577 41st Division Drive. One-on-one assistance is provided during the walk-in resume lab. A short overview is given at the start; however, participants can attend at their convenience. No registration required. For more information, email [rachelh@tacoma-chamber.org](mailto:rachelh@tacoma-chamber.org).

**SFL-TAP Interview Techniques/Salary Negotiations Training** Thursday from 9 a.m. to 11:30 a.m. at the Hawk Transition Center in Room 217. Get information about power posture negotiating techniques, preparing for negotiations, how to determine your worth, what is in a job offer and what to do with multiple offers. For more information, call 253-967-3258.

**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 [back-to-work@workforce-central.org](mailto:back-to-work@workforce-central.org).

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

### WAREHOUSE ASSOCIATE DELIVERY DRIVER

R&R Party Rentals — Salary: \$14.10 to \$15.10 per hour. R&R Party Rentals is hiring new operations associates that will make happy memories for our customers. From building tents to delivering tables and chairs, R&R Party Rentals offers a fast-paced work environment that is constantly changing. We need motivated, fit individuals who want to learn and develop in our company and who care about making our customers happy. For more information, email [rr@rr-partyrentals.com](mailto:rr@rr-partyrentals.com) or visit [rr-partyrentals.com/about-us.asp](http://rr-partyrentals.com/about-us.asp).

### SENIOR PROGRAM MANAGER JOB IN BOTHELL

FUJIFILM Sonosite Inc. — Salary: DOQ. The senior program manager is responsible for leading the planning, coordination and execution of product development projects that result in new products or feature additions or enhancements to existing products. Acts as lead with marketing, engineering, operations, sales and service to establish and manage project plans to meet commitments and company objectives. Facilitates the resolution of conflicts in the areas of product definition, project strategy and resource deployment. Ensures compliance with established procedures for product development in a regulated environment. Manages all program management trainings and execution for the global teams. For more information, visit [sonosite.com/careers](http://sonosite.com/careers).

call 253-967-7744. Make your reservations for McChord Field’s Holiday Park by phone or in person. For more information, call 253-982-2206.

### SOS MOVES OFFICE TO WALLER HALL

Survivor Outreach Services moved from its former location to Waller Hall, 2140 Liggett Ave. It is now colocated with other support services in Waller Hall to better serve all Gold Star families. Check out the new space near Official Travel. SOS is committed to serving families of the fallen. When you call, you will be connected to a dedicated person who will guide you through available agencies and help you get the benefits and support you need. Save the date for an open house May 1. For more information, call 1-866-963-2538 or visit [fb.com/SOS-WASate](http://fb.com/SOS-WASate).

### 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 [GOLewisMC-Chord.com](http://GOLewisMC-Chord.com).

### JOIN THE MONTHLY SCRAPBOOKING CLUB

If you’re into scrapbooking and want to socialize with others, check out the monthly club. Exchange recipe cards and learn new scrapbooking and rubber-stamping techniques. The Arts and Crafts Center is located at 1121 Barnes Blvd. on McChord Field. For more information, call 253-982-6721/6718.

### SIGN UP FOR JBLM ALERT NOTIFICATIONS

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

### CALL THE ENERGY WASTE HOTLINE

To stop energy waste and save valuable resources, the Joint Base Lewis-McChord 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.



FROM PAGE 1A

# CENTER

health conditions usually occur with a TBI, often due to the traumatic event that caused the TBI itself.

“I think one of the values of our Intrepid Spirit Center is it allows us to provide interdisciplinary care under one roof,” she said. “I’d say in recent years, we realized that traditional forms of medical care were not enough.”

In addition to more traditional forms of care such as primary care, behavioral health and neurology, the center will also offer acupuncture, chiropractic care, mindfulness-based practices and yoga. These approaches include art therapy as well, thanks to a collaboration with the National Endowment for Arts.

“As we’ve seen with our Warriors in Transition through programs, like the Hot Shop Heroes, the arts can provide a gateway to healing,” Place said.

In addition to treating service members, the center plans to help develop better understand-



Col. Beverly Scott, Intrepid Spirit Center director, discusses the new center with Seattle media at the Intrepid Spirit Center April 5.

ing and treatment of TBIs with embedded researchers from the Defense and Brain Injuries Center, and support from the Henry M. Jackson Foundation.

“This will be a place that helps solve the riddles related to traumatic brain injury,” Place said, noting that the Intrepid Spirit Center is also one of 22 Defense and Veterans Brain Injury Centers.

Place shared that at the start

of the wars in Afghanistan and Iraq, one of the primary responses for concussions was simply time for the body to treat itself. Likewise, service members and their leaders at the front-lines of combat didn’t fully realize the compounding impacts of multiple concussions.

“We didn’t know back in 2005, fifteen years ago, the lasting impact,” said Maj. Gen. Willard Bureson III, 7th In-

fantry Division commanding general. “It’s a facility like this that will make a difference.”

Now, the medical community encourages service members with TBIs to get care early.

“Many of our Soldiers want to stay in the fight and may delay seeking care, so that’s one of the things that we strive to educate not only our Soldiers but our medical military providers as well as our military leaders,” Scott said.

A specialized center that offers in-depth, wraparound care can help service members with TBIs — an invisible wound of recent wars — feel seen.

After getting treatment at the Intrepid Spirit Center, which opened its doors four months before the official ribbon cutting, Chief Warrant Officer 3 Frederick Macias said he was able to understand and work through issues that he had compartmentalized for years.

Through education, developing relationships and working on himself, Macias now feels that his improvements in his everyday life is his success story.

“The barer of these scars is often isolated, many times out

of pride, fear and ignorance,” Macias said. “At times, our injuries go unnoticed by those closest to us. There are no purple hearts for PTSD; there are no tourniquets to reduce the conditions of TBI. These invisible wounds typically don’t get recognized until performance drops.

“The real recognition of these conditions typically happens at treatment centers or programs such as the one I attended here.”

Even more service members will be able to get specialized care for their TBIs and related conditions as the Intrepid Fallen Heroes Fund plans to build three more centers at Fort Carson, Colo.; Fort Bliss, Texas; and Eglin Air Force Base, Fla.

“What we do to build these things are all paid for by the American people, not by the government, but by the American people and that’s very reassuring that this country believes in what we all believe in,” said Arnold Fisher, Intrepid Fallen Heroes Fund’s honorary chairman. “We’re going to keep it going, we’re going to build the other three, and we’ll complete our mission.”

FROM PAGE 1A

# KIDS

times on base, but passing by,” Townsend said, whose husband, Master Sgt. David Townsend, is with Headquarters and Headquarters Company, 7th Infantry Division. “This gives kids a hands-on experience to get to know the equipment that’s here on base.”

Along with static vehicles, JBLM police officers and firefighters also brought their vehicles for kids to see up close. Ticen Varney, JBLM civilian police officer, said he appreciated the opportunity to let kids sit in the front seats and press buttons.

“I love doing community policing and seeing how excited the kids get when I turn my lights and sirens on,” Varney said.

Inside the Fest Tent, there were games and activities hosted by local businesses, military organizations and directorates on JBLM, such as Fire and Emergency Services, Families Overcoming Under Stress and both local Girl Scouts and Cub Scouts groups. Games included a small-scale version of Plinko, arts and crafts and a baseball pitch.

Both parents and kids had the chance to measure their best



Zaylee Koppen, 9, of Lacey, rides a 220-pound tortoise named Tank during a Reptile Isle show featuring Don “The Reptile King” Riggs, right, at Kids’ Fest on Lewis Main April 5.

fastball. Parker Brown, 10, had his best throw of 40 miles per hour. His mom, Desire, only hit 28; although, she was holding her 2-year-old son, Carson, in a sling.

“Any time we see something

like this, we have a little friendly competition,” she said. “(Parents are) not just watching the kids; we can all enjoy it.”

The neighboring Bowl Arena Lanes also provided free games of bowling during Kids’ Fest.

Additional entertainment included demonstrations from SKIES*Unlimited’s* dance and karate students to showcase what they’ve learned. Young dancers took the stage as adults and peers watched.

“It gives us an opportunity to show our abilities,” said Anastasia Bordwell, 10. “It also feels nice that people are considerate to us.”

Don “The Reptile King” Riggs hosted Reptile Isle for military families to see some of the different creatures he brought to base — including a baby North American black alligator named Later. Kids sitting near the front had a chance to pet Later’s tail.

“It was leathery, and it was kind of rough,” said Noah Cunningham, 9.

Marvel’s Thor made a few appearances on the main stage to talk about how to handle bullies. He asked kids take an oath to become honorary Avengers by promising to eat healthy and step away from their “magical phones” to play outside.

Sergeant Joachim Perez, of Headquarters and Headquarters Company, 593rd Expeditionary Sustainment Command, took the opportunity to pose with Thor for a selfie with his four children: Diamante, 10, Omar, 8, Isaiah, 6, and Angel 5. It was just one of the highlights of the day for the family.

“I’ve been gone a couple of times now, so it’s nice to come here and experience all of this with them,” Perez said.

Dean Siemon: 253-477-0235, @deansiemon

FROM PAGE 1A

# BORDER

with the affected governors’ approval, to enhance its support to U.S. Customs and Border Protection along the southern U.S. border. In a presidential memorandum April 4, he said a “drastic surge of illegal activity on the southern border” is threatening national security.

**DEPLOY IMMEDIATELY**

Mattis authorized the use of Title 32 duty status and DOD funds for up to 4,000 National Guard personnel to support DHS’s southern border security mission while under the com-

mand and control of their respective governors through Sept. 30. Title 32 status is full-time duty other than inactive duty performed by a member of the National Guard.

It allows the governor, with the approval of the president or the secretary of defense, to order a member to duty for operational homeland defense activities.

The troops will not perform law enforcement activities or interact with migrants or other individuals detained by Department of Homeland Security without approval from Mattis, according to the Department of Defense memo.

Arming will be limited to circumstances that might re-



The New Mexico Army National Guard Liaison Team visits the U.S. Border Patrol El Paso Sector to prepare for deployment Saturday.

quire self-defense, the memo said.

Air Force Gen. Joseph Len-

gyel, the chief of the National Guard Bureau, said in a Twitter post Monday that up to 500

troops were deploying immediately in support of the mission.

