



GUARDIANWEEKEND:
New coed roller derby team ready to rumble, C3

ALSO INSIDE:
New AIE base access card system improving, A2

JBLM NORTHWEST

NWGUARDIAN.COM

guardian

||| AUTHORIZED NEWSPAPER OF JOINT BASE LEWIS-MCCHORD, WASHINGTON • MARCH 28, 2014

16th CAB deploys to Afghanistan

DEPLOYED UNITS

- 1st Attack Battalion, 229th Aviation Regiment (Apaches)
- 2nd Assault Battalion, 158th Aviation Regiment (Black Hawks)
- 46th Aviation Support Battalion
- 1st General Support Battalion, 52nd Aviation Regiment from Fort Wainwright, Alaska (Chinooks)
- Headquarters and Headquarters Company

Brigade moves out "because that's where our customers need us," commander says

BY JAKE DORSEY
Northwest Guardian

The 16th Combat Aviation Brigade cased its colors March 21 to begin a nine-month tour in Afghanistan.

Brigade commander Col. Paul A. Mele told family members and well wishers who packed bleachers at Soldier's Field House on Joint Base

Lewis-McChord, the Army authorized about 60 percent of 16th CAB's Soldiers to deploy to southern Afghanistan in support of Operation Enduring Freedom.

The brigade moved to JBLM from Fort Wainwright, Alaska, in June 2011, though several elements

See 16TH CAB, A14



Jake Dorsey/Northwest Guardian

16th Combat Aviation Brigade commander Col. Paul A. Mele, left, and Command Master Sgt. Stephen D. Tillman case the brigade's colors during a ceremony March 21 at Soldier's Field House on JBLM Lewis Main.

3RD SQUADRON, 38TH CAVALRY REGIMENT

EARNING THEIR SPURS



Photos by Scott Hansen/Northwest Guardian

Members of Team 5 look for the quickest route around Sequatchew Lake on Lewis North March 20 while participating in the annual 3-38 Cav. Spur Ride.

3-38 Cavalry leaders conquer grueling 'Spur Ride' challenge

BY DEAN SIEMON
Northwest Guardian

Cavalry regiments played important roles in the history of the American West. Most featured the tradition of "earning your spurs."

The 3rd Squadron, 38th Cavalry Regiment at Joint Base Lewis-McChord continued that historic tradition last week. Forty-eight officers and NCOs — team leaders, squad leaders and battalion leaders — split into nine teams completed nine events, road marching

See SPUR RIDE, A14



Members of Team 4 complete the zodiac boat-paddling course on Sequatchew Lake on Lewis North en route to their first place finish in the annual 3-38 Cav. Spur Ride. A total of 48 officers and NCOs took part in the reconnaissance and surveillance unit rite of passage.

NWGUARDIAN.COM | To view an online gallery of 3-38th Cav. Spur Ride photos, visit nwguardian.com/multimedia

'I FORGOT TO SING'

JBLM children meet characters from Disney film 'Frozen'

Young fans dress up as 'Anna' and 'Elsa'

BY SOMER BREEZE-HANSON
Northwest Guardian

When Nikki Hall heard Disney princesses Elsa and Anna from the hit movie "Frozen" were coming to Joint Base Lewis-McChord, she kept it a secret from her 4-year-old daughter, Rachael.

On the night before the meet and greet event Saturday at Carey The-

ater on Lewis Main, Hall told her daughter the news. For her big day Rachael wore her "Anna" dress and when it was her turn to meet Anna and Elsa, the 4-year-old stepped on stage, twirled and then curtsied in front of the princesses.

Since "Frozen" was released on DVD four days prior to the event on

See CHILDREN, A14



Scott Hansen/Northwest Guardian

Like hundreds of other JBLM children, Caitlin Donnelly, 4, came prepared to meet her favorite characters from the popular Disney Film "Frozen." Caitlin arrived at Carey Theater Saturday, dressed as "Anna" (right) while carrying an "Elsa" (left) doll.

627TH SFS RAVENS

Skilled Airmen provide security

Ravens help protect deployed C-17 crews

BY DEAN SIEMON
Northwest Guardian

During a routine inspection in January on a remote airfield in the Central African Republic, Senior Airman Chase Vento discovered a teenage boy hiding in the wheel well for the landing gear of a C-17 Globemaster III aircraft.

"He told me that he was trying to get to Tanzania to see his mom," Vento said.

But the aircraft was actually transporting Rwandan soldiers home after the humanitarian mission was complete. If the boy hadn't been discovered, the odds are he would have been crushed by retracting landing gear or frozen once the aircraft reached altitude.

Vento brought him down without resistance or struggle as the local authorities arrived. It was a first-time experience for Vento and his fellow 627th Security Forces Squadron Phoenix Ravens — a group established to provide security support for the U.S. Air Force Air Mobility Command and units at McChord Field on Joint Base Lewis-McChord.

Vento's experience resembled an incident in 1991 when a frozen

See RAVENS, A14

IN THE NEWS



Dean Siemon/Northwest Guardian

Lt. Gen. Stephen R. Lanza, I Corps CG, conducts media round table March 19.

I Corps CG meets media

In the second month of corps command, Lt. Gen. Stephen R. Lanza invited local and regional media to JBLM. See story, A3

Assault offends values

JBLM SHARP program director Lt. Col. Stephanie Johnson kicks off Sexual Assault Awareness Month. See commentary, A4

AUTOMATIC INSTALLATION ENTRY

New automated access system nearly bug free

AIE requires an extra step for contractors

BY DEAN SIEMON
Northwest Guardian

After more than a month of operation, the new Automated Installation Entry system is becoming more familiar to regular commuters to Joint Base Lewis-McChord. As with any new system, there were a few technical issues requiring education outreach to the JBLM community.

While 99 percent of the issues are corrected, untrue rumors about AIE persist, said Larry Freeman, chief of installation access for the JBLM Directorate of Emergency Services.

During an automatic information transfer from the Defense Enroll-

ment Eligibility Reporting System to the AIE database, all cardholders who received their ID cards by Nov. 1, 2013 were enrolled as trusted travelers into one of five categories: service members, spouses, veterans, veteran spouses and Department of Defense civilian employees.

"Contractors would have been downloaded into the system, but not given trusted traveler status," Freeman said.

It doesn't mean contractors won't be allowed to enter the gate. It requires an extra step performed by the gate guard in the booth — to verify that the driver captured by the machine's video camera matches the person registered in the system.

Trusted traveler status allows commuters in the five categories to bring guests with them in the car without any additional registration

or background checks, unless the guest is a foreign national.

"If there are others in the vehicle, the guard will check the other IDs using the scanner," Freeman said.

Army regulations that created the AIE system did not allow contractors "trusted traveler" status. JBLM DES officials requested the authority to grant contractors that status at a March 18 meeting with Army leaders overseeing the project. Trusted traveler status for contractors is under review as a result.

"We don't think that makes any sense (to not grant TT status to contractors)," Freeman said.

Until the issue is resolved, Freeman said contractors should go to Waller Hall or one of the JBLM visitor centers to be properly entered into the AIE system. There is no current requirement for any JBLM

commuters to update their information into the AIE system, but doing so is encouraged; the Army is in the process of making AIE mandatory at all installations.

Freeman said after initial "hiccups," the AIE system has been well received at Fort Gordon, Ga., Fort Stewart, Ga., and Fort Bragg, N.C.

"It's faster than any of us thought it was going to be, so they aren't experiencing a lot of backups," Freeman said.

Freeman said the social media rumor that the AIE system removes gate guards from their posts is false. Freeman said the system enhances security by confirming the ID card swiped at the machine is valid, a process that stops those using false CAC cards not registered with the DEERS system.

"It won't scan into our system — that tells us something is wrong with the ID card," Freeman said.

The JBLM access system is employed differently depending on the time of day. During early morning physical training from 5:30 to 7 a.m., the AIE system is not used at gates along Interstate 5 corridor.

The use of AIE was suspended at morning and evening rush hours. The system is not quite ready for the high volume at those times.

"We have too much traffic trying to come in during that time period," Freeman said. "Regardless of how fast the AIE is, it's not ready to handle that traffic without having it back onto I-5."

Dean Siemon: dean.siemon@nwguardian.com
@deansiemon

ENERGY CONSERVATION

Earth Hour to darken Paris, Sydney, JBLM

BY JAKE DORSEY
Northwest Guardian

Base commander Colonel H. Charles Hodges Jr. is so notorious for turning off unnecessary lights in Joint Base Lewis-McChord's headquarters building, he has earned the nickname of "Col. Net Zero."

Now he's turning lights off across the entire base.

"I want to make people realize, 'I should turn that light off,'" Hodges said.

In the name of energy conservation and Sustainable JBLM, lights at landmarks around the base will be shut off for one hour starting at 8:30 p.m. Saturday. The landmarks include the Family Readiness Center; "The Infantryman" statue, also known as Iron Mike, off 41st Division Road; Heritage Hill on McChord Field and the historic main gate presentation near Liberty Gate on Lewis Main.

Putting those landmarks in the dark is JBLM's contribution to Earth Hour, a worldwide project that encourages people to create a sustainable world. Hod-



HODGES

ges said he wants people to go beyond the environmental aspect of energy use and think of what really counts for a nation so far in debt: the money.

"It's dollars going away from training our men and women in uniform," Hodges said.

The colonel said he regularly drives around the base at night and sees office lights left on for no reason. Those are the lights he really wants to see turned off on Saturday. He said he wants people to think about that when they go home for the night.

JBLM burns through \$74,000 a day just to pay its electricity bill, Hodges said. It's easy for people to not think of it when "someone else" is paying the bill, Hodges said, but that someone else is taxpayers.

It's simple logic to Hodges: If you wouldn't allow the lights to be left on at night after going to bed in your own home, why would you allow it at work?

For that matter, Hodges also wants people to save energy and money by turning off their lights at home.

The event is connected to Earth Hour to give it that extra sustainability boost, said Miriam Easley, sustainability outreach coordinator for the Directorate of Public Works.

That project, supported by the World Wildlife Fund, has participants across the world turning out the lights at their landmarks. Those include the Eiffel Tower in Paris and the Sydney Opera House of Australia.

"This is the first time we've done this," Easley said, "but we'll have somewhere to start with to motivate other people to help too."

Hodges needs no extra push. He said he'll be driving through the base Saturday, seeing how many people are as motivated as he is to save money and energy.

Jake Dorsey: jake.dorsey@nwguardian.com

AFCS WORKSHOP

Women learn to control their superpowers

BY SOMER BREEZE-HANSON
Northwest Guardian

Kelli Blaine was in need of a mental break.

The administrative employee with JBLM's Armed Forces Community Center signed up for the "How to Manage Your Superpowers" workshop March 19 for an energy boost. Taking care of her kids while her husband is gone at the Senior Leaders Course, Blaine wears many hats.

At the workshop the Army spouse learned other women experience the same thing.

"I like hearing what other women have to say and see if we're on the same page; if their life is like mine or is my life the crazy life," Blaine said. "It's refreshing to know everyone feels what I'm feeling."

Blaine and nine other women participated in the workshop designed for "Superwomen" at the Waller Hall AFCS classroom. Lisa Evergin, AFCS outreach program coordinator, and Dr. Kimberly Crosby, FOCUS site director, conducted the three-hour workshop dressed in "Superman" T-shirts to help women learn how to manage their superpowers.

Women had the opportunity to openly share while the directors presented resiliency tools in a fun way with the use of multi-media and hands-on activities.

"It's a good place to share ideas," Crosby said. "These ladies are the experts in their own lives. They know the tools that work and by verbalizing and sharing them here then it can enrich someone else's experience."

The workshop went over three subject areas: safety (monitoring stress level), sanity (taking a minute) and satisfaction (looking at the glass half full). Looking at every day stressors of military women, participants shared of their feelings when their husband is deployed, being a mother and putting everyone's needs before hers and dealing with change.

Evergin and Crosby offered tools to use to keep the stress level down and to find the things that keep the stress down.

Sonja Delgado PCS'd to JBLM a month ago after being at their last duty station for four years. The Army spouse went from being well connected in her community to not knowing anyone or her new surroundings. She signed up for



CROSBY

the workshop to meet people and to give her daughter a chance to get used to the day care while she was at the workshop.

"It's understanding what everyone is going through," Delgado said. "What sets some people off might not set me off, but then I should appreciate that everyone is different."

All participants received a self-care bag that included things such as chocolate, a journal, a stress ball, a feeling thermometer magnet and a "Superwoman" necklace.

After a successful workshop, another "How to Manage Your Superpowers" workshop is scheduled for May 9 at The Bistro from 9 a.m. to 12:30 p.m. The workshop will coincide with Military Spouse Appreciation Day and will also include men.

For more information or to register call 253-967-3544.

Somer Breeze-Hanson: somer.breeze-hanson@nwguardian.com, @somerB-hanson

FIRE SAFETY

A little spring cleaning can help prevent house fires

BY SOMER BREEZE-HANSON
Northwest Guardian

Now is the time to prepare for the Pacific Northwest summer.

Joint Base Lewis-McChord Fire Inspector Ed Chavez said spring is the time to get barbecue grills ready, get rid of clutter inside and outside the home and make sure the batteries in smoke alarms and carbon monoxide detectors are changed.

"Now is the time for spring cleaning," Chavez said. "It's also the time to PCS and eliminate a lot of that stuff."

Hot on the grill

Chavez said people don't think about preventing accidents until an accident happens to them, after which they become more conscientious. Chavez wants the JBLM community to be aware of the potential dangers of cooking outdoors to prevent grilling accidents.

According to JBLM Reg. 420-30 (j), barbecue grills, including commercial fire pits and turkey fryers, are prohibited in any building, on any balcony, under any overhang, on any porch or in any garage 15 feet from any JBLM family housing unit, flammable material or JBLM structure. There is an exception to the policy

granted to residents of the Town Center Family Housing neighborhood, who are permitted to use only liquefied petroleum-fueled barbecues on balconies.

Those living in barracks are permitted to use only the installed outdoor common area barbecues.

Chavez said it's important to not leave a BBQ grill unattended, and if there are flare-ups, do not open the lid. With the lid closed shut off the propane and burners.

If using charcoal grills, it's best to get rid of last year's charcoal if it hasn't been cleaned out. The National Fire Protection Association advises using only charcoal starter fluid on charcoal grills, and never adding charcoal fluid or any other flammable liquid to the fire.

Spring cleaning

After a stormy late-winter season, residential yards might be littered with downed trees, branches and other debris. Weather reports anticipate summer in the Pacific Northwest being dry and hot this year. Chavez advises cleaning up yard debris so it doesn't become potential kindling for a fire.

Inside the home, now is a good time to de-winterize windows that have been sealed up for the season. When thinking

about home fire safety, plan a family escape route and make sure the family practices the plan at least twice a year.

The NFPA advises to have a home free of clutter. Items like clothes, magazines and newspapers in excess are items that will feed fires.

One house fire on JBLM last summer wasn't started by what was inside the garage, but the items intensified it.

"Most of the stuff in garages are flammable liquids," Chavez said. "Then you combine that with boxes, crates and old newspapers. The best time to (clean it up) is if you're getting ready to PCS."

Smoke alarms

Daylight Saving Time is an easy reminder to change out the batteries in smoke alarms and carbon monoxide detectors. If you missed the opportunity a few weeks ago, it's not too late to do so now.

According to the NFPA, roughly two-thirds of home fire deaths happen in homes with no smoke alarms or non-working smoke alarms.

Somer Breeze-Hanson: somer.breeze-hanson@nwguardian.com, @somerB-hanson

NEWS IN BRIEF

555TH ENGINEER BRIGADE

Engineers prepare for changes as Army adjusts, reduces force

The 555th Engineer Brigade will see substantial changes to its organization during 2014, as the Army adjusts and reduces the size of active duty brigades.

Current plans call for a number of changes within the Triple Nickel.

Construction companies in the 864th Engineer Battalion "Pacemakers" will gradually inactivate. The first Pacemaker company to inactivate will be the 557th Horizontal Construction Company, which will occur over the course of this summer.

The brigade's 506th Fire Fighting Detachment will inactivate during the same period.

The Pacemakers' 617th Horizontal Construction Company will inactivate next year, as well as the 84th Survey and Design Detachment.

The battalion's 585th Vertical and 28th Concrete sections, and the 531st Explosive Hazards Team will inactivate in spring and summer, 2015.

Elements of 14th Engineer Battalion will transform this summer into a new Brigade Engineer Battalion for 2nd Brigade, 2nd Infantry Division, also located on Lewis North. This will affect just the 14th's Headquarters and Headquarters Company and Forward Support Company.

Other engineer companies within the 14th Engr. Bn. will become part of the 864th Engr. Bn.

Brigade leaders will keep Soldiers and families informed in the lead-up to these changes and throughout the process, said 555th Engr. Bde. commander Col. Timothy Holman.

"Our priority is helping our Soldiers and families fully understand and navigate these changes, and determine the way forward," Holman said.

The brigade will host town hall meetings on April 3 and 4 for all Soldiers and families affected by the changes. Times and location are on the 555th Engr. Bde. Facebook page (www.facebook.com/555enbde) and announced at individual units and family readiness groups.

Capt. Spencer Garrison, 555th Engr. Bde. Public Affairs

U.S. DEPARTMENT OF LABOR

Labor statistics show jobless rate for veterans fell to 9 percent in 2013

WASHINGTON — The unemployment rate for Iraq- and Afghanistan-era veterans dropped in 2013, according to Labor Department statistics announced March 20.

The unemployment rate fell to 9 percent last year for veterans who served on active duty since September 2001. The jobless rate for all veterans also edged down to 6.6 percent.

For women veterans, the statistics show a significant reduction in 2013 unemployment, from 8.3 percent in 2012 to 6.9 percent in 2013, and a decrease from 9.9 percent to 9 percent for all Gulf War- era II veterans.

As of the end of 2013, about 2.8 million veterans had served since September 2001.

The 2013 unemployment rate for male and female Gulf War II-era veterans was higher than for nonveterans. Female vets were unemployed at 9.6 percent; for female nonveterans — 6.8 percent. The unemployment rate for male Gulf War II- era vets was 8.8 percent; for male nonvets — 7.5 percent.

Jim Garamone, American Forces Press Service

THE ICE BOX

The interactive customer evaluation (ICE) program is a web-based tool for feedback on DOD service organizations, fostering communication between managers and customers. A JBLM ICE comment/question will be featured each week.

SPECIAL OLYMPICS REGISTRATION

A Child, Youth and School Services parent encountered conflicts registering a child for the Special Olympics. The service provider didn't clarify all the medical requirements with the application provided to the customer, causing additional medical appointments by the parent to complete the registration.

JBLM RESPONSE

Because of the ICE comment, CYSS management was made aware there were two forms required for Special Olympics. Each form was located at a different CYSS department. One form is the typical CYSS health assessment required for all children and the second is a health assessment specifically for Special Olympics. Management will ensure the two forms are available together at the registration desk for same-time distribution to reduce, if not eliminate, two medical appointments in the future. The voice of the customer changed a procedure in a simple way that will help parents in the future.

To submit an ICE comment, visit http://ice.disa.mil/index.cfm?fa=site&site_id=957.com.

QUOTE OF THE WEEK

"The Defense Department is going through an intense period of budgetary challenges and we are using every force shaping tool available on both the military and civilian side to lessen the impacts on our force. And, while aggressive, the plan to reduce the size of the force provides long-term stability beyond (fiscal 2015)."

COL. BRIAN KELLY
Air Force director of force management policy



HEALTH & FITNESS: New TRX fitness program at Jensen Family Health and Fitness Center requires a 90-class commitment. **SEE STORY, B1.**

NWGUARDIAN.COM

TRAINING TO FIGHT: More than 30 musicians from the 56th Army (I Corps) Band practiced, trained and came together as a team to sharpen their tactical skills on Battle Drill 6, March 18, on JBLM.

SHAPING THE FORCE: Air Force officials announced additional civilian workforce shaping initiatives Wednesday in compliance with mandatory funding targets and continuing civilian workforce rebalance to meet skill demands for fiscal 2014 and beyond.

RE-UP CHANGES: In a downsizing environment, Soldiers need to



stay on top of what is and isn't available. Master Sgt. Juan Carlos Padilla, 3rd Bde., 2nd Inf. Div. career counselor, sheds some light on retention parameters. Windows are changing, but criteria are mostly staying the same, he says.

I CORPS

Lanza outlines I Corps priorities

BY DEAN SIEMON
Northwest Guardian

America's Corps will continue its Pacific focus in 2014 and 2015, said Lt. Gen. Stephen R. Lanza, commanding general of I Corps, to a mix of local media last week. That effort, along with the rest of its priorities, will inevitably accelerate the operations tempo of the corps staff and its subordinate units.

Lanza said he will work to build relationships with Asian-Pacific leaders as the nation's involvement in Afghanistan winds down. The corps has scheduled more exercises in the next few years to facilitate the mission, travelling to other nations and using training centers in Alaska, Hawaii, Yakima and the National Training Center in Fort Irwin, Calif.

"I think you'll see more engagements where we're building tactical relationships where we take our training, our resources and help provide host nations with those resources," Lanza said.

Lanza noted I Corps' primary focus would be with its five treaty partners — Japan, Korea, the Philippines, Australia and Thailand — as well as Southeast Asia. He commented corps participants will include more



Lt. Gen. Stephen R. Lanza met with the media to share his thoughts after his first month commanding America's Corps March 19 on JBLM Lewis Main.

Dean Siemon/
Northwest Guardian

junior leaders and Soldiers in future, rather than the senior officers and staff members taking part in previous exercises.

After an introduction, Lanza threw the session open to reporters' questions. The CG hosted his first media round table a little more than a month after relinquishing command of 7th Infantry Division and taking charge of I Corps. The March 19 session took place at Bronson Hall, the distinguished visitors' guest house on Joint Base Lewis-McChord.

While the Budget Control Act adequately funds I Corps training

and operations during the next two years, Lanza said 2016 and 2017 could be different, with a potential sequestration looming that might force the U.S. Army to cut the active-duty strength to as low as 420,000 Soldiers. The current 522,000 is already being trimmed to 490,000.

Lanza said the potential reduction would affect force structure, readiness and force modernization moving forward.

"If we do go to full sequestration and let's say that active component does go to 420,000, the question becomes can we effectively execute the

plan and guidance that we've been given by the Secretary of Defense," Lanza said.

Lanza said whatever the future holds, a constant military requirement will continue to be the importance of developing leaders equipped to deal with changing circumstances and to support evolving missions. They must handle complexity and ambiguity while building on the lessons and successes of more than 10 years in war, working in a "very decentralized" environment.

He said the Army's new Officer Evaluation Report will be a useful tool to evaluate and certify junior leaders for career progress. The new OER, scheduled to launch Tuesday, requires raters and senior raters to grade performance and evaluate future capabilities. It will build in counseling requirements that include specific paths to improvement.

"Without the requisite counseling, then (the evaluation) just becomes a piece of paper," Lanza said.

Answering a question about the effects of the Army drawdown on the local economy, Lanza said programs at JBLM Education Centers

and local businesses to make job opportunities accessible to transitioning service members have become more important.

"How do we allow Soldiers to transition with dignity and respect?" Lanza asked. "I think the best thing we can do is provide that transition."

He pointed out JBLM partners who assist military members in finding follow-on careers in the trades continue to be helpful. Those partners include unions like the United Association, Teamsters and the International Union of Painters and Allied Trades, who facilitate apprenticeship programs in painting, welding, commercial truck driving and heating, ventilation and air conditioning repair skills.

JBLM Armed Forces Career and Alumni Program schedules multiple career fairs on the base and connects service members with job opportunities with companies in the South Sound area interested in hiring veterans.

"I've been around a lot of installations, but this area has really taken it upon itself to help Soldiers and Airmen transition and provide them the resources and counseling that they need," Lanza said.

OLMSTED SCHOLAR PROGRAM

JBLM officers earn grants to study abroad

BY SOMER BREEZE-HANSON
Northwest Guardian

An Army captain and Air Force captain from Joint Base Lewis-McChord have become part of an elite class.

It was announced March 20 that Army Capt. Andrew Hightower and Air Force Capt. Melissa Dombrock were selected to the Olmsted Scholar Class of 2015.

Each year the Olmsted Scholar Program offers education grants for two years of graduate study in a foreign language in a foreign country to selected career line officers from the four branches of the U.S. military.

Hightower and Dombrock went through a competitive, yearlong application and interview process before their selection.

"It's such a tremendous honor," Dombrock said. "There's so few people every year that become part of the Olmsted Program. You join this elite core of service members who have done amazing things with their careers and have really given back to our community through the service, serving overseas, learning more about culture integration and then coming back."

The two officers will begin lan-

guage training this summer at the Defense Language Institute Foreign Language Center and within the respective countries to study full-time and live in the cultures.

The Olmsted Program also provides language training to spouses. Dombrock and her husband, Air Force Capt. Ryan Dombrock, will move in summer 2015, to Rabat, Morocco, where they will use her current French and the Arabic language skills they learn together at DLI.

Melissa Dombrock has studied French since high school and anticipates her background will help the couple navigate around their new country and culture.

"When I found out about this program about a year or two into my service and saw that it (involved) — learn a new language and then go live overseas for two years and get a degree, and being able to live, integrate and totally immerse yourself, it just became the dream," Dombrock said.

The Air Force captain with the 8th Airlift Squadron was exposed to traveling at a young age. With a mom as an airline pilot, Dombrock saw in person what her peers read about in

history books.

While at the Air Force Academy, Dombrock continued her French studies and also studied foreign areas and humanities. She was commissioned at the Academy in 2005 and focused at the Naval Postgraduate School on international relations for her master's degree.

Dombrock doesn't know yet what she'll study in Morocco, but is looking at international relations with a focus on North African studies.

"I get to step away and do something so dynamic and different, and completely change my whole life perspective," Dombrock said. "I think the idea of immersing in a foreign culture in a foreign land, opening your mind to the new experiences that will be, is what I think I look forward to the most"

Dombrock and Hightower know each other casually from working on JBLM. They discovered in conversation that each had applied for the Olmsted Scholar Program.

Hightower, his wife and two children will move to Kuala Lumpur, Malaysia, where he will be immersed



HIGHTOWER



DOMBROCK

in the Malay language.

During his nine-year Army career, Hightower developed an appreciation for culture as an infantry and later an intelligence officer.

As aide to I Corps Deputy Commander Maj. Gen. Ken Dahl, Hightower interacted with locals during his two deployments to Iraq and one deployment to Afghanistan. Through his experience downrange he started to study Arabic.

Unsured of how the Olmsted Scholar Program would fit in his military career aspirations, a former battalion commander and Olmsted Scholar told Hightower about the benefits of the program.

"It's designed to build you into a better leader, not just for cultural understanding," Hightower said. "You learn what your underlying assumptions are. You learn to adapt, problem solve. It's all leadership skills."

When Hightower applied for Olmsted a year ago, he also applied for the Joint Chiefs of Staff program, where he would pursue a master's degree in public policy at George-

town University and work with the Joint Chiefs of Staff. Hightower ranked Olmsted as his No. 1 choice, and a few months later he found out he made the initial cut of 15 Soldiers. It wasn't until last week he found out he made it to the top five.