“Always Ready, Always There! Moving up to 500 #National-Guard troops immediately on the SW border security mission. Vehicles, equipment and helicopters on the way tonight,” the general tweeted.

The National Guard’s efforts will include aviation, engineering, surveillance, communications, vehicle maintenance and logistical support, chief Pentagon spokesperson Dana White said in a news briefing April 5.

“We look forward to continuing our partnership with DHS to ensure the defense of our nation and the security of the American people,” White said.

FROM PAGE 1A

# AMTRAK

environmental crews with the National Response Center.

“They are doing all the mitigation on site,” Mason said, pointing to Amtrak’s response crew emptying freon from air conditioning units on the train cars before shrink wrapping and tarping each car so no loose cushions or other items could fall out during transport.

Mason said oil or gray and black water was picked up immediately by NRC, so there was little chance of contamination of soil on JBLM during the four months of train storage.

“It’s been a great response and everyone has worked together,” he said.

The horrific crash occurred when Amtrak Cascades Train No. 501 plunged off an embankment onto Interstate 5 in the approach to a curve Dec. 18 at 7:33 a.m., while traveling at nearly 80 mph in a 30 mph zone, according to the National Transportation Safety Board.



Crew members use a tarp to cover wreckage from Amtrak Cascades Train No. 501 while preparing to move it off JBLM April 6.

The 12- to- 24-month investigation into the cause of that crash is ongoing, according to NTSB officials. The incident killed three and injured more than 60 of the 77 passengers and five crew members aboard the train.

“We look at maintenance, mechanical and human factors and release factual reports and

explain to the board about half-way into the investigation,” said Peter Knudson, NTSB spokesman, adding that thousands of documents are involved in the in-depth investigation.

Taking the wreckage off base was due to Mason’s concerns after observing oil from cars on I-5 after a recent rainfall. When Mason voiced his concerns to

Amtrak, he said he received a prompt response and joint effort to move the train off the base.

“If that happens with cars, I was concerned what could happen with the train cars,” he said.

Mason and other Directorate of Public Works officials were on site “to assist in approving a route for removal of the damaged train and debris, as it is so heavy it is a threat to underlying water lines and to make sure there is no impact of fuels or gray water to the ground,” said Cathy Hamilton-Wismer, a representative of DPW.

Each train car weighs about 40,000 pounds, according to Mike McDonald, vice president of Ness Campbell Crane, the company that moved the wrecked train cars.

In his 27 years with JBLM, Mason said he’s not worked with a more cooperative organization than Amtrak.

“Working with all these companies and entities has been a great experience; there’s been no headaches and it’s made my job easier,” he said.

The wreckage was moved to local salvage yards for recycling;

however, those locations are not being disclosed at this time.

“Other than off-site from JBLM, there’s nothing more to release about the disposition of the damaged rail equipment,” said Marc Magliari, spokesman for Amtrak Government Affairs and Corporate Affairs.

Mason’s high praise for Amtrak and other involved agencies, from environmental to local law enforcement, is echoed by Magliari and other Amtrak officials toward JBLM’s cooperation in the tragedy.

Magliari said he wanted to repeat the thanks given by Richard Anderson, Amtrak president and chief executive officer, the day after the crash.

“JBLM and its personnel were of great assistance before the incident, due to your participation in preparedness exercises with WSDOT, Amtrak and others,” he said. “It was an heroic response Dec. 18, and we have appreciated the base’s help since then. The actions by JBLM personnel doubtlessly saved lives in this tragic incident and we want to continue to express our gratitude.”



JBLM CHILD AND YOUTH SERVICES

# Youth sports specialists earn certification

More than 20 CYS instructors from various Army garrisons participate

BY DEAN SIEMON  
*Northwest Guardian*

Child and Youth Services' Parent Central Services hosted a functional fitness certification course April 2 to 5 at Joint Base Lewis-McChord for more than 20 CYS specialists from various garrisons.

Last year, U.S. Army Morale, Welfare and Recreation's CYS in San Antonio began working with the National Aerobics and Fitness Trainers Association to certify youth sports specialists in

functional fitness. During the first year, seven courses taught at different installations with more than 200 earning their certification.

Madeline Fazio, a program specialist for Army's Youth Sports and Fitness organization, wants functional fitness to be taught to children of all ages — from as young as 3.

"We're trying to implement more functional fitness," Fazio said. "The goal is to get all of the staff (members) certified."

Five of the nearly 30 CYS specialists who participated in the four-day workshop were from JBLM: Nikia Pruitt, Susanah Prenoveau, Aisha Vandesspool, Steven Wartella and Justin Graham.

"I'm grateful to have my folks recognized by a national organization," said Cynthia Williams-Patnoe, CYS sports director. "This class will better serve our school age and teenage youth when it comes to more experience in fitness and nutrition."

Functional fitness is about training muscles to work together in exercises. Instead of



DEAN SIEMON Northwest Guardian

Nikia Pruitt, left, participates in a functional fitness certification class at the JBLM Child and Youth Services gymnasium April 3.

SEE FITNESS, 2B

## JBLM HOOPS FOR MILITARY KIDS



SCOTT HANSEN Northwest Guardian

Ramblers forward Preston Jones, 11, left, shoots over Bulldogs forward Larry Manning, 12, during Little March Madness on Lewis Main April 6.

# CYS KIDS GET TOUCH OF 'MARCH MADNESS'

CYS season ends with seven-team jamboree

BY DEAN SIEMON  
*Northwest Guardian*

March Madness basketball cannot simply be contained within 31 days. Just as the NCAA men's national championship basketball tournament spills into April, Joint Base Lewis-McChord's Child and Youth Services hosted a season-finale jamboree April 6.

Historically known as Little March Madness, the JBLM Hoops for Military Kids event took place within Parent Central Services' gymnasium. Seven teams played in a round-robin format with 20-minute games.

The clock was running, and no scores were kept. That didn't stop the kids from pulling out their best basketball moves, nor did it stop the coaches giving orders on the



SEE CYS, 2B

Bruins guard Liam Grice, right, drives past Wolverines defender Jaeden Haute, middle, during Child and Youth Services' Little March Madness game on Lewis Main April 6.

## ON THE SCHEDULE

**BODYBUILDERS TO BATTLE FOR JBLM CHAMPIONSHIP Recreation:** Registration for the the 2018 Joint Base Lewis-McChord Bodybuilding Championship is now open. Event is Aug. 11 from 5 to 9 p.m. at the Nelson Recreation Center on Lewis Main. Fee is \$25 for each military competitor and \$35 for others. For more information, call 253-967-9210 or visit [tinyurl.com/ycdomemo](http://tinyurl.com/ycdomemo).

**LEARN TIPS, TRICKS AT KOKANEE FISHING CLINIC Outdoor:** Learn the tips and tricks to catching kokanee salmon on Saturday at 2 p.m. at the Russell Landing Marina on Lewis North. Learn how to set up the line, trolling techniques and more. Space is limited; cost is \$10 per person with advanced registration or \$15 at the door. For more information, call 253-967-2510.

**QUALIFIER FOR JBLM TEN-MILER TEAMS Intramurals:** Active-duty service members on Joint Base Lewis-McChord are invited to register for the Commander's Cup Ten-Miler Qualifier at Family and Morale, Welfare and Recreation's Fest Tent April 20 at 4:30 a.m. Race begins at 5:30 a.m. Registration is day-of only on site. Service members can collect points for units in 2018 Commander's Cup standings. For more information, call 253-967-9210.

**BOWL FOR THE PRIZE AT NW MILITARY MASTERS Bowling:** Bowl Arena Lanes on Lewis Main is hosting the 12th annual Northwest Military Masters Bowling Tournament April 21 for service members, retirees, Department of Defense employees and spouses. Entrants must be U.S. Bowling Congress members. One in four bowlers wins cash with first place winning \$1,000, based on 36 entries. Entry is \$100. For more information, call 253-967-4661.

**REGISTER FOR YOUTH FIRST TEE GOLF CAMP Youth:** The First Tee program will provide camps for youth to learn integrity, respect and perseverance in a positive, nonintimidating experience. Enrollment is open through April 23 for First Tee Golf Camp I April 24-May 29. Enroll by April 25 for Camp II April 26-May 31 for ages 7 to 18. Enrollment for the First Tee's Lil' Drivers, now through May 31, for ages 5 and 6 ends April 25. The fee for Camps I and II is \$35 and \$25 for Lil' Drivers. Visit [jblmcysregistration.com](http://jblmcysregistration.com). For more information, call 253-967-2405.

## MADIGAN ARMY MEDICAL CENTER

# Cycling program puts WTB Soldiers on the road to recovery

BY SGT. YOUTOY MARTIN  
*5th Mobile Public Affairs Detachment*

For Soldiers with the Warrior Transition Battalion at Madigan Army Medical Center, the Adaptive Reconditioning Program offers a variety of exercise options for those on the road to recovery or transitioning from military to civilian life.

One of the more popular programs is outdoor cycling, in which service members take to the open road, while getting a

workout, having fun and taking in the sights and sounds around Joint Base Lewis-McChord.

Lou McCranghnan, a physical therapist, and Brian Caskin, assistant therapist, lead service members on rides across JBLM every week. McCranghnan said members of the classes are in varying phases of rehabilitation, and rides can last from 6 to 15 miles or longer depending on the skill level and capabilities of the riders in a given session.

"Cycling is a great sport for all

ages," McCranghnan said. "It also provides (service members) with an activity they can share with their family. They can participate side-by-side with their kids, spouse or whoever."

McCranghnan said WTB Soldiers are required to complete 150-minutes of moderate intensity exercise each week, participating in at least two of the around 20 activities offered through the adaptive



SGT. YOUTOY MARTIN 5th Mobile Public Affairs Detachment

Sgt. Steven Wurth, a motor transport operator with the Warrior Transition Battalion on JBLM, participates in an outdoor cycling group ride Aug. 22.