Hightower had ranked Kuala Lumpur in the middle of his top 10 country selections, with Chile at the top of the list.

"With the rebalance to the Pacific, and the fact that this headquarters is a big part of the rebalance and I work in this headquarters, there are a lot of reasons why they wanted me to do the Pacific vs. South America."

The Hightowers will attend the DLI for 29 weeks of Malay language training. They anticipate being in-country by early 2015. The finance major from Texas A&M University hasn't decided what he'll study in Malaysia.

All the scholars will convene in Washington D.C. in June for a three-day orientation and to meet each other as well as past scholars.

"Learning about culture is always good. You want to learn as much as you can to be a well-rounded intel officer," Hightower said. "It will help me in that respect and it will give me a broad view of the world."

Army will evolve and reform despite cuts, HRC leader says

BY DEAN SIEMON
Northwest Guardian

"Evolution" and "reformation" aren't common terms in military discussions, but the U.S. Army will be using them a lot in the next three years, said the Army's senior personnel leader at a presentation on Joint Base Lewis-McChord last week.

While current cuts are reducing the Army's active-duty forces from 522,000 to 490,000, potential budget concerns and sequestration in 2016 could force Army to as low as 420,000 Soldiers.

Those concerns, along with questions about leader development and evaluations, were primary reasons for Maj. Gen. Richard Mustion's visit March 20. The commanding general of the U.S. Army Human Resource Command at Fort Knox, Ky., spoke at Carey Theater on



MUSTION

JBLM Lewis Main as part of his human resources "road show."

Mustion is addressing Soldiers at installations across the continental U.S. and overseas, including upcoming trips to Japan, Korea, Hawaii and Alaska and personally answering their questions and concerns.

"It is very important to come out to places like Joint Base Lewis-McChord, where we have 35,000 Soldiers at the tip of the spear of our United States Army and inform them of all the major programs and policies that are ongoing in the shaping of our Army," Mustion said. "We're making the rounds and staying engaged as much as possible."

Mustion said the Army is reshaping itself to sustain the same level of

readiness with the right number of Soldiers with the right skills, while retaining its "best human capital." To prepare for reductions, the Army will implement separation measures through mechanisms like officer separation boards, selective early retirement boards and reduced promotion opportunities.

"That will unfortunately result in very good officers having to leave our Army," Mustion said.

One of the policy changes scheduled to begin Tuesday is the new Officer Evaluation Report that not only provides separate evaluations for different ranks, but aims at creating more clarity in the roles of raters and senior raters.

Raters no longer judge an officer solely on performance while the senior rater judges potential. Raters and senior raters will address both. "Most officers will know where

they fall in the pool — whether they've exceeded in their reports or they're on the borderline," said Chief Warrant Officer 5 Joel Smith, HRC senior warrant officer adviser.

Mustion said another thing the Army is working to do is make sure exiting Soldiers will be treated with "the dignity and respect they deserve" by providing them with programs to succeed in the civilian world.

In addition to the Veterans Opportunity to Work Act from 2011, JBLM has established partnerships to provide training and apprenticeship programs in the trades. Mustion praised JBLM's Armed Forces Career and Alumni Program in that effort, which provides workshops to prepare resumes and to network with representatives of respective career fields.

"Those are classic examples of

setting the conditions for Soldiers to be successful when they transition and JBLM is leading the Army in that area," Mustion said.

For those looking to continue their military careers, Smith said officers need to pursue Professional Military Education, the formal education system available through all branches of the armed forces that prepares service members for broader opportunities.

"If you don't have your PME, doors will tend to be closed to you," Smith said.

After the two-hour presentation, Mustion stayed to informally answer questions from a group of company-grade and field-grade officers. The HRC commander called them the "fun questions."

"Oftentimes, it's the young lieutenants who give us the good ideas," Mustion said.



JBLM Commander
Col. H. Charles Hodges Jr.

Public Affairs Officer
Joseph Piek

Command Information Officer
Kelsy Husted

Editor
Don Kramer

Journalists
Sommer Breeze-Hanson,
Dean Siemon,
Jake Dorsey
**Photojournalist,
Page Designer**
Scott Hansen

To contact the **Northwest Guardian**, call 253-477-0182. The newspaper office is in Building 1010, Joint Base Lewis-McChord, WA 98433-9500; email NWGEditor@nwguardian.com. Provide feedback online at <https://ice.disa.mil>.

Contents of the **Northwest Guardian** are not necessarily the official views of or endorsed by the U.S. government, the Department of Defense, the Department of the Army or Joint Base Lewis-McChord.

The **Northwest Guardian** is an authorized, unofficial newspaper published every Friday by the JBLM Public Affairs Office, Building 1010, ATTN: IMWEL-LEW-PA, Joint Base Lewis-McChord, WA 98433-9500, under exclusive contract with The News Tribune, a private firm incorporated in the State of Washington and in no other way connected with the Department of Defense or the U.S. Army. Circulation is 20,700.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

A confirmed violation or rejection of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source until the violation is corrected.

All editorial content of the **Northwest Guardian** is prepared, edited and provided by the Joint Base Lewis-McChord Public Affairs Office. The civilian printer is responsible for all commercial advertising. The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of Defense or The News Tribune, of the firm, products or services advertised. Call the advertising staff at 253-428-8000 for classified or 253-597-8748 for display ads.

For mail subscriptions call 253-597-8711. Base information can also be found on the Joint Base Lewis-McChord home page at www.lewis-mcchord.army.mil, or the online edition of the paper at nwguardian.com.

STRAIGHT TALK

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



THIS WEEK'S QUESTION:

What impact do you anticipate the U.S. military drawdown will have on you?

READER RESPONSES:

"As a DOD Civilian, my job has slowed WAY down because of the "Soldiers are going back to (maintenance) basics." As a reservist, we have already seen we are limited by funding on when we can do our training. This will affect our readiness."

— ALLEN ELLZEY

"I'm pretty sure they will cut our money back. Sad (that) Seattle minimum wage workers make more than my husband in Afghanistan."

— ERIN JABLONSKY

"My husband is worried he won't be able to retire because of a permanent profile for a knee injury that doesn't affect his deployment ability. After 12 years, he shouldn't be so concerned about keeping his career because he could lose it over something stupid, something that, prior to the drawdown, would never have gotten him kicked out."

— AMY OTTINGER

"It is unconscionable to lower military pay, which already disgracefully low ... Leave the U.S. and the world less safe."

— KAREN JENKINS

Next week's question:

What are your spring cleaning plans? Do you factor in safety (grill, alarms)?

VIEW FROM THE TOP

Core military values demand end to blight of sexual assaults

BY LT. COL. STEPHANIE J. JOHNSON
JBLM SHARP program manager

Whether you're a Soldier, Airman, Sailor or Marine, active or reserve component or retired, throughout your career you've been trained to take charge and do what's necessary wherever you are, on the job or off.

U.S. service members live by the core values that make each service component the professional fighting force it is. That's why you step up and do what's needed.

We have a new mission priority – help rid the Department of Defense of a blight known as sexual assault. How? By understanding the problem, getting involved when circumstances arise, and enforcing a climate that prevents sexual assault.

To promote this mission, DOD is joining a national effort to make April 2014 "Sexual Assault Awareness Month." DOD's campaign theme is "Live Our Values: Step Up to Stop Sexual Assault."

DOD's senior civilian leader believes awareness, involvement, and accountability are key elements in a drive that will prevent this criminal activity. These elements will also encourage service members to actively engage in sexual assault prevention. Finally, it also seeks to create an environment more supportive to sexual assault victims.

"We need cultural change where every service member is treated with dignity and respect, where all allegations of inappropriate behavior are treated with seriousness, where privacy of victims is protected, where bystanders are motivated to intervene, and where offenders know they will be held accountable by strong and effective systems of justice," said Chuck Hagel, Secretary of Defense.

Such a cultural shift will require everyone's active involvement to make

DOD's zero tolerance policy toward sexual assault a reality.

"(DOD) does not tolerate, condone or ignore sexual assault. We must "Live Our Values" every day, all year long and "Step Up" by intervening when appropriate, reporting crimes and supporting victims. When we all get involved, we will move the department closer to a culture free of sexual assault," said Jessica L. Wright, acting Under Secretary of Defense.

DOD's leadership is emphasizing the following areas:

Live our Values

- Service members at every level must adhere to Service values and standards of behavior
- All service members – from new recruit to general officer – must live the core values of our profession: integrity, trust, dignity, respect, fidelity and courage.
- DOD professional values, team commitment and respect must define how we treat one another at every command, workplace and

throughout our military community.

Step up

- Everyone has a role in preventing and responding to sexual assault and must intervene to reduce risk, stop inappropriate behavior and report crimes.
- Bystander intervention is vital in helping stop unsafe behavior.
- A service member's decision to act could prevent a sexual assault.

Stop Sexual Assault

- Our aim is to reduce, with a goal to eliminate, sexual assault in the armed forces.
- To prevent sexual assault, everyone must be committed to advancing a culture where sexist behaviors, sexual harassment and sexual assault are not tolerated.
- Sexual assault is not only inappropriate, it is criminal behavior. DOD's intent is to promote a cultural change at all levels throughout the ranks that will create an environment where sexual assault is seen for what it truly is – criminal behavior.

COMMENTARY

When did your leadership light bulb come on?

BY CHIEF MASTER SGT. DAVID DOCK
Headquarters, Air Force Space Command

PETERSON AIR FORCE BASE, Colo. – In November 1992, a new chief master sergeant was assigned to my squadron. It caught all of our units' Airmen by surprise that the new chief decided to move into the office adjacent to the bathrooms when there were much better locations behind "the glass doors."

One early afternoon, I walked into the bathroom and on my way back the chief asked me to come into his office to talk. He proceeded to ask me about my life, my family, my hopes and goals. He challenged how I was pursuing my goals and continued on to instruct me on how my decisions could and would affect my future service. The chief re-vectored me on a few of my developmental choices and ended the conversation with..."we WILL be doing this again!"

As the chief exclaimed, this became a pattern.

Over the next year or so, he would

stop me on my way back from my break for updates. The chief amazed me with his precise recollection of all of the events in my life. He knew names, dates, progresses and shortfalls.

Shortly after my selection to staff sergeant, he called me into his office and said, "Dave, I am going to let you in on a little secret. I keep a close eye on all of my people and try to steer any and all who will listen on a professional development path, but I have a select few that I feel a vested interest in that I feel will go onto great things. The key is ... they get that it's not about you, it's about us. Dave, you are one of my select few." I was stunned and really didn't know how to respond. He went on to say, "You are going to be a chief someday and I will be in your ear to congratulate you."

A few months later, I was selected for instructor duty and on my last day in the unit, I went into his office.

I asked, "Chief, since I'm leaving can you please tell me how you have

developed such a great memory? You know everything about everybody!"

He responded, "Since you will be a fellow chief in the future...here's the secret," and he pulled out a Rolodex. You see, every time an Airman would go into the bathroom the chief would review their Rolodex card and when they were heading back to their work area he would stop them, give them a summary of their last conversation and ask for updates. When they were done and they departed he would update their card (in pencil) and wait for the next meeting.

Showing that level of concern and interest in all of his people, that lit my leadership light bulb. I want and strive to be that chief.

One final note: The day I was informed that I had been selected for chief (14 years after his retirement), my cell phone rang and at the other end of the line was my chief. He said, "I told you this would happen. Now remember, it's not about you, it's about us!"

CHAPEL SERVICES

CATHOLIC MASSES

Saturday, 4:30 p.m. – Madigan Chapel
Saturday, 5 p.m. – McChord Chapel No. 2; (reconciliation at 4 p.m.)
Sunday, 9 a.m. – Main Post Chapel
Sunday, 9 a.m. – Madigan Chapel
Sunday, 10 a.m. – McChord Chapel No. 2
Sunday, noon – Evergreen Chapel
Sunday, 5 p.m. – Main Post Chapel
Daily (Mon-Fri), noon – Lewis North Chapel
Daily (Mon-Fri), 11:45 a.m. – Madigan Chapel; call 253-968-1125
1st Fridays, noon – McChord Chapel No. 2

PROTESTANT SUNDAY

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

DIVERSE WORSHIP

Jewish
1st, 3rd & 5th Fridays at 6 p.m. – Soldiers Memorial Chapel, 968-2310
Islamic
Fridays, 12:30 p.m. – Madigan Chapel Conference Room, 968-1125
Buddhist
Thursday, 6 p.m. – Lewis North Chapel, 966-5959
Wiccan
Sunday, 3 p.m. – Building T-6195, JBLM Lewis Main

JBLM SNAPSHOTS



Staff Sgt. Miriam Espinoza-Torres

Sgt. 1st Class Joshua Fairchild, A Co., 1-17 Inf., 2nd Bde., 2nd Inf. Div., reviews entering and clearing techniques for 56th Army Band members at the beginning of a daylong Battle Drill 6 training session. More than 30 musicians from the band came together as a team to sharpen their tactical skills on JBLM, March 18. (For story, see nwguardian.com).

THIS WEEK IN HISTORY

MARCH 28 – 1774: Britain passes Coercive Act against Massachusetts.

MARCH 29 – 1836: Santa Anna orders massacre of c. 350 Texian prisoners near Coleto Creek.

MARCH 30 – 1961: NASA civilian pilot Joseph A Walker takes X-15 169,600 feet.

MARCH 31 – 1939: Britain, France agree to support Poland if Germany invades.

APRIL 1 – 1945: About 60,000 U.S. Soldiers and Marines begin Easter Sunday assault on Okinawa.

APRIL 2 – 1865: Lincoln visits Richmond, sits in Jefferson Davis' chair.

APRIL 3 – 1860: Pony Express begins mail service from St. Joseph, Mo. to Sacramento, Calif.



Dean Siemon/Northwest Guardian

Pfc. Lisa Block provides security as the team searches buildings during active shooter training on JBLM McChord Field.

MPs prepare for the worst

BY DEAN SIEMON
Northwest Guardian

Closed since 2004, Heartwood Elementary School on McChord Field was the location of an active shooter exercise as part of the Protector Professional Police Academy March 19 to 20.

For two days, 36 Soldiers from the 42nd Military Police Brigade searched dark hallways and rooms filled with school furniture, searching for role players who were portraying employees trying to get out of the building and away from the shooter.

"They're engaging the threat and moving toward the sound of gunfire," said Mike Hayes, chief of law enforcement at the Directorate of Emergency Services.

The exercise required military police to track down and confront an active shooter who had threatened civilians and service members in a populated area. They finally apprehended him, but not before he had caused a few casualties.

"Unlike many cases of murder-suicide, an active shooter is randomly going out and shooting," Hayes said. "This is basically training for the worst case scenario that could happen on Joint Base Lewis-McChord."

The academy, a joint training effort of 42nd MP Bde. and JBLM DES, provides a monthlong course that began in early March. Service members undergo scenarios to prepare for the variety of floor plans in installation buildings.

"They go through computer simulations of places like Waller Hall and other buildings," Hayes said.

The exercise taught Pfc. Lisa Block of the 54th Military Police Company to pay more attention to her surroundings.

"I think I had tunnel vision," Block said.

Through the adrenaline rush of the exercise, young MPs learned more about what to look for in each room.

"The more we got through it, the less it freaked me out," Pvt. Alex Gotfredson, 170th Military Police Company, said.

One of the things instructor Lt. Rayvaugh Smith said he wanted to see at the end of the course was more confidence in communication.

"It doesn't matter who's in charge – somebody has to be in charge," Smith said. "If you have good communication, everything goes well."

Instructors' critiques improved teams' second attempts through the building.

They increased the effectiveness of their reactions upon finding simulated employees in hiding and to confronting and subduing the shooter faster.

"Repetition is habit," Sgt. Joseph Mustakas, 170th MP Co, said.

Dean Siemon: dean.siemon@nwguardian.com @deansiemon

Volunteer's work impacts families at Fisher House

BY DEAN SIEMON
Northwest Guardian

Being a volunteer and helping others comes naturally to Dee Deruelle. Before she came to Joint Base Lewis-McChord, she was a Drug Abuse Resistance Education representative who spoke to students in classrooms about the dangers of drug abuse, and helped fundraising drives in support of breast cancer and multiple sclerosis organizations.

Her desire to serve the community stayed with Deruelle as she and her husband, Sgt. 1st Class Ronald Deruelle, received permanent-change-of-station orders from Tennessee to JBLM in December 2011.

Her work at the JBLM Fisher House since June 2013 is why Deruelle was named the JBLM Volunteer of the Month for March 2014.

Nobody seemed to be available to restock the kitchen, organize incoming donations and perform other housekeeping tasks for months prior to Deruelle's arrival, Fisher House manager Jodi Land said.

"She does all of the stuff that nobody thinks of that impacts families," Land said.

Helping people is Deruelle's favorite part of volunteering at the Fisher House. The sum of her wide range of small tasks has truly made an impact on people's lives.

She has done it all, from stacking the dishes in the cabinets to preparing meals for the seven families who call the Fisher House home while loved ones receive care at Madigan Army Medical Center.

JBLM is one of 62 locations where service members, veterans and their families can stay at no cost. It has seven guest rooms, a kitchen, dining area, laundry area, outdoor pavilion and provides towels, linens and groceries.

"Quite frequently, they have a lot on their mind and the last thing that they're thinking about is whether they went and bought food for the refrigerator," Deruelle said.

Volunteering at Fisher House is different from anything Deruelle



Dean Siemon/Northwest Guardian

Dee Deruelle sorts groceries inside the storage shed March 14 at the JBLM Fisher House on Lewis Main.

has done, she said, because she gets direct feedback from the people she volunteers to help. She sees the appreciation in their faces.

It has also taught her about what it means to be part of the JBLM community.

She calls interacting with military families dealing with the stress of their loved ones receiving treatment for serious medical conditions "a learning experience."

"They tell me often 'Thank you for what you do.' But I thank them because I (learn) from them."

In addition to volunteering at Fisher House, Deruelle is pursuing a master's degree in human services online through Walden University, with concentration on intervention and family services.

Her goal is to continue helping families.

Land said she knows a day will come where Deruelle will have to leave the Fisher House to pursue her goals of family service, despite how much they would prefer her to stay.

"I love her and she can never leave," Land joked.

Dean Siemon: dean.siemon@nwguardian.com @deansiemon

JBLM: state's second largest employer

BY JAKE DORSEY
Northwest Guardian

The service members and civilian workers at Joint Base Lewis-McChord make the Department of Defense the largest employer in Pierce County.

It's the second largest employer in the state, behind Boeing.

And yet, too often the military isn't treated like an employer, said Kristine Reeves, Washington's director of the military and defense sector at the state Department of Commerce.

That needs to change, Reeves said at a Tacoma-Pierce County Chamber of Commerce meeting March 12, because "DOD is no longer an entitlement program, folks."

Far from the good-old-boys cliché, federal workers are trained and experienced in skills required in a wide range of specialties. As the government downsizes, DOD has made transitioning to the civilian workforce a top priority.

JBLM is doing its part with help from the state and several trade unions, base commander Col. H. Charles Hodges Jr. told the chamber.

It's an attempt to eliminate what Hodges coined "No Job Stress Disorder," a fact of life associated with normal professional attrition at a large installation like JBLM.

"There's a talent war going on for quality people," Hodges said. "If there's one thing JBLM can produce, (it) is talented, creative, innovative, disciplined, hard-working, values-based service members who want nothing more than to go to work."

The Vow to Hire Heroes Act, proposed by Sen. Patty Murray,



Kristine Reeves, director of the military and defense sector at the Washington Department of Commerce, addresses the Tacoma-Pierce County Chamber of Commerce.

Jake Dorsey/Northwest Guardian

was the start of it, Hodges said, providing mandatory transition assistance for service members separating from the military, along with apprenticeship programs, tax credits for hiring veterans and streamlined applications for federal employment.

The second piece is an exclusive state program, the Military Transition Council, designed to guide all efforts to help service members with their transition.

Hodges said agencies lined up to support veterans, but "everyone

was going in a thousand different directions." Organizations and companies wanting to help showed up "waving the flag."

Their efforts were not directed or coordinated.

"At this point, I'm beyond flag-waving organizations," Hodges said. "We're no longer interested in 'veteran-friendly.' I'm looking for 'veteran-ready.'"

JBLM's United Association apprenticeship programs get service members into trades early, before they leave the service. Through the

Armed Forces Career Alumni Program, those service members get trained in HVAC maintenance or welding and have guaranteed jobs when they separate from the service.

The apprenticeships have been so successful, other posts have picked them up, Hodges said. JBLM also has a state-level truck driving program with the Teamsters, and a painter's course that's just three weeks long.

For those who aren't into getting their hands dirty, Hodges said, Mi-

UPCOMING CAREER EVENTS

MONDAY: Apply for jobs in the plastics industry at the Hawk Transition Center

TUESDAY: NW Edge Orientation
APRIL 16: Spotlight Hiring Event with Comcast at the Hawk Transition Center

APRIL 29-30: JBLM AFCAP and WANG pre-workshop and Career Day

crosoft and JBLM have the Software & Systems Academy, where transitioning service members can get certification to work on several IT systems. It's another program that's going national.

What's next for JBLM? Hodges said he's working on a retail apprenticeship program, so service members can enter the retail industry, with companies competing for its graduates.

Hodges said these programs are far from handouts from business community to service members.

"They're not some broken-down, shell of a person who's been destroyed by years of deployment," Hodges said. "Companies like Microsoft say to me, 'I'd rather hire one of your folks from JBLM than anyone graduating from MIT. That kid from MIT has the brains, but doesn't understand teamwork, doesn't understand what mission is, and isn't disciplined and dedicated like the folks coming out of JBLM.'"

Jake Dorsey: jake.dorsey@nwguardian.com



GENERAL PLASTICS

AWARD WINNING INDUSTRY LEADER

HIRING EVENT

COME TO AN EXCLUSIVE INFO SESSION

- Learn the benefits of working for General Plastics
- Bring your resume
- Apply for skilled Production Positions on-site
- Great benefits and competitive pay
- Excellent advancement opportunities
- Industry leader in hiring veterans

A pioneer in the plastics industry, this manufacturer is known for fabricating versatile, high-density, polyurethane foam-resin-impregnated composites for aircraft and other commercial uses, including high-temp and industry standard locking boards, nuclear containers and flexible seals.

Combined with a competitive compensation package including bonuses, matched 401k and 100% paid healthcare premiums, employment here makes this a destination employer.

All General Plastics employees must be nicotine-free

March 31, 2014

1:30 to 2pm: Company Presentation

2 to 2:30pm: Q & A Session

2:30pm on: Application & Assessment

**Bud Hawk Transition Center
Building 11577—Auditorium
41st Division & C Street**

MORE INFO: Linda Helenberg at 253.254.7651 OR Lhelenberg@workforce-central.org
Madalain Merton at 253.254.7693 OR mmerton@workforce-central.org



ATTENTION

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



SNAPSHOT

Engineers prepare for Army changes

Col. Timothy Holman, commander, 555th Engineer Brigade, speaks with his Soldiers during a brigade formation, Feb. 13, on JBLM Lewis North. The brigade is preparing for major changes in the coming year, including the inactivation of several subordinate units, as the Army reduces in size. See brief on A2.

Capt. Spencer Garrison

GOT FEEDBACK? LET'S HEAR IT

What do you want to know in 2014? 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 253-477-0183.

JBLM FY14 HOLIDAYS AND DONAS (DAYS OF NO SCHEDULED ACTIVITIES)

April 18	DONSA
May 23	DONSA
May 26	Memorial Day
July 4	Independence Day
July 7	DONSA
Aug. 29	DONSA
Sept. 1	Labor Day

SIGN UP TODAY FOR THE BOSS 'AMAZING RACE'

Outsmart, outmuscle and out-endure your competition to get the first-place prize for the BOSS Amazing Race. Single and married service members and their families ages 18 and older can sign up by April 1 for the April 26 competition at Lewis North.

Pick your partner for teams of two to compete in mountain biking, kayaking, jet skiing, rock wall climbing, plus a confidence course, food challenge and more.

Costs are \$20 each for single or married with a deployed spouse, and \$30 each for married and their family member. For entry details, call the BOSS office at 967-5636.

TAKE A MINUTE TO FILL OUT THE AFCS SURVEY

JBLM Armed Forces Community Service needs your help to improve and tailor its programs to better meet your needs. We are looking for feedback from service members (all ranks), family members, retirees, veterans and DOD civilians. Take a few minutes to complete the survey: <https://www.surveymonkey.com/s/JBLMAFCS>.

JOIN US AT THE JBLM COMMUNITY UPDATE

Do you know what's happening on JBLM? Ever wonder what the construction plans are or what events are planned? Hosted by the JBLM command team and emceed by JBLM AFCS, the JBLM Community Update is now open to all JBLM military and DOD civilian spouses. Updates take place the first Wednesday of the month, alternating between the McChord Club & Community Center and Nelson Recreation Center.

The next meeting is Wednesday at 9:30 a.m. Questions? Call 253-967-9496. Access previous meeting video & information at jblmmwr.com/other_pages/index/community_pages.html.

THE JBLM EEO OFFICE MOVES TO MCCORD

The JBLM Equal Employment Opportunity office is relocating from JBLM Lewis Main to Building 100 on McChord Field, Room 1077, effective Monday. This move also includes the Disability Program/Reasonable Accommodation Office. Building 100 is the 62nd Airlift Wing headquarters building on Col. Joe Jackson Boulevard. Call EEO at 253-982-1285 to schedule an appointment.

FOSTER PARENTS NEEDED; FULFILLMENT IS FREE

Our local community is in need of military-connected foster homes. Being a foster parent is not a lifelong commitment, but creates a sense of accomplishment and service gratification that will last a lifetime. As a foster parent you can still work full-time and if you live on JBLM, you may qualify for larger quarters. Getting a foster care license in Washington state can take as little as three months. Call Erika Thompson, recruiter liaison, 206-406-2398 or visit www.fosteringtogether.org.

PLAN A SCENIC MOTHER'S DAY TRIP THIS YEAR AT RAINIER

Make this Mother's Day one mom never forgets. Take a fun day trip from the Southside to Mt. Rainier and enjoy the nostalgia of a bygone era with a relaxing steam train ride through the forested foothills. At the MRSR destination visitors have time to see the world's most comprehensive collection of steam logging locomotives. Tickets include a flower for mom and a goody bag filled with tasty treats to savor along the ride. Seating is limited.

Place reservations today by calling 888-STEAM-11 or visiting www.mrsr.com. Trains depart at 12:45 and 3:30 p.m. Cost is \$45 per person for adults with discounts for youth, senior, military and AAA members.

APRIL IS SEXUAL ASSAULT AWARENESS MONTH

April is Sexual Assault Awareness Month and JBLM is hosting several events to raise awareness and work toward eliminating sexual assault:

- April 1 at 9 a.m. — Sexual Assault Awareness Month Kick-Off in Carey Theater, courtesy of I-Corps.

- April 7 at 1 p.m. — Sexual Assault Awareness Month Observation (MHS/MAMC) in the Madigan Medical Mall, courtesy of the MHS/MAMC.

- April 11 at 11:30 a.m. — Strike Out Against Sexual Harassment & Sexual Assault Bowling Event, courtesy of the 593d ESC.