SEE CYCLING, 2B



FROM PAGE 1B

## FITNESS

concentrating on one muscle group, a single exercise can involve the elbows, shoulders, spine, hips, knees and ankles. Exercises are based on regular movements done in everyday life, such as reaching up to a cabinet. NAFTA was formed in 1993 with the mission to help provide people with qualified health and fitness professionals. One of the reasons CYS leadership wants to certify youth sports specialists is how many military children grow up and choose to serve. NAFTA founder

Sherry Morton said approximately 75 percent of kids with military parents go into military service when they get older. “(We want to) prepare them to be successful so they can pass boot camp without injury,” Morton said. Pruitt has been with CYS sports since 1999 and said she was excited to learn from Morton and Fazio to improve what she does on JBLM. “I’m looking forward to having new exercises for the children,” Pruitt said. The functional fitness certification course took place during a busy time at JBLM CYS. Outside of Parent Central Services, flag football and soccer camps

took place in the adjacent athletic fields. The Start Smart Camp for ages 3 and 4 took place in the gymnasium next to where classes were taught. Williams-Patnoe said it was common for the visiting CYS specialists from other installations to see how busy their fields were during spring break. “(Hosting the course) gives us exposure to the other garrisons,” Williams-Patnoe said. Morton said there are additional certification courses available to register through the NAFTA website. For more information, visit [naftafitness.org](http://naftafitness.org).  
*Dean Siemon: 253-477-0235, @deansiemon*



DEAN SIEMON Northwest Guardian

Steven Wartella participates in a functional fitness certification class at JBLM Child and Youth Services on Lewis Main April 3.



SCOTT HANSEN Northwest Guardian

Bruins coach Layce Blake, left, shouts instructions to her team in a game against Wolverines during Child and Youth Services' Little March Madness game on Lewis Main April 6.

FROM PAGE 1B

## CYS

court or the parents cheering as they would at a high school or college game. The teams represented Cascade and Lewis North School Age Centers, where some of the kids haven't had a chance to play in games during CYS' basketball season. JBLM's version of March Madness was the lone set of games this season for some kids. “They love the competition,” said Harold Blackwell, who was coaching a team of third through fifth-graders from Lewis North. “When we come down here, it's a chance for them to display their skills in front of others.” Captain Keith Marshall of Regional Health Command-Pacific enjoyed seeing what his son Tre, 9, could do in an



Bruins and Wolverines players battle for a rebound under the Wolverines basket during Little March Madness on Lewis Main April 6.

exhibition game after his first year of JBLM basketball. “His dribbling has gotten better, and he's using the backboard like he's supposed to (when shooting),” Marshall said.

Most importantly, kids got to practice their fundamentals while working together as a team. “No matter where you go in life, you'll always be part of

some kind of team,” said Cynthia Williams-Patnoe, JBLM CYS sports director. The seven teams were each assigned to a college basketball team, which included 2018 Final Four teams Villanova University, the University of Michigan and Loyola University Chicago. “It's all about the kids having fun,” said Gloria Billups, Lewis North School Age Center director. “They're going to be talking about this the rest of the year.” There were even cheerleaders from the Lewis North School Age Center performing cheer and dance routines. The girls began rehearsing and practicing in February with the basketball jamboree marked on their calendars. Coach Mabinty “Mistee” Koroma said it has been a good way for her younger cheerleaders to step out of their shyness. “It's just giving them the opportunity to experience the

event and show (the families) what they've got,” Koroma said. The event also had a special emcee in Alex Montgomery, who is signed with the Chicago Sky of the Women's National Basketball Association. She's also a girls basketball coach at Steilacoom High School, where a parent of a player asked Montgomery to contribute to the JBLM event. A Tacoma native, Montgomery had no hesitation accepting the invite. She spoke with the children and also acted as an announcer when games were going. “I love working with kids and being a positive role model,” Montgomery said. “(The kids) looking up to me, the questions they have, it's me giving back to the community.”  
*Dean Siemon: 253-477-0235, @deansiemon*

FROM PAGE 1B

## CYCLING

reconditioning program. Some people try everything; some stick with their favorite two, he said. For many people, learning to ride a bike happens during childhood, but for Sgt. Amy Friedle, a WTB Soldier, that childhood experience never materialized. Now in her early 30s, joining the outdoor cycling class was the first time she'd ridden a bicycle. Friedle said growing up in the ranching community of Westcliffe, Colo., the focus was always work and school, leaving little time for play. Her parents would have most likely answered her request for a bicycle saying, “Hey there's a horse, get on it and go do some work,” Friedle said. In high school, she was active in sports by playing basketball, volleyball and running track. Friedle enjoyed running and could reach up to 80 miles in a week, she said. A personal trainer prior to joining the Army, she has always kept a very active lifestyle. That changed after Friedle



SGT. YOUTOY MARTIN 5th Mobile Public Affairs Detachment

Soldiers with the Warrior Transition Battalion on Joint Base Lewis-McChord ride to the McChord Airfield during an outdoor cycling group ride Aug. 22.

had surgeries on both legs for micro-tears on both her Achilles tendons. This left her with limited mobility during her recovery process. She said that limitation triggered many of the arthritic issues she deals with currently. “I'm a pretty firm believer that my lifestyle is what has held it at bay for so long,” Friedle said. “Activity is my best friend right now. (I'm) not trying to do high impact (exercise), but basically (I'm) staying mobile and

active.” Although she had never ridden a bicycle as a kid, she rode horses and dirt bikes, which her instructors believe made the transition for her a little easier. During Friedle's first week of class, she was fitted for a bike and needed to practice riding around the Keeler Sports and Fitness Center's parking lot, an experience she called “pretty awkward.” By her second week, she had

practiced enough to join the rest of the class on active-road group rides. Friedle said she won't ever be able to return to her former activity level, but cycling helps to maintain her day-to-day exercise requirements and keeps her arthritic condition at bay. Her plan is to continue with the cycling class, and make riding a family event by getting a little wagon to take her two-year old daughter on rides, she

said. For Sgt. Steven Wurth, a WTB Soldier, outdoor cycling is his favorite reconditioning activity. After his mobility was slowed by reconstructive ankle surgery, he was thrilled to learn he could continue cycling at 15-weeks post-surgery on a recumbent bike. Although getting back onto the two-wheeled bikes is the ultimate goal, the recumbent bike is a challenging workout, especially going up hills, he said. “Recumbent bike is all arms and shoulders,” Wurth said. “It's an awesome workout. It hits chest, arms, shoulders — you feel it all over the place. I really enjoy it, actually.” Wurth said he enjoys the effort the instructors put into making outdoor cycling challenging and fun. “Our instructors and trainers Lou and Brian are awesome,” he said. Like Friedle, he plans to continue outdoor cycling because of the benefits in activity, camaraderie and aerobic workout it provides. “If you can't run, riding a bicycle is the next best thing,” Wurth said. “Bike riding is awesome.”



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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

## WHAT'S COOKIN' AT THE SPRING FAIR

There will be free admission for service members at the annual Washington State Spring Fair, 3C



FOR THE WEEK OF APRIL 13-19

13

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

**McCHORD PUB** Drop in to relax after work. Enjoy programs on four overhead TVs, and challenge your friends to a game of darts or poker. Order appetizers from the pub menu to go along with your favorite drinks. Hours are 4 to 8:30 p.m.

**THE CLUB AT McCHORD FIELD**  
Make your Volksfest reservations now for April 26. \$21.95 for ages 11 and older, \$11.95 for ages 4 to 10 and free for ages 3 and younger. Club members save \$2. Call 253-982-5581.

14

**NELSON RECREATION CENTER** 6 p.m. The Amazing Johnathon's Big Bang Variety Show; \$15 per couple, \$10 per person. Food, beer and wine available for purchase. Ages 18 and older only.

**WHISPERING FIRS AND EAGLES PRIDE**  
Enjoy Family Golf Saturdays and Sundays after 2 p.m. \$30.

15

**SAMUEL ADAMS BREWHOUSE AT EAGLES PRIDE** Open to the public. Come in for great meals, good brew and your favorite sports viewing.

**WHISPERING FIRS HABAÑERO MEXICAN GRILL** 7:30 to 10:30 a.m. Enjoy a traditional Sunday breakfast with a view.

16

**WARRIOR ZONE DINING** Warm brownie a la mode with chocolate sauce for \$4.50; New York cheesecake with caramel, chocolate or raspberry sauce for \$4.50. Ages 18 and older.

**STRIKE ZONE AT SOUNDERS LANES** 11 a.m. to 8 p.m. Chicken club sandwich for \$8.25.

**HABAÑERO MEXICAN GRILL** 7:30 to 10:30 a.m. 11 a.m. to 2 p.m. Buy one lunch burrito and get the second half off Mondays and Wednesdays.

**BATTLE BEAN AT McCHORD FIELD** 7 to 11 a.m. weekdays. Order breakfast with made-to-order coffee.

17

**SAMUEL ADAMS BREWHOUSE JBLM** 4 to 10 p.m. Enjoy our burgers, wraps, salads, flatbreads, appetizers and 16 brews on tap.

**STRIKE ZONE AT SOUNDERS LANES** 11 a.m. to 8 p.m. Chicken bacon ranch wrap for \$8.25.

**WARRIOR ZONE DINING** Caprese burger or Reuben sandwich for \$7. Ask about non-alcoholic drink specials to go with your meal: Arnold Palmer, sweet tea, lemonade and green tea frappuccino. Ages 18 and older.

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

18

**STRIKE ZONE AT SOUNDERS LANES** 11 a.m. to 8 p.m. Three pulled pork sliders for \$8.25.

**WHISPERING FIRS HABAÑERO MEXICAN GRILL** The hefty 6-pound burrito challenge is back Wednesdays from 11 a.m. and 2 p.m. If you can eat it in 45 minutes or less, it's on the house.

**WARRIOR ZONE DINING** Pickle fries with dipping sauce for \$3.50 and garlic cheese bread for \$3.95.

**STRIKE ZONE AT BOWL ARENA LANES** All-you-can-eat pizza and bowling, 4:30 to 7 p.m. Reserve your lane by calling 253-967-4661.

19

**SAMUEL ADAMS BREWHOUSE AT EAGLES PRIDE** Open to the public. A half-sandwich and house salad for \$7.95.

**McCHORD GRILL** 11 a.m. to 1 p.m. Dine at the grill with a huge salad bar, soup of the day, burgers and sandwiches with fries.

**WARRIOR ZONE DINING** 10 a.m. to 11 p.m. 12-inch Margherita pizza for \$8.50; deluxe pizza for \$9.50. Ages 18 and older.