- April 29 at 6:30 a.m. — 5K Walk/Run at Wilson Gym, courtesy of 7th ID.

- April 30 at 7 p.m. — "Take Back the Night" 1.4 Mile Walk which begins at the MWR Fest Tent, courtesy of the JBLM SHARP Program. To wrap-up Sexual Assault Awareness Month, the JBLM SHARP office would like to invite you to take a stand against sexual assault. Take Back The Night® is a nationally recognized event where people from a community walk together at the after-dark experience in an effort to raise awareness, educate and help send the message that their community is committed to ending sexual assault, dating violence, domestic violence, sexual abuse, and all other forms of sexual violence. This is a family-friendly event with an easy walking route; it will begin at the MWR Fest Tent. The guest speaker will be Craig Juris from Thurston County Prosecutor's Office. "McGruff," the Crime Dog, will be joining the event. Call 253-966-0360 for more information.

UNIVERSAL KIDS FEST 2014 STARTS NEXT WEEK

Hands-on fun at Kids' Fest takes youth "Across the Universe" Thursday from 1 to 4:30 p.m. Youths will enjoy learning about outer space with the Hands On Children's Museum, Pacific Science Center and the Museum of Flight activities. Also enjoy a host of other activities with the Clover Park School District, Child, Youth & School Services, SKIES Unlimited, JBLM libraries, Madigan Army Medical Center and others. Kids' Fest is being held at AFC Arena and the MWR Fest Tent. Bowl Arena Lanes is offering free bowling during Kids' Fest from 1-4:30 p.m. AFC Arena is at 2275 Liggett Ave. on Lewis Main.

FUN AND REWARD AS A FAMILY CARE PROVIDER

Looking for a fun, rewarding job? Become a Family Child Care provider and make a difference in the lives of military children and their families. FCC providers earn up to \$2,000 a month, may qualify for subsidies, and receive free child care while in training and free resources for your business. Learn about FCC at the April 15 orientation from 6 to 8 p.m. at the FCC office in building 2013B. Full-day training classes meet weekdays following the orientation. FCC will provide free child care during the training classes. For more information, call the FCC office at 967-3039.

PARENTING CLASS FOR PARENTS OF TEENS/TWEENS

JBLM presents a new class for parents of teenagers: "Launching Hope," April 8, 5-6:30 p.m. at the McChord Club. Dinner is included and Scream-Free Marriage follows at 7 p.m. Hal Edward Runkel, LMFT, is the speaker. All parents of teens/tweens are invited to laugh and learn. Pre-register by calling 253-967-5901. Free books/DVDs for the first 100 attendees.

APRIL 30: FOLDS OF HONOR SCHOLARSHIP DEADLINE

The deadline for submitting applications and supporting documents for Folds of Honor Foundation scholarships is April 30. No application will be reviewed if submitted after that date.

To submit your supporting documents, scan and email them to scholarships@foldsofhonor.org. If you are unable to scan your documents, you may mail them with a tracking number (i.e. FedEx, UPS, USPS) to 5800 N. Patriot Drive, Owasso, OK 74055, ATTN: Scholarship Department. All applicants must be spouses, or family members or dependents of service members killed or disabled during service.

Scholarship awards are up to \$5,000 for the upcoming academic year based on estimated financial needs provided in the application, not to exceed \$2,500 per semester. Applicants must be the spouse or dependent of: service member killed or disabled with a service-connected disability from the VA, disability rating at least 10 percent; a veteran who died from any cause while such service-connected disability was in existence; service member classified as a POW or MIA; service member missing in action or captured in line of duty by a hostile force; service member forcibly detained or interned in line of duty by a foreign government or power; service member who has received a Purple Heart Medal (may be active duty).

AFCS NEEDS A FEW GOOD VOLUNTEERS FOR CIS

JBLM Armed Forces Community Service is looking for volunteers to help with their Community Information Services, Outreach and Relocation Readiness Programs. JBLM AFCS is committed to helping service members of all branches (Active Duty, Guard and Reserve), Veterans, Retirees, DOD civilians and their families. We need your help to increase our

reach and make our services accessible within our community. Call 253-967-7166 for more information or visit www.militaryonesource.mil to apply.

VOLUNTEER RECOGNITION LUNCHEON MAY 1

JBLM will hold the Volunteer of the Year Recognition Luncheon May 1. For information, contact the Installation Volunteer Corps program manager at 253-967-2324.

OH NO! IT'S THE ZOMBIE APOCALYPSE (FUN RUN)

On May 31, at Fort Steilacoom Park in Lakewood, there will be a membership drive in the form of the first AUSA Zombie Apocalypse 5K. Runners will not only have to run 3.1 miles, but they'll have to escape and evade the zombie apocalypse. Registered runners and registered zombies will be given a wicking T-shirt and membership to our local Chapter of AUSA. There may even be a Thriller dance party.

PENDLETON GATE NEAR PET BDE STILL OPEN

The Pendleton Gate will be open 4-6 p.m. weekdays for out-bound Lewis Main and Lewis North traffic making a right turn only onto DuPont-Steilacoom Road. The Pendleton Gate is on Lewis North, near the Pet Be. To access Pendleton Gate: **From Lewis North**, take Main Street past the Lewis Army Museum, and turn right just before the bend (last right-turn before the Pendleton underpass), and continue past the Pet Brigade to the gate. **From Lewis Main**, take Pendleton Blvd. through the Pendleton underpass, take the first left, and proceed straight to the gate.

BOSS WANTS YOUR BLOOD TO HELP SAVE LIVES

JBLM's BOSS (Better Opportunities for Single Service members) is hosting a blood drive at Nelson Recreation Center today from 9 a.m. to 5 p.m. Everyone is welcome to donate, including civilians.

November's blood drive collected 106 units of blood, potentially saving more than 300 lives. We would like to increase this number as much as possible. Please help spread the word and stop by to donate. Transportation is available (on JBLM) by calling 341-8496.

CAST IRON SKATERS BOUT NEXT WEEK ON JBLM

Cast Iron Skaters are in action Saturday at Building 2275, Liggett Avenue, Joint Base Lewis-McChord Lewis Main. Doors open at 5 p.m., and the bout starts at 6 p.m. Tickets \$10 in advance, \$12 at the door. For information, call 253-365-3285.

MCCHORD COMMISSARY CLUB OPEN & OPERATING

The Defense Commissary Agency's new club store is open, the first of its kind in the continental U.S., at the McChord Commissary. Shoppers can choose among club packs and oversized packages of meat, produce, dairy and frozen foods, as well as regular groceries and supplies from new racks, new freezers and refrigerators at the back of the store. The rest of the commissary will stay intact with normally sized items. The only membership card shoppers require is a military ID.

ANNUAL AMMUNITION AMNESTY DAY COMING

May 7 is the annual JBLM ammunition amnesty day in 2014, from 8 a.m. to 2 p.m. at the C-5A mock-up on East Gate Road. No questions asked, no penalty, no paperwork required. Amnesty items can be turned in weekdays during normal duty hours at the JBLM Ammunition Supply Point or any amnesty points on base. Prior coordination is recommended for .50-caliber ammunition or above. Call 967-5800/2400.

OPEN SHREDDING ON BASE FOR PRESONAL RECORDS

Bring personal documents or records to the Installation Destruction Facility the first Friday of every month except July (second Friday) at Building 3152, at the corner of 3rd Division Drive and Collier Avenue. First come, first served. Remove paperclips and remove documents from binders before arriving at the facility. CD, DVD and Floppy Disk shredding is also available. Limit: 3 "office paper"-sized boxes per visit. Website: <http://www.lewis-mcchord.army.mil/DPTMS/security/destruction.htm>.

CYSS FLAG FOOTBALL, CHEERLEADING FOR KIDS

Register through April 25 for CYS Services' flag football and cheerleading for youth ages 5 to 15. Parents' meeting May 8. Register at CYS Services Parent Central, Building 2295, 12th and Bitar. You'll need a full CYS Services registration on file, a current sports physical, shot record, military, DOD or contractor identity card and two emergency contacts. Download and fill out forms from JBLMmwr.com under WebTrac/online registration, CYS Services. For more information, call CYS Services at 253-967-2977.

LAST DAY TO SIGN UP FOR YOUTH BASEBALL

Good news for young baseball players. The season is almost here, but today is the last day to register. Spring baseball is open to youth ages 5 to 15 for \$60. Lil' Batters is open to youngsters ages 3 to 4 for \$20. Practices begin April 21 for both. The Lil' Batters season ends June 5; spring baseball ends June 14. Parent meetings: April 17 and 18 for Lil' Batters and spring ball. Register at CYS Services Parent Central, Building 2295, 12th and Bitar. You'll need a full CYSS registration on file, a current sports physical, shot record, military, DOD or contractor identity card, and two emergency contacts. Download and fill out forms from JBLMmwr.com under WebTrac/online registration, CYS Services. For more information, call CYS Services at 253-967-2977.

TSA CAREERS FOR MILITARY VETERANS

The Transportation Security Administration is committed to supporting the employment of veterans and offers career advice and opportunities for veterans nationwide. For more details, call 877-872-7990 or visit <http://tsajobs.tsa.dhs.gov>.

Transitions

INFORMATION TO HELP WITH LIFE CHANGES

A CAREER IN PLASTICS AFTER INFO SESSION

Bring your resume March 31 and apply for a production position with General Plastics. Competitive pay, benefits and advancement opportunities could await you in the plastics industry. General Plastics is known for fabricating high-density polyurethane foam resin impregnates used in aircraft and other commercial platforms. Military veterans sought. Come to the Bud Hawk Transition Center, Building 11577 on 41st Division and C streets, JBLM Lewis North, for the company presentation Monday from 1:30 to 2 p.m., the Q&A session 2 to 2:30 p.m. and assessment and applications from 2:30 p.m. For information, call Linda Helenberg at 253-254-7651 or email Lhelenberg@workforcecentral.org.

BECOME AN FBI ELECTRONIC TECH

The Federal Bureau of Investigation is currently seeking Electronics Technician positions throughout the United States. Interested individuals should, at a minimum, have either received an associate degree within the last six months or plan to graduate in the near future. Qualified candidates should email a resume to dallas.mcwilliams@ic.fbi.gov.

JOINT SERVICE JOB FAIR AT SMOKEY POINT

The Armed Forces Reserve Center-Smokey Point at 13610 40th St. NE, Marysville, WA 98271, will host a job fair April 3. Discuss job opportunities with representatives from more than a dozen industries, including aerospace, warehousing, security, manufactur-

ing, computers, sales, electronics, customer service, law enforcement, state and federal government. Bring your resume and dress for success.

For more information, call work and family life consultants at 425-304-3716 or 425-304-3724.

HEALTH CARE MIGHT BE YOUR PROFESSION

Air Force, Army, Navy and Coast Guard members who plan to reside in Washington state after transition should apply for their health profession credentials by visiting the Washington Department of Health website: www.doh.wa.gov. Whether still on active duty and in the process of transitioning, a veteran, Guard, or Reserve, if you hold a professional license, certification or registration out-of-state, or at the national level, visit the DOH website and ensure you meet Washington state-specific credentialing requirements.

More than 22 health professions have been identified to determine whether a service member's military training and experience equivalencies through "gap analysis" of their skills. Military personnel interested in health care occupations who want more information should click on the desired occupation for program-specific contact information and a link to the program rules, or call the Customer Service Center at 360-236-4700.

STARBUCKS CAREER AND RESOURCE DAY

Learn about Starbucks job opportunities by talking to Starbucks employees

April 26 from 9 a.m. to 1:30 p.m. in Tacoma. Take part in mock interviews, learn how to write your resume and taste a few coffees in the process.

The career day will be at the Goodwill Reach Center on the first floor at 714 South 27th St., Tacoma. Preregister for a free cup of coffee. Call Bulan Scheel, 53-573-6789 or email bscheel@tacomagoodwill.org.

JOIN THE VETERANS POSSE PROGRAM

Attend a top tier college in a cohort of your peers with full tuition guaranteed, starting fall 2014. The Veterans Posse Program looks to identify and support U.S. veterans interested in pursuing a bachelor's degree at Vassar College and Wesleyan University. Veterans should be leaders in their jobs and/or families, have served at least 90 consecutive days of active duty since 9/11, 2001, receive an honorable discharge by July 1, and be available for a pre-collegiate training program in New York, summer 2014. For information, call 212-405-1691 or email veterans@possefoundation.org.

FREE COMPUTER TRAINING

Build skills in selected Microsoft technologies and earn an industry-recognized certification through the Elevate America's Veterans program. To receive a voucher/access code, you must be a King or Pierce County resident and a military veteran or veteran's spouse. To find out more, visit www.worksourcekc.org.

16TH CAB

Continued from Page A1

remain at the Alaska post. Mele has commanded 16th CAB for nine months.

He addressed an unspoken question shared by many in the audience: Why is the 16th CAB going to Afghanistan at all? Aren't we done there?

The colonel said the brigade is deploying "because that's where our customers need us right

now.

"We're going because 4th Brigade, 4th Infantry Division is going," Mele said. "We are going because 2nd Battalion, 7th Special Forces Group is going."

The Soldiers and Afghan partners on the ground, important customers of the aviators, will need the aerial support that the 16th CAB provides. They are there to respond to their calls, Mele said.

A force cap limits the brigade's deployed strength in Afghanistan, said Capt. Jesse Paulsboe,

16th CAB public affairs, About 1,200 of the brigade's 2,000 JBLM-based Soldiers are making the trip.

"A lot of the folks left behind can still support the unit deployed, from home," Paulsboe said of the administrative personnel remaining at JBLM.