**STRIKE ZONE AT SOUNDERS LANES** 11 a.m. to 8 p.m. Chicken bulgogi for \$8.25.

**SAMUEL ADAMS BREWHOUSE** 4 to 10 p.m. Shoot pool and watch big-screen TV with dinner and 16 brews on tap.

JOINT BASE LEWIS-MCCHORD MARKETPLACE DIRECTORY

Battle Bean at AFC Arena253-964-8837

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Cascade Community Center/Heroes Lounge253-964-0331

Globemaster Grill at McChord Club253-982-5581

McChord Catering253-982-8175

The Bistro at Russell Landing253-964-2813

The Warrior Zone (Lewis North)253-477-5833

Whispering Firs Habanero Mexican Grill253-982-3271

To see menus, visit JBLMmwr.com.

AT THE MOVIES

Carey Theater  
on Lewis Main

- Tomb Raider (PG-13)Friday at 7 p.m.
- Tomb Raider (PG-13)Saturday at 1 p.m.
- I Feel Pretty (PG-13)Saturday at 7 p.m.
- Tomb Raider (PG-13)Sunday at 1 p.m.
- Love, Simon (PG-13)Sunday at 7 p.m.

MOVIE THEATERS

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

LONGSTON PLACE: 253-770-9901

SOUTH HILL MALL SIX: 253-445-8801
- BONNEY LAKE

REGAL TALL FIRS 10: 253-891-5445

- GIG HARBOR

GALAXY UPTOWN THEATRE: 253-857-7469
- PORT ORCHARD

REGAL SOUTH SOUND 10: 360-871-2294
- SOUTH KING COUNTY

CENTURY FEDERAL WAY 16: 253-946-0942

FEDERAL WAY GATEWAY 8: Not available by phone, online [fandango.com](#)
- YELM

YELM CINEMAS: 360-400-3456
- OLYMPIA/LACEY

MARTIN VILLAGE STADIUM 16: 360-455-5003

CENTURY OLYMPIA: 360-943-0769



Warner Bros. Pictures

Alicia Vikander, Dominic West, Daniel Wu and Kristin Scott Thomas star in the new Warner Bros. Pictures release, “Tomb Raider.”





BOB NOBLE

Active-duty service members, reserve, National Guard and retirees will find plenty to do at the Spring Fair at the Washington State Fairgrounds in Puyallup April 19-22.

## SPRING FAIR AT THE WASHINGTON STATE FAIRGROUNDS

# Come celebrate spring

BY RUTH KINGSLAND  
*Northwest Guardian*

There are few better ways in the Northwest to enjoy the start of the spring season than to attend one of the state's biggest celebrations, the Spring Fair at

the Washington State Fairgrounds in Puyallup.

This year's Spring Fair is set to take place Thursday to April 22, with a free Military Appreciation Day April 20 for current service members, family members, retirees and disabled veterans

with valid military ID.

"This is our way of saying thank you to service members, by offering free gate admission to active-duty, reserve, National Guard, retired military and their

SEE SPRING, 11C



Courtesy photo

Cirque Ma'ceo Equestrian Stunt Show will be featured during the annual Spring Fair at the Washington State Fairgrounds in Puyallup April 19-22.





KAWEKA STONEY JBLM Outdoor Recreation / 2017

Joint Base Lewis-McChord's Outdoor Recreation team will host a backcountry skiing trip at the Cascade Mountains Saturday.

## APRIL 14 CHANCE TO WATCH WHALES IN PACIFIC NW

The early spring provides one of the best whale watching opportunities in Washington. The Pacific Northwest is home to a vast array of wildlife.

The diverse ecosystems range from the mountain ranges to the numerous island and waterways to the open ocean.

The Pacific Northwest is home to bears, elk, mountain lions, eagles, salmon, giant Pacific octopus, whales and more.

The highlight for most visitors is the resident and transient orcas, humpback whales, minke whales and gray whales.

Depart from the Northwest Adventure Center at Lewis North

at 7 a.m. and McChord Field's Adventures Unlimited at 7:15 a.m.

Preregistration is required by April 11 at noon. Register at JBLMmwrRegistration.com.

**\$80; \$60** for ages 3 to 17; **\$25** for ages 2 and younger.

## BACKCOUNTRY SKI IN 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 someone would 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; children younger than 18 must be accompanied by an adult. All 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.**

## APRIL 15 FREE SEMINAR ON 'LEAVE NO TRACE' PRINCIPLES

Join instructors from JBLM Outdoor Recreation for monthly free seminars touching on a wide range of introductory topics. Learn a new skill, ask some questions or figure out

how to use outdoor gear in a few hours with expert instructors. At this seminar, discuss the "Leave No Trace" principles. The future of wilderness camping, hikes and other sustainable outdoor recreation depends on more people adopting what's known as "Leave No Trace" principles. The instructors will discuss the seven principles to provide a framework for outdoor recreation decision-making. No equipment necessary. This class takes place at 11 a.m. at McChord Field's Adventures Unlimited. Register at JBLMmwrRegistration.com. **Free.**

## APRIL 17 TWO-HOUR SEA KAYAK SKILLS CLASS

Instructors from JBLM Out-

door Recreation offer five levels of the two-hour kayak skills class. Participants can start at any time and master as many of the five levels as they would 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.**

## APRIL 21-22

### BASIC ALPINE CLIMBING COURSE AT CASCADES

Receive hands-on climbing and climber's safety training in Washington's glorious Cascade Range. It serves as a prerequisite for many of JBLM Outdoor Recreation's basic-level climbs and is a stepping stone to more technically-difficult mountains, including Denali.

This is the second half of the Basic Alpine Course classroom portion. This course is an overnight trip in deep snow conditions to practice all the skills learned in the classroom. Register at JBLMmwrRegistration.com. **\$125.**

## JUNE 4-26

### PLAN YOUR DENALI CLIMBING EXPEDITION

Formerly known as Mount McKinley in Alaska, the highest mountain in North America has been the goal of aspiring high-altitude climbers since it was first climbed in 1913. Its reputation as a highly coveted summit derives from its location near the Arctic Circle and the Pacific Ocean (Gulf of Alaska) giving it some of the most ferocious weather in the world.

Because of its notorious weather and ease of access, some climbers use Denali as a training ground for climbing the 8,000 meter peaks of the Himalaya and for extended expeditions in the Arctic or Antarctic. For the peak baggers, Denali is the highpoint of the Denali Borough, the state of Alaska, the United States, the Alaska Range and all of North America.

SEE OUT, 6C

 <p><b>BLUE MOUSE THEATRE</b></p> <p>2611 N. Proctor</p> <p>FRIDAY 4/13</p> <p><b>UPRIGHT CITIZENS BRIGADE</b></p> <p>7:00 pm</p> <p>SAT 4/14 - THUR 4/19</p> <p><b>THE POST</b></p> <p>Nightly at 7:00 pm • Rated PG-13</p> <p>Saturday &amp; Sunday Matinee at 3:45 pm</p> <p><b>ROCKY HORROR PICTURE SHOW</b></p> <p>Sat 4/14 • 11:30 pm</p> <p>253-752-9500 <a href="http://www.bluemousetheatre.com">www.bluemousetheatre.com</a></p>
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## EVENTS

## COMMUNITY

**Peppa Pig's Surprise** 6 p.m. Friday. The Paramount Theatre, 911 Pine St., Seattle. The fun-filled show brings the hit TV series to life on stage. \$15-\$55.50. stgpresents.org.

**Annual Spring Lu'au** 5 p.m. Saturday. University of Puget Sound, 1500 N. Warner St., Tacoma. Dinner, 5 to 6:30 p.m. at the Wheelock Student Center; live stage entertainment, 6:30 p.m. Hosted by Ka 'Ohana me ke Aloha Club at Memorial Fieldhouse. Dinner purchases in the dining hall, show only \$10. 253-879-3100.

**Annual South Sound Sustainability Expo** 10 a.m. to 3 p.m. Saturday. Greater Tacoma Convention Center, 1500 Commerce, Tacoma. Connect with nearly 100 local businesses and organizations dedicated to a healthy and environmentally sustainable South Sound. Free. 253-591-5152, southsound-sustainabilityexpo.org.

**Spring Fling Health Fair and Pancake Breakfast** 8 a.m. to noon Saturday. Puyallup Activity Center, 210 W. Pioneer, Puyallup. Vendors and Pancake Breakfast. \$4 for breakfast. 253-841-5548, cityofpuyallup.org/services/senior-services.

**Four-Wheel Parts Puyallup Truck and Jeep Fest** 10 a.m. to 4 p.m. Saturday and 10 a.m. to 4 p.m. Sunday. Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. Free.

**Gig Harbor to Port Townsend on the "Veteran"** 8 a.m. to 2 p.m. Sunday. Gig Harbor Maritime Pier, 3003 Harborview Drive, Gig Harbor. Trip from Gig Harbor to Port Townsend. Participants must be at least 18 years of age. Non-members: \$150; members: \$100. Payment is due at the time of reservation. 253-857-9344, gigharborboatshop.org/gig-harbor-to-port-townsend.

**Power Rangers LIVE** 4 p.m. Sunday. The Paramount Theatre, 911 Pine St., Seattle. \$18-\$58.50. stgpresents.org.

**JobFest 2018** 12:30 to 3:30 p.m. Wednesday. Tacoma Dome, 2727 E. D St., Tacoma. Provides young adults aged 16 to 24 with an opportunity to meet face-to-face with over 100 exhibitors who are ready to hire for full-time, part-time and seasonal positions. Free. 206-696-5794.



BULLIT MARQUEZ The Associated Press

Singer and songwriter Robin Thicke is scheduled to perform at the Emerald Queen Casino in Tacoma Saturday. Tickets are \$55-\$120.

tinyurl.com/ydxxbkg7.

**Boldly Went: Live Outdoor Adventure Storytelling Show and Podcast** 6:45 to 9 p.m. Wednesday. Peaks and Pints, 3816 N. 26th St., Tacoma. An evening of sharing your outdoor adventure stories and meeting like-minded people. \$10-\$15. 206-696-6565, boldlywentadventures.com/events.html.