The 4th Attack/Reconnaissance Squadron, 6th Cavalry Regiment, a JBLM-based 16th CAB unit that flies the OH-58D Kiowa, is on a rotation in South Korea until the end of summer. The Tennessee National Guard's 1/230th Air Cav-

alry Squadron and its Kiowas will take up the 4-6 role, Paulsboe said.

All told, the brigades total of about 3,000 Soldiers at JBLM and Fort Wainwright, is deploying half of them to Afghanistan.

The 16th CAB also is helping with the drawdown of forces in Afghanistan, Mele said, but it's unknown if its Soldiers will assist in helping train Afghan National Army units. The 1st Cavalry Division's CAB, which 16th CAB will replace, did not train Afghan aviation personnel

under its mission, Mele said.

The colonel didn't rule out either training mission, tasks of which can evolve in theater, he said. But the unit's core mission remains the same.

"Ultimately, all of the services – the information, the protection, the things we do – serve some higher ground force commander," Mele said. "Our success only comes with their success."

Jake Dorsey: jake.dorsey@nwguardian.com



Team 9 teammates Sgt. Kenton Miller, left, and Sgt. Zak Taylor exchange "high fives" as Taylor completes the fitness challenge portion of the 3-38 Cav. Spur Ride.

SPUR RIDE

Continued from Page A1

in between events across Lewis Main and Lewis North, during the unit's Spur Ride March 20.

"It's the culminating event of a leader certification as we make sure that you know what you're doing at each of your jobs," Squadron Commander Lt. Col. Bruce Vitor said. "We've taken the leaders and spread them out from different troops to build teamwork with guys they wouldn't necessarily work with on a daily basis."

Teams began their march from unit headquarters to the Lewis North obstacle course before going to Sequatchew Lake across the road for a zodiac boat-paddling course.

Down the road on Main Street, Soldiers completed a fitness challenge before walking into Lewis Main for simulation exercises that tested the leaders' knowledge of weapons, land navigation, calls for fire and medical evacuation.

Between all events, 3-38 Cav. officers and NCOs walked a total of 20 miles in addition to being in constant motion from 10 a.m. to 2 a.m. the next day.

Some of the events offered whimsical challenges, like carrying an egg while maneuvering through the obstacle course. If the egg was broken, troops had to do 30 extra burpees at the end of the course.

"You have to have some fun with it as well," Vitor said.

Some participants decided it was



Team 4's Sgt. Bradley Kinch, left, completes the obstacle course on Lewis North by doing a set of "burpees" with his teammates.

best to take the extra exercise in return for the faster time. For Team 4, which finished first overall, Sgt. Kelly Hinderer, 1st Lt. James Whitehead, Staff Sgt. Andrew Balha and Sgt. Bradley Kinch decided to dump theirs at the starting line by throwing them at teammate Sgt. Jonathan Salazar.

"It's all in good fun," Salazar said afterward.

Vitor said while the Spur Ride is primarily a physical test, much of the event requires knowledge of equipment. That knowledge can come in handy, improving times the zodiac boat course, for example. Vitor said some teams showed they knew how to maneuver the different parts of the boat that made paddling a lot easier.

"If you know what you're doing, you're likely to do a little bit better

and make it easier," Vitor said. "You can conserve more energy for other tasks."

After the officers and NCOs took time to rest after the long event, they came back for an award ceremony March 21 at Hawks Prairie Casino Restaurant in Lacey, where all those who completed the Spur Ride received their spurs and squadron coins.

The last squadron Spur Ride was held February 2012; the operations tempo didn't leave time for the unit rite of passage in 2013. Vitor said 3-38 Cav. intends to make it an annual event, if not semi-annual, keep the number of contestants manageable.

"You want to have a little bit smaller groups to focus on," Vitor said.

While it was physically demanding, many of the Soldiers still pre-

FINAL RESULTS

- 1) TEAM 4** – 1st Lt. Whitehead, Sgt. Salazar, Sgt. Kinch, Sgt. Hinderer and Staff Sgt. Balha.
- 2) TEAM 1** – 1st Lt. Williams, Sgt. Kline, Sgt. Willmond, Staff Sgt. Collins and Sgt. Vasquez.
- 3) TEAM 6** – Sgt. 1st Class McMillin, Staff Sgt. Hatcher, Capt. Hanson, 1st Lt. Williams and 1st Lt. Beavert.
- 4) TEAM 5** – 1st Lt. Holmes, Staff Sgt. Hammonds, Staff Sgt. Kiser, Sgt. Gusti and Staff Sgt. Currea.
- 5) TEAM 3** – 1st Lt. Little, Sgt. 1st Class Rosenbalm, 1st Lt. Snider, Sgt. Downey and Sgt. Phillippi.
- 6) TEAM 2** – Staff Sgt. Pedro, 1st Lt. White, Capt. Fahy, 1st Lt. Haak and Staff Sgt. Allosada.
- 7) TEAM 7** – 1st Sgt. Bumagat, Staff Sgt. Shephard, 1st Lt. Rogers and 1st Lt. Stanley.
- 8) TEAM 8** – 1st Lt. Thimble, Staff Sgt. Im, Capt. Stillwell and 1st Lt. McRae.
- 9) TEAM 9** – Sgt. Miller, Sgt. Taylor, 1st Lt. McCorkel and 1st Lt. Field.

ferred the long, grueling and physical 16 hours, as opposed to sitting idle at a desk with paperwork.

"If I'm out here and I get to run around, it's fun," said Kinch of Team 4.

Dean Siemon: dean.siemon@nwguardian.com @deansiemon

RAVENS

Continued from Page A1

corpse was found in a craft's wheel well upon arriving to the U.S. from a mission in the Philippines.

"They realized there were issues with security," said Maj. Matthew Foisy, unit commander for 627th SFS. "One of the reasons why the Ravens came to be."

Rise of a Phoenix

When McChord Field became part of Joint Base Lewis-McChord more than three years ago, the 627th SFS was established with 120 Airmen authorized. Twenty-one of them were designated "Ravens" to provide flight line security for aircraft flying to missions from McChord Field.

"Whenever you see something flare up in whatever country you're seeing in the media, Raven missions are probably going to increase to that region," Foisy said.

The Raven section of the squadron recruits internally. Airmen undergo a three-week in-house, pre-selection training process that tests resiliency, hand-to-hand combat skills using mixed martial arts, analysis of security situations and identification of threats to the aircraft. The evaluations take place in a variety of airfield and battlefield settings.

After completing the internal program, trainees go to the Air Force

Expeditionary Center at Joint Base McGuire-Dix-Lakehurst, N.J. to complete their security training. When they return, 627th SFS Ravens are capable of performing missions ranging from supporting movement of service members in and out of the Middle East during conflict to delivering supplies in humanitarian operations.

Wherever, whenever

Since joining the Phoenix Raven section of the 627th SFS in April 2012, Senior Airman Curtis McWoodson couldn't recall the number of countries he visited while providing flight line security missions for aircraft flying from McChord Field.

"I stopped counting awhile ago," McWoodson said. "It's almost hard to keep track unless you're writing every day."

It isn't uncommon for Ravens to be gone from six to eight months out of the year. Foisy said a month told him he was home for only three weeks in 2013, having performed missions in more than 30 countries.

Ravens are eligible for new missions upon their return from the previous one – after only 24 to 48 hours of crew rest.

"To say they're gone two-thirds of the time is a true statement," Foisy said.

In some cases, Ravens set up staging areas in a central location like at Al Udeid Air Base



Airman 1st Class Jacob Jimenez

Senior Airman Chase Vento, Senior Airman Paul Gonzalez, and Senior Airman Curtis McWoodson, 627th SFS Phoenix Raven members, strike a pose March 13, at JBLM.

other Ravens gathered equipment and crew back onto the aircraft for cover. Moments later, they received an "all-clear" order. No information was available on what happened to the hostiles, but it was an intense moment for everyone involved.

"At first, it's kind of like a dream. It kind of catches you off guard," McWoodson said. "As you're progressing through, it hits you."

Rewarding work

Despite the long hours and time away from home, each Airman in the program said being a Raven is a rewarding experience.

"You're always away from home, but it has a lot of good memories," Vento said.

There are perks, like traveling around the world. Not only do the Ravens have a chance to sightsee while in areas like Germany and South America, but being part of humanitarian missions can be its own reward.

As one Raven put it, being there is different than seeing places on the television news.

"You get to see the troops you're bringing over and get to see that person," McWoodson said. "It's amazing to see how people can mesh in a short amount of time to accomplish the mission."

Dean Siemon: dean.siemon@nwguardian.com @deansiemon

OUTDOOR RECREATION

State license required before fishing on JBLM

For those who want to learn how to fish, JBLM Outdoor Recreation and WDFW have teamed up to offer two free fishing clinics in April on JBLM. To register, visit JBLMmwrRegistration.com.



Scott Hansen/Northwest Guardian 2012

Fishing licenses are available for purchase at the Exchange or Northwest Adventure Center

BY SOMER BREEZE-HANSON
Northwest Guardian

Joint Base Lewis-McChord offers many fishing spots for anglers. Whether fishing on base, near JBLM or anywhere in the state, sportsmen need to make sure to obtain their Washington state fishing license before they cast out a line.

to purchase a Washington state resident license as long as JBLM is listed as their duty station. Licenses can be purchased on base at the Exchange or at the Northwest Adventure Center on Lewis North. Fish licenses are valid from Tuesday to March 31, 2015.

The NAC also offers fishing equipment and boats available for rent and purchase. Also located at

IF YOU GO

WHAT: Free fishing clinic
WHEN: April 5, noon-5 p.m.
WHERE: NAC, Lewis North
TO REGISTER: JBLMmwrRegistration.com.

the NAC are pamphlets of the base's fishing rules and all the available waters on JBLM with species available.

"Everyone knows about Ameri- See FISHING, B2

HEALTH & FITNESS



Photos by Scott Hansen/Northwest Guardian

ABOVE: TRX 90 Challenge participant Elizabeth Walker, of Lacey, completes a side plank exercise during a recent workout at Jensen Family Health and Fitness Center on JBLM Lewis Main.

THE TRX CHALLENGE

New fitness class requires 90-class commitment

BY SOMER BREEZE-HANSON
Northwest Guardian

Bruce Ammons is always game for a challenge.

When fitness trainer Samuel Estrada told the Army chaplain about his TRX 90 Challenge at Jensen Family Health and Fitness Center, the challenge was accepted. He committed to the suspension-training fitness challenge and is past his 40th class.

"It's harder than it looks," Ammons said. "You're constantly challenging gravity, your weak points ... if you do it properly you're activating your entire body almost the entire time. It builds functional strength and flexibility."

Estrada created the challenge to offer another fitness challenge opportunity to go along with the Fitness Boot Camp at

TO LEARN MORE

The TRX 90 Challenge is offered twice a year: January-June and July-December. To register for the challenge or for more information call 253-967-5975.

NWGUARDIAN.COM

To view an online gallery of photos, visit nwguardian.com/multimedia

Jensen. Those interested in the challenge commit to participate in Estrada's TRX class 90 times between January and June. Those who reach their fitness goal receive a T-shirt.

Ammons anticipates reaching the 90 mark just as his Clinical Pastoral

See CHALLENGE, B2



AT LEFT: Fitness trainer Samuel Estrada uses a stopwatch to time each exercise.

BELOW: Class members Bruce Ammons, right, and Logan McCurdy, middle, complete a set of crunches during a recent TRX 90 Challenge workout at Jensen Family Health and Fitness Center. "It's harder than it looks," Ammons says. "You're constantly challenging gravity, your weak points."



NWGUARDIAN.COM



SHAMROCK 'N' RUN

To view an online gallery, visit nwguardian.com/multimedia.

U.S. NATIONAL SHOOTING TEAM

Soldiers aim for world target shooting title

BY MICHAEL MOLINARO
USAMU Public Affairs

FORT BENNING, Ga. — Seven Soldiers from the U.S. Army Marksmanship Unit will join members of the U.S. National Shooting Team to compete in the International Shooting Sports Federation World Cup starting today at the USAMU's Pool International Range Complex and Phillips Range on Fort Benning.

Enthusiasm surrounding the match has been amplified by Team USA's home field advantage.

"It is very nice to be able to com-

pete on our home range," said Sgt. 1st Class Jason Parker, rifle team coach. "Hosting the World Cup on Fort Benning allows us to continue with our normal routines, and gives our families a rare opportunity to come out and watch us compete on the world stage."

More than 400 competitors from 50 nations are expected to compete in the first of three scheduled World Cup rifle and pistol events leading up to the ISSF World Shooting

See SHOOTING, B2



Joe Hein trains at the Pool International Range Complex with members of the USA National Shooting team. Hein and six teammates will participate at the International Shooting Sports Federation Rifle and Pistol World Cup at Fort Benning.

Michael Molinaro

FISHING

Continued from Page B1

can Lake, but there's also a lot of other waters around the county close to JBLM that have a lot of diverse fishing opportunities," said Bruce Bolding, Warmater Fish Program Manager at the Washington Department of Fish and Wildlife.

American Lake is a popular fishing destination with its 1,123 acres and is restocked every year. The lake is known for abundant rainbow trout and rock bass, especially when the water warms up.

Other popular fishing areas include Chambers Lake (100 acres), Lewis Lake (54 acres) and Morey

Pond on McChord Field. The WDFW's "Fish Washington" website offers an online searchable database to search fishing opportunities by county, species or marine area. Visit wdfw.wa.gov/fishing/washington/.

Off the installation in East Pierce County waters like Clear Lake, Kaposin Lake and Tanwax Lake offer warmwater fish, Bolding's specialty.

"Most of the folks posted at JBLM come from out of state and most out of state anglers are used to fishing warmwater fish: bass, bluegill and catfish."