**The Grand Cinema Turns 21** 12:30 to 10 p.m. Wednesday. The Grand Cinema, 606 S. Fawcett Ave., Tacoma. Enjoy a free cookie, happy hour pricing on all drinks all day and free admission to any film when you wear your Grand Cinema apparel. Learn

more about perks of membership at grandcinema.com, 253-593-4474.

**Washington State Spring Fair** 2 to 10 p.m. Thursday, 10 a.m. to 10 p.m. April 20 and 21, 10 a.m. to 8 p.m. April 22. Washington State Fair, 110 Ninth Ave. SW, Puyallup. \$8-\$10; kids 5 and younger free. thefair.com.

**Annual Norway Day** 10 a.m. to 4 p.m. April 21. Thurston County Fairgrounds, 3054 Carpenter Road, Lacey. \$3 adults, children younger than 12 with adult free. 360-923-1242, olympianorwayday.com.

**Iyanla Vanzant** 8 p.m. April 21. The Paramount Theatre, 911 Pine

St., Seattle. New thought spiritual teacher and author. \$35-\$65. stgpresents.org.

**Meeker Mansion Cellar to Attic Tours** Noon to 4 p.m. April 22. Meeker Mansion, 312 Spring St., Puyallup. Money raised is used for restoration. Free to members, \$6 for the general public, \$4 for children ages 12 and younger. 253-848-1770, meekermansion.org.

**White River Buddhist Temple Chicken Teriyaki Dinner** 11 a.m. to 3 p.m. April 22. White River Buddhist Temple, 3625 Auburn Way N., Auburn. Spring Fundraiser. Also a plant sale and raffle. \$12. 253-833-1442,

wrbt.org.

**Madeleine Albright** 7:30 p.m. April 24. The Paramount Theatre, 911 Pine St., Seattle. \$60-\$100. stgpresents.org.

**Wild and Scenic Environmental Film Festival On Tour** 6 to 9 p.m. April 26. Saint Martin's University — Worthington Center and Marcus Pavilion, 5300 Pacific Ave. SE, Lacey. Student: \$15, Community: \$25. facebook.com/events/542741152775393.

**Free Neighborhood Nights at Tacoma Art Museum** 5 to 8 p.m. Thursdays. Tacoma Art Museum, 1701 Pacific Ave., Tacoma. Open late and free to

the community. Find your inner artist and sketch in the galleries with an expert teaching artist. Test your knowledge and win prizes with live trivia. Free. tacomaartmuseum.org/events.

## ARTS AND MUSIC

**Free Neighborhood Nights at Tacoma Arts Museum** 5 to 8 p.m. Thursdays. Tacoma Art Museum, 1701 Pacific Ave., Tacoma. Open late and free to the community. Find your inner artist, and sketch in the galleries with an expert teaching artist. Test your knowledge and win



FROM PAGE 4C

## OUT

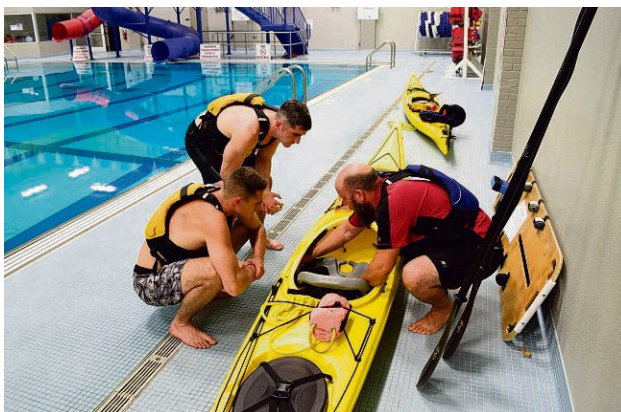
Denali offers one of the world's greatest expedition challenges.

While it is exceeded in elevation by peaks in South America and Asia, its great height above the Alaskan plain make it a severe test of personal strength, team work and logistics.

No peak in the world has greater relief. Denali rises 17,000 feet above its surrounding plain; Kilimanjaro is 14,000 feet and Everest is 13,000 feet.

Vertical elevation gain on Everest from the normal base camp for the South Col route is 11,000 feet; from the landing spot on the Kahiltna Glacier Denali's summit rises another 13,000 feet.

Further, the mountain (and all mountains this far north or south) behaves like it's taller than it really is — the reason being that the barometric pressure in the northern/southern latitudes is less than at the equator which makes climbers feel higher than they really are.



JBLM Outdoor Recreation / 2014

The Sea Kayak Skills class taught by Outdoor Recreation goes over techniques and safety tricks, including rolls and assisted rolls.

West Buttress and the climb is undoubtedly considered as an exceptional mountaineering challenge. Nowhere in the world does one travel with so much gear over so much vertical in such a hostile environment.

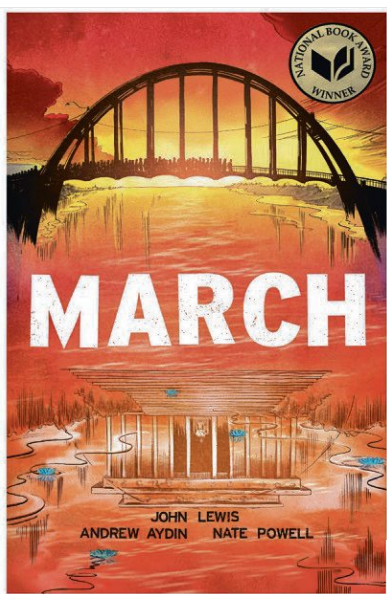
Although there are no technically difficult sections on the route, many stretches of "The Butt" leave very little margin for error (the lower glacier in warm

conditions, Windy Corner, the Autobahn, Denali Pass and the Summit Ridge).

The West Buttress is just as exposed as any other route to Denali's legendary weather. Prospective climbers should be highly competent in travel on moderately steep snow/ice slopes and exposed traverses. Register at JBLMmwr Registration.com. **\$5,000.**



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TacomaGuitarFestival.com

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TACOMA  
DOME



FROM PAGE 5C

# EVENTS

prizes with live trivia. Free. [tacomaartmuseum.org/events](http://tacomaartmuseum.org/events).

**With a Loving Eye: The Photographs of Jini Dellaccio** 10 a.m. to 5 p.m. Tuesday-Saturday and 1 to 5 p.m. Sunday, through April 29. Harbor History Museum, 4121 Harborview Drive, Gig Harbor. Inaugural exhibit of the museum's new traveling exhibition program. [harborhistorymuseum.org](http://harborhistorymuseum.org).

**Tahoma Center Gallery: "Ebb and Flow"** 8 a.m. to 5 p.m. weekdays through April 27, closed holidays. Catholic Community Services, 1323 S. Yakima Ave., Tacoma. Rainier League of Arts Juried Show will have a variety of styles with the theme of water. 253-502-1617.

**Steilacoom Fireside Gallery Guest Artist Series** 9 a.m. to 7:30 p.m. Monday-Thursday and 9 a.m. 4:30 p.m. Friday, through April 30. Features artists Donna Graham and Elaine Fister Erickson, both of Pacific Gallery Artists. Steilacoom Community Center, 2301 S. Worthington St., Steilacoom. Free.

**The Gallery at Tacoma Community College: Works by Rick Mahaffey** 10 a.m. to 5 p.m. Monday-Friday, through May 4. Artist reception 4 to 6 p.m. Thursday. Gallery talk 12:30 p.m. April 27. Tacoma Community College, South 12th Street between Pearl and Mildred streets. 253-460-4306.

**Pacific Gallery Artists Art Show** 9 a.m. to 4:30 p.m. Monday-Friday through June 7: "Art is Alive" featuring more than 20 artists original watercolor, mixed media, oil, acrylic, colored pencil, ink, collage and miniature art. Artist reception 1 to 3 p.m. April 21. Gallery hours: Puyallup Activity Center, Premier Gallery, 210 W. Pioneer, Puyallup. Free. [pacificgalleryartists.org](http://pacificgalleryartists.org).

**"Our Dreams" Mixed Media Exhibit** Friday to June 17. Works by the women of Hilltop Artists' Arts Connect Program using glass, paint, paper, writing and sound. Artists reception: 5 to 7 p.m. April 13. Seymour Conservatory, 316 S. G St., Tacoma.

**GROUPS**

**Square Pegs Adult Autism Support Group** 6 to 8 p.m. First and third Wednesdays. Elmer's

Restaurant, 7427 S. Hosmer St., Tacoma. Ongoing discussion group. Free. 206-696-5794, [meetup.com/Squarepegs](http://meetup.com/Squarepegs).

**Memory (Alzheimer's) Cafe** 3 to 4:30 p.m. Fourth Wednesday. Elmer's Restaurant, 7427 S. Hosmer St., Tacoma. A regular gathering of individuals with memory loss and their caregivers for a meal, conversation and entertainment. 253-722-5691, [lcsnw.org](http://lcsnw.org).

**ONGOING**

**Black Hills Audubon Society Bird Walk** 8 a.m. to noon Wednesdays. Nisqually National Wildlife Refuge, 100 Brown Farm Road, Olympia. Phil Kelley leads a bird walk. \$3 parking fee.

**VOLKSSPORT/WALK**

**Capitol Volkssport Club** 9 a.m. Monday. Bayview Thriftway Deli, 516 Fourth Ave. W., Olympia. Pickup parking pass in walkbox to park in the Bayview parking lot. Olympia local walk starting at Bayview. Rated 1A. Free. [capitolvolkssportclub.org](http://capitolvolkssportclub.org).

**Daffodil Valley Volkssport** 9 a.m. May 12. Mud Mountain: Just Another Dam Walk. Mud Mountain Recreation Facility, 30525 SE Mud Mountain Road, Enumclaw. Rated 2A. 10K or 5K options. Free. [daffodilvolkssport.com](http://daffodilvolkssport.com).

**WORKSHOPS**

**Tahoma Audubon Budding Scientist Classes** 9:45 to 10:45 a.m. and 1:45 to 2:45 p.m. April 16. Tacoma Nature Center, 1919 S. Tyler St., Tacoma. Features story-time, sensory-based activities, songs and outside time. Theme is animal homes. May 14 is plants. \$3 to \$5 per child. Registration encouraged. 253-404-3930.

**Beginner Square Dancing Lessons** 7 to 9 p.m. Thursdays. Sumner VFW Hall, 1705 Willow St., Sumner. Weekly lessons take individuals of all ages step-by-step from simple moves to all you need to know to dance mainstream. No partner or previous knowledge necessary. Beginners are paired with more experienced dancers in a fun, welcoming atmosphere. \$5. 360-463-8532, [squaredance-rainier.org/classes](http://squaredance-rainier.org/classes).

**NIGHTLIFE**

**FRIDAY**

**Magic with Cary Durgin** 6 p.m. Stonegate Restaurant Bar

and Grill 5421 South Tacoma Way, Tacoma. 253-473-2255.

**The Kareem Kandi Band** 7:30 p.m. Pacific Brewing Co., 610 Pacific Ave., Tacoma. Free. [kareemkandi.com](http://kareemkandi.com).

**Cash Levy** 8 and 10:30 p.m. Tacoma Comedy Club, 933

Market St., Tacoma. 253-282-7203, [tacomacomedyclub.com](http://tacomacomedyclub.com).

**3x3x3** 8 p.m. Louie G's, 5219 Pacific Highway E, Fife. \$10. 253-926-9700.

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

**Rumor** 6 9 p.m. Great American Casino, 10117 South Tacoma Way, Lakewood. 253-396-0500.

**The Dusty 45's** 9 p.m. The Swiss Pub, 1904 S. Jefferson Ave., Tacoma. \$8. 253-572-2821.

**Friday Night with DJ Reign** 10 p.m. Jazzbones, 2803 Sixth

Ave., Tacoma. 253-396-9169.

**SATURDAY**

**Jared Hall Trio** 3 to 5 p.m. CRAFT.19 Espresso and Creperie,

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**Lakewood Playhouse**

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Peter and the Starcatcher playfully explores the depth of greed and despair... and the bonds of friendship, duty, and love. **LAKEWOOD: Shop, Eat, Play, Stay!**

**Ticket Info:** Full Price \$26. Seniors/Military \$23. Student/Educators \$20. 253-588-1142 or online [www.lakewoodplayhouse.org](http://www.lakewoodplayhouse.org)

APR 6-29 • FRI & SAT 7:30PM • SUN 2PM • SAT, APR 21 & 28 2PM

**Tacoma Musical Playhouse**

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7116 6th Avenue, Tacoma, WA 98406

Based on the hit film and incredible true story, *Catch Me If You Can* is the high-flying musical comedy about chasing your dreams and not getting caught.

**Ticket Info:** Adult: \$31; Senior (60+), Military, Students: \$29; Children: \$22; Groups of 10 or more: \$27

All seating is reserved.

APRIL 20 FRIDAY 7:30PM

**Second City Chamber Series**

**MASTERPIECE SERIES: "GREATER THAN THE SUM OF THE PARTS"**

Great Hall of Annie Wright School 827 N. Tacoma Ave

Clarinetist Cindy Renander, pianist Lisa Bergman, and violinist Svend Ronning bring together three disparate instruments that are *"Greater than the Sum of the Parts."*

**Ticket Info:** \$25 Regular Admission, \$23 Seniors or Military, Under 18 free. 253-572-TUNE(8863) [www.scchamberseries.org](http://www.scchamberseries.org)

APRIL 20-MAY 6 • FRI/SAT 7:30PM; SUN 2:00PM

**Tacoma Little Theatre**

**THE PILLOWMAN**

210 N I Street Tacoma WA 98403

In a dystopian future, an author is being questioned by the police because his stories begin to mirror a string of murders.

**Ticket Info:** \$24 (Adult) \$22 (Sr/St/Mi) \$20 (Children 12 and under) Pay what you can Thursday, May 3rd at 7:30pm [www.tacomalittletheatre.com](http://www.tacomalittletheatre.com) 253-272-2281

APRIL 14 & 20, 7:30PM • APRIL 22, 2PM

**Tacoma Opera presents**

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*By Franz Lehár*



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Don't miss the intrigue and romance of Tacoma Opera's last production of the 50th anniversary season, *The Merry Widow*.

**Ticket Info:** \$25 - \$90. Box Office: 253-591-5894

For tickets & info visit [tacomaopera.com](http://tacomaopera.com).



SATURDAY, APRIL 28 7:30PM

**Tacoma Concert Band presents**

**CELEBRATION HONORING ROBERT MUSSER**



**Pantages Theater downtown Tacoma**

Concert Band presents its final concert of the 2017-2018 season, a Celebration Honoring the Retirement of Robert Musser. Bob is retiring after leading the band which he founded 38 years ago. This concert will be a tribute to Bob and a celebration of his outstanding service to the Puget Sound Community.

**Ticket Info:** Broadway Center Box Office, 901 Broadway, 253-591-5894, [www.broadwaycenter.org](http://www.broadwaycenter.org). \$18-\$36 with discounts for students, seniors and military personnel.

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## ON SALE THIS WEEK

**KID ROCK: RED BLOODED ROCK N ROLL REDNECK EXTRAVAGANZA TOUR** Aug. 18. White River Amphitheatre, Auburn. Tickets go on sale Friday.

**JUSTIN MOORE** Aug. 17. Emerald Queen Casino, Tacoma. Tickets go on sale Friday.

**CHICAGO** Aug. 31. Washington State Fair, Puyallup. Tickets go on sale Saturday.

## ALREADY ON SALE

**BILL MAHER** 8 p.m. Saturday. Paramount Theatre, Seattle.

**PBR TOUR** Saturday and Sunday. Tacoma Dome, Tacoma.

**JUDAS PRIEST: FIREPOWER 2018 NORTH AMERICAN TOUR** Sunday. 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.

**ANDREW LLOYD WEBBER'S "LOVE NEVER DIES"** 2 and 8 p.m. May 12. Paramount Theatre, Seattle.

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

**DAVID BLAINE** 8 p.m. May 16. Paramount Theatre, Seattle.

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

**KOOL AND THE GANG** 8:30 p.m. May 19. Emerald Queen Casino, Tacoma.

**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.

**MAROON 5** 7:30 p.m. May 30. Tacoma Dome, Tacoma.

**THIRD DAY - FAREWELL**



OWEN SWEENEY Invision/AP

Justin Moore is scheduled to perform at the Emerald Queen Casino in Tacoma Aug. 17. Tickets are on sale now.

**RAIN: A TRIBUTE TO THE BEATLES** 7:30 p.m. Sept. 10. Washington State Fair, Puyallup.

**LUCIUS: AN INTIMATE, ACOUSTIC PERFORMANCE** 8 p.m. Sept. 12. Moore Theatre, Seattle.

**BOY GEORGE AND CULTURE CLUB** 7:30 p.m. Sept. 13. Washington State Fair, Puyallup.

**TERRY FATOR** 7:30 p.m. Sept. 14. Washington State Fair, Puyallup.

**LEON BRIDGES: GOOD THING TOUR** 8 p.m. Sept. 14. WaMu Theater, Seattle.

**THE AVETT BROTHERS AND THE HEAD AND THE HEART** 5 p.m. Sept. 15. Gorge Amphitheatre, George.

**NEED TO BREATHE: FOREVER ON YOUR SIDE TOUR** 7 p.m. Sept. 15. WaMu Theater, Seattle.

**TOBY KEITH WITH NED LEDOUX** 7:30 p.m. Sept. 15. Washington State Fair, Puyallup.

**LAUREN DAIGLE WITH ZACH WILLIAMS** 7:30 p.m. Sept. 17. Washington State Fair, Puyallup.

**BRETT ELDREDGE WITH RUNAWAY JUNE AND DEVIN DAWSON** 7:30 p.m. Sept. 20. Washington State Fair, Puyallup.

**MACKLEMORE** 7:30 p.m. Sept. 21. Washington State Fair, Puyallup.

**GABRIEL "FLUFFY" IGLESIAS** 7:30 p.m. Sept. 22. Washington State Fair, Puyallup.

**RASCAL FLATS** 7:30 p.m. Sept. 23. Washington State Fair, Puyallup.

**CHILDISH GAMBINO WITH RAE SREMMURD** 6:30 p.m. Sept. 29. KeyArena, Seattle.

**JOURNEY AND DEF LEPPARD** 7 p.m. Sept. 29. Gorge Amphitheatre, George.

**JAY-Z AND BEYONCE** 7:30 p.m. Oct. 4. Century Link Field, Seattle.

**COURTNEY BARNETT: TELL ME HOW YOU REALLY FEEL** 7:30 p.m. Oct. 8. The Paramount Theatre, Seattle.

**LUKE BRYAN** 7 p.m. Oct. 12. White River Amphitheatre, Auburn.

**CELTIC THUNDER X TOUR** 7:30 p.m. Nov. 5. The Paramount Theatre, Seattle.

**JUSTIN TIMBERLAKE: THE MAN OF THE WOODS** 7:30 p.m. Nov. 12. Tacoma Dome.

**PENN AND TELLER** 8 p.m. Nov. 30. Paramount Theatre, Seattle.

**NATIONAL GEOGRAPHIC: SYMPHONY FOR OUR WORLD** 8 p.m. Dec. 1. The Paramount Theatre, Seattle.

**CORAL REEFER BAND** 8 p.m. June 23. KeyArena, Seattle.

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

**COUNTING CROWS** 6:30 p.m. June 29. White River Amphitheatre, Auburn.

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

**A CONVERSATION WITH BILL CLINTON** 7:30 p.m. June 30. McCaw Hall, Seattle.

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

**LOGIC WITH NF: "THE BOBBY TARANTINO VS. EVERYBODY TOUR"** 7 p.m. July 13. White River Amphitheatre, Auburn.

**TIM MCGRAW AND FAITH HILL SOUL2SOUL WORLD TOUR 2018** 7:30 p.m. July 13. KeyArena, Seattle.

**BILL BURR** 7 p.m. July 15. Paramount Theatre, Seattle.

**PENTATONIX** 8:30 p.m. July 15. White River Amphitheatre, Auburn.

**G-EAZY** 6:30 p.m. July 20. White River Amphitheatre, Auburn.

**PHISH** 7:30 p.m. July 20-22. The Gorge Amphitheatre,

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.