For those who want to learn how to fish, JBLM Outdoor Recreation and WDFW have teamed up to offer



American Lake is a popular fishing destination each year. The lake is known for rainbow trout and rock bass.

Scott Hansen/
Northwest
Guardian
2012

fer two free fishing clinics in April on JBLM.

The April 5 clinic is open to all JBLM DOD ID cardholders and will cover the fishing basics: bait fishing, fishing with lures, spin cast-

ing, how to tie basic knots and how to cast. The clinic will start off inside the NAC classroom at noon and will move outdoors to practice casting. If participants have their fishing license they are able to go down to

the dock and cast out into American Lake.

The April 19 clinic is open to women only and will also include female instructors. Active duty females or spouses are invited to learn fishing techniques. Both clinics are from noon to 5 p.m. Registration is required and can be done online at JBLMmwrRegistration.com.

The McChord Top-3 Association is sponsoring a free youth fishing derby April 19 at Carter Lake on McChord Field. The event is open to children 14 years old and younger. The lake will be stocked with trout and some fishing poles will be available. The event starts at 8 a.m. and separates the young anglers into age groups.

ON THE SCHEDULE

Intramural basketball championship April 4

Intramurals: The top two JBLM intramural basketball teams will play for the base championship April 4 at Wilson Sports and Fitness Center at 6:45 p.m.

The 494th Brigade Support Battalion won the best of JBLM title last year.

Learn the basics of fishing at clinic

Outdoors: The Outdoor Recreation program and the Washington Department of Fish and Wildlife will host free fishing clinics for JBLM DOD ID cardholders.

The clinic will take place April 5 at American Lake and is open to women only April 19. Learn basic low-land fishing techniques and strategies.

Those who wish to catch a fish in American Lake must have a valid Washington state fishing license.

Register at jblmmwrregistration.com or call 253-967-6263 for more information.

Cross-country series to begin next month

Intramurals: The JBLM cross-country series dates are April 9, 16 and 23 at a new 5K course behind Stone Education Center. Race time is 5:30 p.m.

For more information call 253-967-4768.

Salute to Armed Forces scheduled for April 26

Leisure: The Seattle Mariners' annual Salute to Armed Forces game is April 26 at 6:10 p.m. The Mariners will have a special pre-game program to honor the Armed Forces, veterans and support organizations.

Discount tickets are available for all military personnel, their families and friends.

The deadline to purchase tickets is April 25 at noon.

Young JBLM runners invited to annual run

Youth sports: The Armed Forces Kids Run at Cowan Stadium is April 26 at 9 a.m.

The run includes age-appropriate distances for ages 5 to 16. All participants receive a JBLM America's Armed Forces Kids Run T-shirt.

Registration forms are available at CYSS Sports or online at jblmmwr.com.

593rd ESC triathlon scheduled for May 10

Races: Compete as an individual or a team in the 593rd Expeditionary Sustainment Command's "Rest Assured Challenge" Triathlon May 10.

The event includes a 500-meter pool swim, a 90 km bicycle ride and a three mile run. The event is limited to 300 participants.

For more information call 253-477-5595.



Photos by Scott Hansen/Northwest Guardian

ABOVE: Pamela Metzger completes a chest press exercise during a recent TRX 90 Challenge at Jensen Family Health and Fitness Center on Lewis Main.

CHALLENGE

Continued from Page B1

Education program at Madigan Army Medical Center wraps up and he leaves for his assignment. Ammons and his colleagues haven't made a plan yet of how they'll celebrate completing the TRX challenge, but Ammons has a suggestion.

"Maybe have a second slice of cheesecake," he said.

People of all levels from novice to TRX veteran can jump in at any time to sign up for the challenge. More than 100 people are getting in an hour of high-intensity, low-impact exercise Monday-Friday with classes offered 6:30 to 7:30 a.m., 10 a.m. to 1 p.m. and 3 to 6:30 p.m.

Elizabeth Walker was attending other fitness classes at Jensen when she decided to give TRX a shot. Estrada told the Army spouse about the challenge and she committed to it. Walker is in class four to five days a week and two weeks in continues to see



ABOVE: Elizabeth Walker, right, of Lacey, completes a torso rotation exercise during a recent TRX 90 Challenge on JBLM Lewis Main.

improvement in her performance each time.

"It's an hour of strength training that I normally wouldn't get if I just came to the gym," Walker said. "I would jump on a machine for 30 minutes."

During each class Estrada

demonstrates each workout and participants determine their own degree of difficulty. He corrects posture, and if he sees a workout is too easy, he challenges them by making slight adjustments.

A recent class focused on the core with planks and sit-ups.

Estrada adds his humor during difficult times of the workout by saying things like "I forgot to start the watch" or "This is the last time today until tomorrow."

Pamela Metzger's first class was a challenge but she felt accomplished when she completed an hour.

After the Army spouse completed her 30th TRX workout, Metzger treated herself to a new pair of gym shoes as a reward for her personal goal. Now she's working toward No. 60.

"It's intense but it's low impact," Metzger said. "That's what I look for in a workout. I have two children I have to keep up with, I can't be hurting myself at the gym."

Estrada is a retired Soldier and a certified master fitness trainer. He has tried many different programs, but prefers TRX because it's a functional workout that anyone can do.

"I promote it because I believe it," he said.

Somer Breeze-Hanson: somer.breeze-hanson@nwgardian.com, @somerBhanson

SHOOTING

Continued from Page B1

Championships in September.

Leading the way in the rifle event are 2012 Olympians Sgt. 1st Class Eric Uptagrafft and Staff Sgt. Michael McPhail. The duo will compete against a stacked field in the Men's Rifle Prone event that kicks off Tuesday. Included in the field are the 2012 Olympic Silver and Bronze Medalists from London: Lionel Cox of Bel-

gium and Slovenia's Rajmond Debevec.

"World Cups are significantly more competitive than some of the other competitions we attend," Parker said. "Countries from all over the world send their best athletes to win medal ... making a World Cup an extraordinary event."

Also competing in rifle are Staff Sgt. Joe Hein in Men's Three-position rifle; Staff Sgt. George Norton, Air Rifle; and Sgt. Erin Lorenzen, Women's Three-position rifle. Hein

is a past World Cup gold medalist, while Lorenzen makes her first appearance at a World Cup.

Two pistol shooters will be part of the U.S. team - Sgt. 1st Class James Henderson and Staff Sgt. Brad Balsley. While Balsley will go for gold in Men's Rapid Fire, Henderson will be looking to build on a strong performance at the U.S. World Cup selection match in Colorado Springs in February. The eight-time Interservice Pistol champion and 2009 National Pistol champion turned his attention to

Olympic-style pistol shooting over the past year and looks to continue his progression in Men's Free Pistol. Henderson said he is excited to begin his quest for the 2016 Olympics in comfortable surroundings.

"I'm really looking forward to competing in front of the home crowd," Henderson said. "I've had a good start to the year thanks to hard work, dedication and input from my teammates. Now I have to go out and perform on the big stage."

The World Cup kicks off Friday

with the Men's Air Rifle and Women's Air Pistol events and concludes Wednesday. For match results follow AMU at facebook.com/USMAU1956 and at Twitter @USAMUSoldiers.

USAMU is part of the U.S. Army Accessions Brigade, Army Marketing and Research Group and is tasked with enhancing the Army's recruiting effort, raising the standard of Army marksmanship and furthering small arms research and development to enhance the Army's overall combat readiness.

Easter Dash

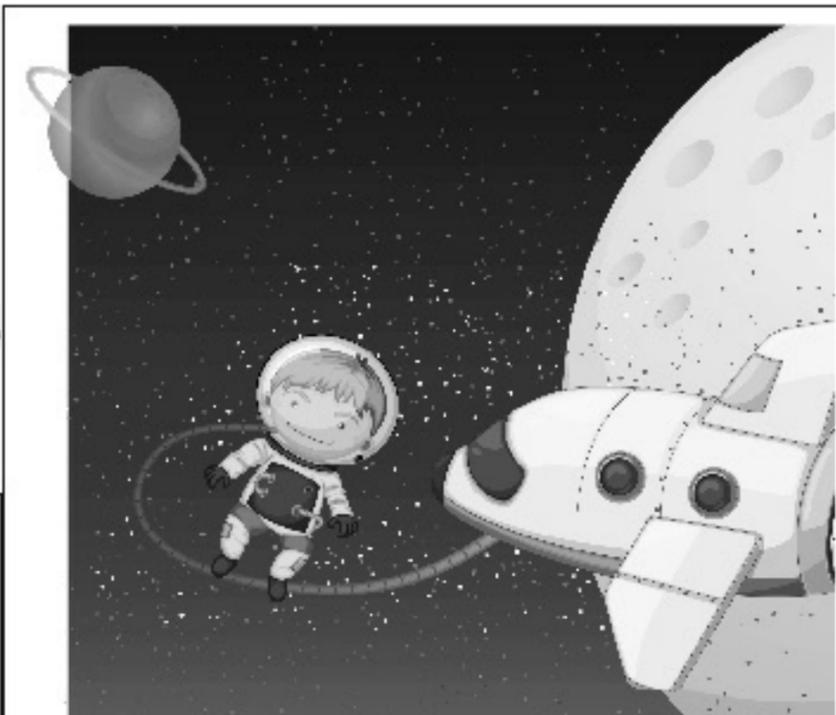
☆ EGG SCRAMBLE ☆
APRIL 20TH
GOWAN STADIUM

EASTER SUNDAY!
 If you would like to volunteer to assist BOSS with this event, sign up in the ROSS Office NLT 14 April

OPEN TO THE COMMUNITY!
 BRING YOUR BASKET

AGES 3 & UNDER, 9 - 12:00PM
 AGES 4-7, 2 - 2:00PM
 AGES 8-12, 3 - 3:00PM

FREE!



Kids' Fest 2014

Across the Universe

Free Admission * Entertainment
 Crafts * Exhibits * Free Bowling

Thursday, April 3, 1-4:30 p.m.
AFC Arena, Bowl Arena & MWR Fest tent

JBLM youth are invited to Kids' Fest for an out-of-this-world great time to kick off Month of the Military Child! Learn about outer space through hands-on activities and crafts with the Hands on Children Museum, Pacific Science Center and the Museum of Flight.
 AFC Arena is located at 2275 Liggert Ave. at Lewis Main. Details: 253-967-5775

\$39 WEEKDAY SPECIAL
 APRIL 1 - OCT. 31, 2014

Pay just \$89 for greens fees, shared cart, for 18 holes & \$85 food voucher

Call for a tee time! **Savings of \$19!**
 Eagles Pride: 253-967-6522
 Whispering Pines 253-862-4927

Privileges accessible to all golfers Monday-Friday, excludes holidays, DONSAs and Innkeepers. Eagles Pride Golf Course is open to military & civilian golfers.

FREE!

2nd annual Aquatic Egg Hunt at Kimbro Indoor Pool Sat., April 19

Goodie bags for each child. One "magic" egg prize per age group. Two egg hunt times available for each age group.

Online registration required at jblmMWRregistration.com.
 Call 253-967-5026 for details.

6-8am-2pm: 11-11:15 a.m. or 12:40-12:55 p.m. (parent must be in the water)
 3-4 yrs: 11:20-11:55 a.m. or 1-1:15 p.m. (parent must be in the water)
 5-6 yrs: 11:40-11:55 a.m. or 1:20-1:35 p.m.
 7-8 yrs: noon-12:15 p.m. or 1:40-1:55 p.m.
 9-12 yrs: 12:20-12:35 p.m. or 2-2:15 p.m.

THE BOSS AMAZING RACE

APRIL 26, JBLM LEWIS-NORTH

TEAMS OF TWO, OUTSMART, OUT-MUSCLE & OUT-ENDURE...

MOUNTAIN BIKING • KAYAKING • ZIPLINE • ROCK WALL
 CONFIDENCE COURSE • FOOD CHALLENGE & MORE!

REGISTRATION DEADLINE: APRIL 7

REGISTER AT THE BOSS OFFICE, LOCATED WITHIN THE WAR/OP ZONE, MON-FRI 1000-1600
 CODE: 520-SERVICE MEMBER 530-WARRIOR SERVICE MEMBERS & DEPENDENTS 16+

Upgraded • Affordable
Book your Conference or Team-Building Event today!
 Call 253-964-1209.

AMERICAN LAKE Conference Center
 AT JOINT BASE LEWIS-MCGHORD

KIDSRUN

ENTER FROM 44
 • Lewis Youth Center
 • McChord Youth Center
 • Lewis Commissary
 • McChord Commissary

9 AM - COWAN STADIUM
SATURDAY, APRIL 26

ENTER TODAY • YOUTH AGES 5-THRU-16 • ENTRY IS FREE!
 Registration form on JBLMmwr.com
 Community Update webpage, Youth Sports section

the Bistro at Russell Landing

Warm-up by our fireplace & look out over American Lake at Lewis North.

Lunch served Mon-Fri 11 a.m. - 2 p.m.

Book your private party with us!

EatattheBistro.com

0981, American Lake Ave. • JBLM Lewis North • 253-964-2813

Indoor & Outdoor Affordable Spaces
Book your spring or summer party today!
 Local lodging available. Call 253-964-1209.