**JACKSON BROWNE** 7:30 p.m. July 27. Chateau Ste. Michelle Winery, Woodinville.

**ZZ TOP: TONNAGE TOUR** 7 p.m. July 30. Chateau Ste. Michelle Winery, Woodinville.

**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.

**PEARL JAM** 7:30 p.m. Aug. 8 and 10. Safeco Field, Seattle.

**PANIC AT THE DISCO: PRAY FOR THE WICKER TOUR** 7 p.m. Aug. 10. KeyArena, Seattle.

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

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

**LADY ANTEBELLUM AND DARIUS RUCKER** 7 p.m. Aug. 19. White River Amphitheatre, Auburn.

**SMASHING PUMPKINS SHINY AND OH SO BRIGHT NORTH AMERICAN TOUR** 7 p.m. Aug. 24. KeyArena, Seattle.

**STEVE MILLER BAND WITH PETER FRAMPTON** 6:30 p.m. Aug. 25. Chateau Ste. Michelle Winery, Woodinville.

**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.

**GAME OF THRONES LIVE CONCERT EXPERIENCE** Sept. 6. KeyArena, Seattle.

**FOO FIGHTERS: CONCRETE AND GOLD TOUR** Sept. 1. Safeco Field, Seattle.

**EVANESCENCE AND LINDSEY STIRLING** 7 p.m. Sept. 7. White River Amphitheatre, Auburn.

**SAM SMITH: THE THRILL OF IT ALL TOUR** 8 p.m. Sept. 8. KeyArena, Seattle.

**WRANGLER PRO RODEO TOUR FINALE** Sept. 8-9. Washington State Fair, Puyallup.



## MOVIE REVIEW

## Action is Rock solid in 'Rampage'

BY RICK BENTLEY

Tribune News Service

Even in a movie that is based so thinly on a popular arcade game, Dwayne Johnson continues to prove he is the biggest action star of the 21st century. Whether it is supplying a dry sense of humor in an action offering like "Jumanji: Welcome to the Jungle" or giving a pure popcorn production like "Rampage" a jolt of acting adrenaline, Johnson has enough cinematic presence to make almost any action production work.

Without Johnson, "Rampage" would be just a notch above those smash-up monster creature features that appear on cable, where it could have been called "Wolfbata-saurus" or "Crocopine." But, Johnson is there to cast his winning shadow over the latest film to be based on a popular video game.

In case you weren't around in 1986, Bally Midway released "Rampage" in arcades across the country. It featured three giant monsters who loved to climb buildings and knock them down. That is 90 percent of the script of the film.

Johnson plays Davis Okoye, a former Special Forces member — as he has in other films — who has spent his life killing bad guys — another repeat for Johnson — and become an expert in dealing with an albino gorilla, a new note for his resume. He's such a bro with the gorilla, known as George, they share inside jokes and obscene gestures.

This changes when an



Warner Bros. Pictures

Dwayne Johnson, Naomie Harris, Malin Akerman, Joe Manganiello, Jake Lacy and Jeffrey Dean Morgan star in the new Warner Bros. Pictures release, "Rampage."

evil corporation with a sinister space experiment that turns average animals into giant killing machines goes awry and is released on the world by accident. By the world, that means three places, including the San Diego Zoo.

Through a series of evil plot twists, the three giant creatures, including George, head for Chicago. Okoye must find a way to save the day — something the entire military can't do — by coming up with a way to either kill or cure the animals. He does get a little help from a scientist, Dr. Kate Caldwell (Naomie Harris), who was once part of the evil corporation but now only wants to do good.

The characters surrounding the two champions are barely two-dimensional. Had the major evil force behind the corporation that causes the disaster been played by a man instead of Malin Akerman, there would have been a lot of mustache-twirling like a melodrama villain. The only thing worse is her spineless

brother (Jake Lacy), who doesn't look to have the good sense to operate a lemonade stand, let alone be part of a major maniacal scheme.

Generally, Jeffrey Dean Morgan can be depended on for a solid performance, but he plays his super secret government agent with such a Texas flare that he is only a spittoon away from being the extra in a John Ford movie. Strutting around with a massive gun hanging from a belt that sports a hubcap-size buckle just adds to the silliness of the role.

The small army of writers, which includes Carlton Cuse and Ryan Engle, show no interest in developing the players any more than if they had popped out of the arcade game. The driving force behind everything in "Rampage" is that everyone just wants to have a good time, and that's why the film has no more depth than the arcade game.

Director Brad Peyton, who worked with Johnson on "Journey 2: The

## 'RAMPAGE'

2.5 stars

Directed by: Brad Peyton

**Starring:** Dwayne Johnson, Jeffrey Dean Morgan, Malin Akerman, Naomie Harris, P.J. Byrne

**Rated:** PG-13 (action scenes, language)

**Running time:** 107 minutes

Mysterious Island" and "San Andreas," tries to gloss over the stereotypical characters with the big action scenes. He does a far better job than director Steven DeKnight did with the giant characters in "Pacific Rim: Uprising," where the action scenes looked little better than a '50s "Godzilla" movie.

If all you want is to see a lot of buildings fall and people get chomped, "Rampage" is the film that will tide you over until all the action movies begin to overlap in theaters for the summer.

The weak writing and poorly-developed characters aren't a big surprise. The only purpose that drives a movie like "Rampage" is to have fun watching the carnage. And that's not different from the original arcade game, so it succeeds on that level.

"Rampage" also offers hope that if a game about giant creatures punching buildings can become a major motion picture, there's hope for a big screen offering of "Tetris" or "Joust."

## NOW PLAYING

## BLACK PANTHER

★★★ ½

**Rated PG-13;** prolonged sequences of action violence, and a brief rude gesture

**Time:** 2:14

It would be enough to herald "Black Panther" because of how it prominently features a black superhero. The film is so much more. Director Ryan Coogler's willingness to deal with major social and political issues elevates the movie. Couple that with a superb cast, stunning cinematography by Rachel Morrison and dazzling costuming by Ruth E. Carter and "Black Panther" has a grasp as strong as vibranium on making this such an important action movie. — *Rick Bentley*

## BLOCKERS

★★★ ½

**Rated R;** crude and sexual content, language throughout, drug content, teen partying and some graphic nudity

**Time:** 1:42

"Blockers" is a comedy built on the premise that teens speak a different, secret language, filled with symbolic emojis and abbreviations parents just don't understand. On a deeper level, it dives into the anxiety that overprotective parents have about their daughters growing up too fast. — *Katie Walsh*

## CHAPPAQUIDDICK

★★★

**Rated PG-13;** thematic material, disturbing images, some strong language and historical smoking

**Time:** 1:41

"Chappaquiddick" doesn't try to understand why Kennedy did what he did — drunkenly driving his car off a bridge, leaving the submerged vehicle with Kopechne's body inside and failing to report the incident to police for 10 hours — but it carefully illustrates the enormous pressure of his name and family, and his emotionally abusive father, Joe. — *Katie Walsh*

## THE DEATH OF STALIN

★★★★

**Rated R;** language throughout, violence and some sexual references

**Time:** 1:47

Handled with mordant

mastery and a pitiless gimlet eye by writer-director Armando Iannucci, the events surrounding the death of Soviet dictator Joseph Stalin are the raw material for a corrosive dark comedy. Laughs and horror are deftly intermixed by the filmmaker. — *Soren Andersen*

## FINDING YOUR FEET

★★★ ½

**Rated PG-13;** contains suggestive material, brief drug use and brief strong language

**Time:** 1:41

For a movie whose title refers to the extremities, "Finding Your Feet" sure is on-the-nose. There is nary a turn of plot that moviegoers of a certain age won't be able to predict. — *Jane Horwitz*

## GOD'S NOT DEAD: A LIGHT IN DARKNESS

★

**Rated PG;** for thematic elements including some violence and suggestive material

SEE MOVIES, 10C

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**Finding Your Feet (PG-13)**  
Fri-Sat: 1:40, 4:20, 6:50, 9:15  
Sun: 11:30 AM, 4:20, 6:50, 9:15  
Mon: 1:40, 4:20, 6:50, 9:15  
Tue: 4:20, 6:50, 9:15  
Wed-Thu: 4:20, 9:15

**Isle of Dogs (PG-13)**  
Fri-Sun: 11:30 AM, 1:50, 4:10, 6:40, 9:00  
Mon-Thu: 1:50, 4:10, 6:40, 9:00

**The Leisure Seeker (R)**  
Fri-Mon: 1:15, 3:50, 6:30, 9:10  
Tue: 1:15, 3:50, 9:10  
Wed: 1:15, 3:50, 6:30, 9:10  
Thu: 1:15, 3:50, 9:10

**The Death of Stalin (R)**  
Fri-Thu: 1:00, 3:30, 6:00, 8:40

**Lowlife (R)**  
**WEIRD ELEPHANT SERIES:**  
Sat: 11:00 PM

**Gook (NR)**  
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Sun: 2:00

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FROM PAGE 9C

## MOVIES

**Time:** 2:00

The filmmakers are at once trying to appeal to a specifically conservative audience, with loaded language and imagery, while also attempting to not completely alienate anyone else, and the film twisted into an impossible contortion. Ultimately, it alienates everyone, because it ends up saying absolutely nothing at all, and makes not one lick of sense. — *Katie Walsh*

## ISLE OF DOGS

★★★

**Rated PG-13;** thematic elements and some violent images

**Time:** 1:41

At its best, the movie expresses an affection for dogs and is very much attuned to what is wonderful about dogs and what's funny about them. As such, "Isle of Dogs" feels more in harmony with who dogs really are than most movies, both animated and live action. — *Mick LaSalle*

## JUMANJI: WELCOME TO THE JUNGLE

★★½

**Rated PG-13;** adventure action, suggestive content and some language

**Time:** 1:59

"Jumanji: Welcome to the Jungle" is reasonably clever and reasonably diverting. Mostly though, director Jake Kasdan and a platoon of screenwriters serve up unremarkable action-movie action. — *Soren Andersen*

## THE LEISURE SEEKER

★★

**Rated R;** language and brief sexuality

**Time:** 1:52

"The Leisure Seeker" is closer to a light comedy like "The Best Exotic Marigold Hotel" than a bleak rumination. The problem is that director and co-writer Virzi wants to have it both ways, mixing breezy humor with moments of painful realism and poignancy. — *Rafer Guzman*

## THE MIRACLE SEASON

★★½

**Rated PG;** some thematic elements

**Time:** 1:30

Director Sean McNamara, who has made a score of unmemorable movies, stages the volleyball showdowns effectively, even if the outcome is never in doubt. The rest of the film has a cozy TV-commercial vibe, pumped by tunes from Katy Perry and the inevitable Neil Diamond. It's no champion, but it's still a reasonably good cry. — *Mark Jenkins*

## PACIFIC RIM UPRISING

★★½

**Rated PG-13;** sequences of sci-fi violence and action, and some language.

**Time:** 1:51

Monster movie fans will get their money's worth from this action-packed but quite silly sequel to 2013's "Pacific Rim." — *Soren Andersen*

## A QUIET PLACE

★★★

**Rated PG-13;** terror and some bloody images

**Time:** 1:30

John Krasinski's ingeniously creepy new film takes place in virtual silence. He takes this and runs with it, producing a taut, goose-pimply thriller that earns its jump-out-of-your-seat moments and only occasionally strains its own logic. — *Jocelyn Noveck*

## RAMPAGE

★★

**Rated PG-13;** sequences of violence, action and destruction, brief language and crude gestures

**Time:** 1:47

Pairing Dwayne Johnson with a giant albino gorilla in the video game adaptation "Rampage" feels right. The tagline reads "big meets bigger," and that's about all you need to know. — *Katie Walsh*

## READY PLAYER ONE

★★

**Rated PG-13;** sequences of sci-fi action violence, bloody images, some suggestive material, partial nudity and language.

**Time:** 2:20

A torrent of flashy computer-generated imagery pours off the screen in Steven Spielberg's sprawling movie based on Ernest Cline's 2011 sci-fi best-seller about a future where everyone is wired into a virtual reality universe called OASIS. — *Soren Andersen*

## SGT. STUBBY: AN AMERICAN HERO

★★

**Rated PG;** war action and some thematic elements

**Time:** 1:20

Sony Pictures Classics

Donald Sutherland and Helen Mirren star in "The Leisure Seeker."

This is a unique story; the kinds of war stories that bring a little levity and light to the darkness are inspiring. But "Sgt. Stubby: An American Hero" is a lightweight version of the tale that deserves a heftier treatment. — *Katie Walsh*

## SHERLOCK GNOMES

★★

**Rated PG****Time:** 1:26

"Sherlock Gnomes," the sequel to 2011's "Gnomeo and Juliet," is a fairly serviceable animated feature, with a few inspired elements, and more than enough gnome puns to go around. — *Katie Walsh*

## TOMB RAIDER

★★½

**Rated PG-13;** sequences of violence and action, and for some language

**Time:** 1:58

The story is essentially nonexistent and very silly, and a lot of the digital action is very sketchy. But Vikander attacks this role at a headlong pace. This fresh, modern and grounded approach to Lara Croft has you in its chokehold before you can resist. Might as well go along for the rest of the ride. — *Katie Walsh*

## BLUMHOUSE'S TRUTH OR DARE

★½

**Rated PG-13;** violence and

disturbing content, alcohol abuse, some sexuality, language and thematic mate

**Time:** 1:40

When a rictus grin distorts the faces of the young people in "Blumhouse's Truth or Dare," it's demonic possession time and death will shortly start swinging his scythe. — *Soren Andersen*

## TYLER PERRY'S ACRIMONY

★½

**Rated R;** language, sexual content and some violence

**Time:** 2:00

An attempt at "Fatal Attraction," but the clumsy writing and slow pace prove lethal. — *Rafer Guzman*

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PATRICK HAGERTY

Dogs will compete at the DockDogs Canine Aquatic competition during the annual Spring Fair April 19-22.

## FROM PAGE 3C SPRING

(family members),” said Stacy Howard, public relations manager for the Washington State Fair.

Howard said the Spring Fair is Washington’s biggest celebration of spring, where guests can find endless entertainment.

Several fan favorites are returning to the Spring Fair, including:

- Swiftly Swine Racing Pigs,
- DockDogs competition,
- Motorsport Mayhem,
- Storybook Village,
- Pirate Parrot Patrol Show,
- Creative Kids Exhibit,
- Northwest Living and Garden Show,
- Animal exhibits,
- Outdoor Adventures with Brad’s World Reptiles and exotic animals from around the world,
- Fun on the Farm,
- Annual barbecue contest.

Some of this year’s

events will have an international flair. One new activity accessible daily is the Aussie Kingdom, where guests can interact with kangaroos, wallabies, wallaroos and other native Australian wildlife.

Latin culture will be celebrated April 22 with Fiesta Mexicana, which includes live musical entertainment and dancing.

Friday and Saturday evenings, beginning at 9 p.m., live fireworks shows will take place.

One budget saver for families is that kids ages 6 to 18 get into the Spring Fair free Thursday.

The Spring Fair offers a bit of something for everyone, including many activities free with gate admission. A few items require separate purchase, including Cirque Ma’Ceo, an equestrian stunt show that is new this year.

That and a Motorsport Mayhem show are the only separately ticketed items, Howard said.

Although it is a somewhat smaller event than



PATRICK HAGERTY

Visitors can ride the Wild Cat during the annual Spring Fair at the Washington State Fairgrounds in Puyallup April 19-22.

## If you go

**What:** The Spring Fair

**Where:** Washington State Fairgrounds in Puyallup. There are four gates open during the Spring Fair: Blue Gate, at Meridian Street and Eleventh Avenue SW; Gold Gate, at Meridian Street and Ninth Avenue SW; Red Gate, Ninth Avenue SW near Fourth Street SW; and Purple Gate, Fairview Drive between Ninth and 15th avenues SW.

**When:** Thursday, 2 to 10 p.m.; Friday and Saturday, 10 a.m. to 10 p.m.; Sunday, 10 a.m. to 8 p.m.

**Cost:** adults, \$12; children 6 to 18 years old, \$10; children 5 and younger, free. There is a \$2 discount if tickets are purchased online at thefair.com. Parking is free Thursday and Friday and is \$10 Saturday and Sunday.

**To learn more:** For more information, call 253-841-5045.

the late summer to fall 20-day-long Washington State Fair, the four-day Spring Fair is a family-

focused event with a wide range of activities and exhibits for guests of all ages.



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FROM PAGE 7C

## EVENTS

1201 Main St., Sumner. Free.  
253-447-7957.

**Post Fest II with Cityscapes, Fell from a Star, Moments and Others** 7 p.m. Real Art Tacoma, 5412 South Tacoma Way, Tacoma. \$7-\$10. realarttacoma.com.

**American Wrecking Co., AFN, Deviation and Lewd and Creud** 8 p.m. Louie G's, 5219 Pacific Highway E., Fife. \$10. 253-926-9700.

**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.

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

**Robin Thicke** 8:30 p.m. Emerald Queen Casino, 2024 E. 29th St., Tacoma. \$55-\$120. Ticketmaster.

**The Spazmatics** 9 p.m. The Swiss Pub, 1904 S. Jefferson Ave., Tacoma. \$10. 253-572-2821.

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

**Rumor 6** 9 p.m. Great American Casino, 10117 South Tacoma Way, Lakewood. 253-396-0500.

**Pink Saturday with DJ Anthem** 10 p.m. Jazzbones, 2803 Sixth Ave., Tacoma. 253-396-9169.

## SUNDAY

**Geeks Who Drink** 6 p.m. Jazzbones, 2803 Sixth Ave., Tacoma. 253-396-9169.

**Southworth, Outlier, Words from Aztecs, From the Future and Cut Out** 7 p.m. Real Art Tacoma, 5412 South Tacoma Way, Tacoma. \$10. realarttacoma.com.

**Mike Japp** 7 p.m. The Spar, 2121 N. 30th St., Tacoma. 253-627-8215.

**Country Roadhouse Jam with Dave Nichols** 8 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way,

Tacoma. 253-473-2255.

**The Dope Show** 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.

## MONDAY

**Rockaroake with Live Band** 10 p.m., Jazzbones, 2803 Sixth Ave., Tacoma. 253-396-9169.

## TUESDAY

**New Talent Tuesdays (Comedy)** 8 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. 253-282-7203, tacomacomedyclub.com.

**Blues Jam with Roger Williamson** 8 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way, Tacoma. 253-473-2255.

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



MANUEL BALCE CENETA The Associated Press

Former U.S. Secretary of State Madeleine Albright is scheduled to speak at The Paramount Theatre in Seattle April 24. Tickets are \$60-\$100.

## WEDNESDAY

**Open Mic** 8 p.m. Tacoma Comedy Club, 933 Market St.,

Tacoma. 253-282-7203, tacomacomedyclub.com.

**The Blu Tonz** 8 p.m. Stonegate Restaurant Bar and Grill,

5421 South Tacoma Way, Tacoma. 253-473-2255.

**Mike's Movie Riff Off** 8 p.m. Acme Tavern, 1310 Tacoma Ave. S., Tacoma. A movie night where you berate, mock and interject on the classiest trash cinema has to offer. No cover. 253-503-6712.

## THURSDAY

**Sarah Colonna** 8 p.m. Tacoma Comedy Club, 933 Market St., Tacoma. 253-282-7203, tacomacomedyclub.com.

**Power Rock Jam with Howard Comfort** 8 p.m. Stonegate Restaurant Bar and Grill, 5421 South Tacoma Way, Tacoma. 253-473-2255.

**The Ghost Town Rebellion and OnOff** 8 p.m. The Valley Pub, 1206 Puyallup Ave., Tacoma. 253-248-4265.

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

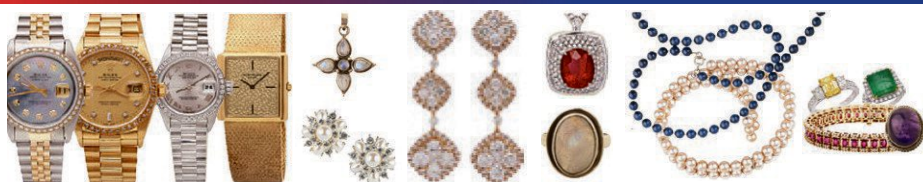
**Open Mic with Dustin** 8 p.m. Rock The Dock, 535 Dock St., Tacoma. 253-272-5004.

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