AMERICAN LAKE Conference Center
 AT JOINT BASE LEWIS-MCGHORD

EARTH DAY

FLEA MARKET

APRIL 26 | 9 AM - 1 PM
\$24: For two 6ft. tables or spaces

AFC ARENA & MWR FEST TENT
 FOR INFO CALL (253)967-6772

YOUTH SPORTS

Sport	Age Group	Cost	Days	Time	Location
Baseball	U-12	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	13-18	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	19-24	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	25-34	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	35-44	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	45-54	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	55-64	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	65-74	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	75-84	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	85-94	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	95-104	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	105-114	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	115-124	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	125-134	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	135-144	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	145-154	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	155-164	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	165-174	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	175-184	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	185-194	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	195-204	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	205-214	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	215-224	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	225-234	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	235-244	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	245-254	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	255-264	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	265-274	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	275-284	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	285-294	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	295-304	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	305-314	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	315-324	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	325-334	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	335-344	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	345-354	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	355-364	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	365-374	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	375-384	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	385-394	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	395-404	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	405-414	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	415-424	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	425-434	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	435-444	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	445-454	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	455-464	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	465-474	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	475-484	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	485-494	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	495-504	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	505-514	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	515-524	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	525-534	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	535-544	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	545-554	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	555-564	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	565-574	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	575-584	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	585-594	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	595-604	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	605-614	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	615-624	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	625-634	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	635-644	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	645-654	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	655-664	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	665-674	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	675-684	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	685-694	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	695-704	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	705-714	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	715-724	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	725-734	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	735-744	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	745-754	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	755-764	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	765-774	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	775-784	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	785-794	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	795-804	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	805-814	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	815-824	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	825-834	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	835-844	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	845-854	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	855-864	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	865-874	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	875-884	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	885-894	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	895-904	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	905-914	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	915-924	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	925-934	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	935-944	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	945-954	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	955-964	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	965-974	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	975-984	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	985-994	\$150	Mon-Fri	4:00-6:00 PM	McChord
Baseball	995-1004	\$150	Mon-Fri	4:00-6:00 PM	McChord

SPRING BREAK COMPETITION

Great Prize: Award \$2000 to the Player(s) who scores the most in the Spring Break Competition.

Sign up to be the Player(s) who scores the most in the Spring Break Competition.

Scan this code to sign up for 2014 info via email.

KEEP IN TOUCH ON THE GO!
 with JBLM MWR's apps for iOS & Android. Event Info, GPS directions & Hours of Operation

JBLM
NORTHWEST

guardian weekend

SECTION C

ALSO INSIDE:

For more fun things to do,
see the Leisure Calendar, C2

MARCH 28, 2014 • AUTHORIZED NEWSPAPER OF JOINT BASE LEWIS-MCCHORD, WASHINGTON • NWGUARDIAN.COM



COVER STORY

Ready to roll

NEW COED ROLLER DERBY TEAM SET TO TAKE
FLOOR FOR SEASON OPENER AT AFC ARENA, C3

Lewis-McChord Leisure

FOR THE WEEK OF
MARCH 28 TO APRIL 3

28

BATTLE BEAN CAFÉ at AFC ARENA Call 964-8837 for hours. Pick up an 8-oz. Nutty Irishman for only \$2 during March – a mocha, Irish cream flavor and hazelnut coffee delight.

THE CLUB AT McCHORD FIELD 11 a.m.–1 p.m. Try our soup of the day.

CASCADE COMMUNITY CENTER 11 a.m.–1 p.m. Fried catfish and hush puppies. Karaoke at 9 p.m. in Heroes Lounge.

STRIKE ZONE CAFÉ at BOWL ARENA LANES 11 a.m.–10:30 p.m. Soup & sandwich daily specials.

THE CADDY SHACK AT EAGLES PRIDE 8 a.m.–1:30 p.m. Try our huge hamburgers and freshly grilled hot sandwiches.

CAFÉ LANCELATTE 6:30 a.m.–12:30 p.m. Get breakfast sandwiches with your made-to-order coffee.

29

McCHORD THEATER 4 & 7 p.m. Free movies. Concessions available for purchase. Visit JBLMmwr.com for what's showing.

WARRIOR ZONE 10 a.m.–1 a.m. Catch college games, NBA & MLB games live. Ages 18 & older only.

HEROES LOUNGE Come in for Saturday night fun. Deejay music starts at 9 p.m. Ages 18 & older only inside the lounge.

30

WHISPERING FIRS HABAÑERO MEXICAN GRILL 7–10:30 a.m., 11 a.m.–2 p.m. Order a hearty breakfast burrito or traditional breakfast for your Sunday morning out.

CADDY SHACK BAR & GRILL AT EAGLES PRIDE GOLF COURSE 8 a.m.–3:30 p.m. Order breakfast and lunch hot off the grill.

31

THE BISTRO at RUSSELL LANDING 11 a.m.–2 p.m. Order any item from our menu anytime, including dinner items.

CASCADE COMMUNITY CENTER 11 a.m.–1 p.m. Beef stew and mashed potatoes.

BOWL ARENA LANES 11 a.m.–10 p.m. 75-cent senior bowling.

CADDY SHACK AT EAGLES PRIDE 8 a.m.–1:30 p.m. Try our Reuben sandwich for lunch.

BATTLE BEAN CAFÉ at AFC ARENA Call 964-8837 for hours. Stop by for breakfast or lunch sandwiches, plus soup & salad.

THE CLUB AT McCHORD FIELD & **HEROES LOUNGE** closed Mondays.

1

THE CLUB AT McCHORD FIELD 11 a.m.–1 p.m. Try the fried chicken buffet on Tuesdays.

BATTLE BEAN at AFC ARENA & STONE EDUCATION CENTER Cranberry Orange & Herb & Cheese scones, Chocolate Chip Cranberry Muffins, Cinnamon rolls, Double Chocolate Chip cookies, Lemon pound cake, Gold Medal Cupcakes & Raspberry Danish – try one with a cup of Battle Bean coffee.

CASCADE COMMUNITY CENTER 11 a.m.–1 p.m. Ginger honey pork tenderloin & roasted potatoes.

THE BISTRO at RUSSELL LANDING 11 a.m.–2 p.m. We have an all-new menu – come taste some roadhouse cooking today.

2

STRIKE ZONE CAFÉ at BOWL ARENA LANES 11 a.m.–10 p.m. All-you-can-eat soft tacos & bowling for \$10 (doesn't include shoe rental) 6:30–8:30 p.m.

WARRIOR ZONE 10 a.m.–11 p.m. Texas Hold 'Em & table games every Wednesday.

WHISPERING FIRS HABAÑERO MEXICAN GRILL 7:30–10:30 a.m. 11 a.m.–2 p.m. Can you meet "The Hump" 6-pound burrito challenge? Eat it by yourself in an hour & it's free. (Reg. price: \$14.95). Wednesday only.

CASCADE COMMUNITY CENTER 11 a.m.–1 p.m. Cabbage rolls and noodles; Heroes Lounge open 4–9 p.m.

THE CLUB AT McCHORD FIELD 11 a.m.–1 p.m. Hump Day Burger Special

THE BISTRO at RUSSELL LANDING 11 a.m.–2 p.m. Yummy. – a burger hits the spot for lunch.

3

THE CADDY SHACK AT EAGLES PRIDE 8 a.m.–1:30 p.m. Try our huge hamburgers and freshly grilled hot sandwiches.

CASCADE COMMUNITY CENTER 11 a.m.–1 p.m. Barbecue chicken and jasmine rice; Heroes Lounge is open 4–11 p.m.

WARRIOR ZONE 10 a.m.–11 p.m. Order our flatbread pizzas, grilled sandwiches and more.

THE CLUB AT McCHORD FIELD 11 a.m.–1 p.m. Get your lunch hot off the grill.

THE BISTRO at RUSSELL LANDING 11 a.m.–2 p.m. Order our two-handed sandwiches! See the menu at JBLMmwr.com.

WHISPERING FIRS HABAÑERO MEXICAN GRILL 7:30–10:30 a.m., 11 a.m.–2 p.m. Our taco salad hits the spot.

JOINT BASE LEWIS-MCCHORD MARKETPLACE DIRECTORY

Battle Bean at AFC Arena	964-8837
Bowl Arena Strike Zone	967-4661
Caddy Shack Bar & Grill	964-2792
Cascade Community Center/ Heroes Lounge	964-0331
Globemaster Grill at McChord Club	982-5581
McChord Catering	982-8175
Sounders Lanes Strike Zone	982-5372
The Bistro at Russell Landing	964-2813
The Warrior Zone (Lewis North)	477-5833
Whispering Firs Habanero Mexican Grill	982-3271

Area code:253

To see menus, visit JBLMmwr.com.

AT THE MOVIES

CAREY THEATER, LEWIS MAIN

Non-stop (PG13) Friday, 7 p.m.
The Lego Movie (PG) Saturday, 10 a.m.
Non-stop (PG13) Saturday, 2 p.m.
Free audience appreciation movie
Saturday, 7 p.m.
The Lego Movie 3D (PG) Sunday, 11 a.m.
3 Days to Kill (PG13) Sunday, 3 p.m.

12 Years a Slave (R) Sunday, 7 p.m.
The Lego Movie (PG) Wednesday, 7 p.m.

MCCHORD THEATER

Anchorman 2: The Legend Continues (PG13) Saturday, 4 p.m.
The Hobbit: The Desolation of Smaug (PG13) Saturday, 7 p.m.

MOVIE TIMES

Movie times are provided by Cinema Source and local theaters and are subject to change.

TACOMA AREA

BLUE MOUSE THEATRE: 253-752-9500

Frozen (PG) 7

GRAND CINEMA: 253-593-4474

The Grand Budapest Hotel (R) 11:30, noon, 1:45, 4:05, 6:40, 9, 9:10 **Walking the Camino**

(Not Rated) 2:15, 4:40, 7 **The Wind Rises (PG-13)** 11:45, 2:30, 5:15, 8 **Tim's Vermeer (PG-13)** 11:55, 2, 4:20, 6:30, 8:30

LAKELWOOD TOWNE CENTER CINEMAS: 888-262-4386

300: Rise of an Empire (R) 3:15, 8:45 **300: Rise of an Empire 3-D (R)** 4:50, 11:35 **Cesar Chavez (PG-13)** 10:10, 12:40, 3:10, 5:40, 8:10, 10:35 **Divergent (PG-13)** 9:40, 10:40, 11:40, 12:50, 1:50, 2:50, 4, 6, 7:25, 9:15, 10:40 **Mr. Peabody & Sherman (PG)** 9:30, noon, 4:40, 9:20 **Mr. Peabody & Sherman 3-D (PG)** 2:20, 7 **Muppets Most Wanted (PG)** 9:50, 10:50,

12:30, 1:30, 4:15, 6:50, 10:15 **Need for Speed (PG-13)** 5:50 p.m. **Need for Speed 3-D (PG-13)** 1:40, 7:20 **Noah (PG-13)** 10, 11, 1, 2, 4:10, 5:10, 7:10, 8:15, 9:30, 10:10, 11:20 **Non-Stop (PG-13)** 5 **Sabotage (R)** 10:05, 12:45, 3:20, 6:10, 8:50, 11:35 **The Grand Budapest Hotel (R)** 9:45, 12:10, 2:40, 5:20, 7:50, 10:20 **The Lego Movie (PG)** 11:10 a.m. **Tyler Perry's The Single Moms' Club (PG-13)** 7:40, 10:25

REGAL LAKEWOOD STADIUM 15: 800-326-3264, 411

300: Rise of an Empire (R) 6:50 **300: Rise of an Empire 3-D (R)** 3:10, 100 **Bad Words (R)** 11:20, 2, 4:20, 7, 9:50 **Divergent (PG-13)** 11:30, 12:10, 1:10, 2:50, 3:40, 4:30, 6:20, 7:10, 8, 9:30, 10:20, 11:10 **God's Not Dead (PG)** 11:05, 1:55, 4:45, 7:50, 10:40 **Mr. Peabody & Sherman (PG)** 12:30, 3, 6:15, 9:20 **Muppets Most Wanted (PG)** 11:40, 12:40, 3:30, 4:10, 7:05, 9:55 **Need for Speed (PG-13)** 12:20, 6:40 **Need for Speed 3-D (PG-13)** 3:25, 10:05 **Noah (PG-13)** 11, noon, 1, 3:20, 4, 4:40, 6:30, 7:20, 8:10, 9:40, 10:30, 11:15 **Non-Stop (PG-13)** 6:35, 9:35 **Sabotage (R)** 11:10, 2:20, 5, 7:40, 10:50 **The Grand Budapest Hotel (R)** 11:25, 2:10, 4:50, 7:30, 10:10 **The Lego Movie (PG)** 11:50 a.m.

PUYALLUP

LONGSTON PLACE: 253-770-3456

300: Rise of an Empire (R) 1:50, 4:50, 7:50
300: Rise of an Empire 3-D (R) 10:35 p.m.
Divergent (PG-13) 12:40, 1:20, 3, 4, 5:40, 6:10, 7:10, 8:50, 9:20, 10:20 **Mr. Peabody & Sherman (PG)** 12:20, 3:10, 6:20, 9 **Need for Speed (PG-13)** noon, 3:50, 7:20, 10:40 **Noah (PG-13)** 12:10, 1, 1:40, 3:20, 4:20, 5:10, 6:30, 7:30, 8:20, 9:40, 10:30 **Non-Stop (PG-13)** 1:10, 4:10, 7:15, 10 **Ride Along (PG-13)** 12:50, 3:30, 6:40, 9:10 **Sabotage (R)** 1:40, 4:40, 7:40, 10:45 **Son of God (PG-13)** 12:15, 3:40, 6:50, 10:10 **The Grand Budapest Hotel (R)** 12:30, 4:30, 7, 9:30

SOUTH HILL MALL SIX: 253-445-8801

12 Years a Slave (R) 6, 9:15 **American Hustle (R)** 6:30, 9:30 **Frozen (PG)** noon, 3 **Muppets Most Wanted (PG)** 12:30, 1:30, 3:30, 4:15, 7, 9:45 **Stalingrad (R)** 1, 7:30 **Stalingrad 3-D (R)** 4:30, 10:20 **The Lego Movie (PG)** 12:15, 4, 7:15, 9:40 **The Monuments Men (PG-13)** 12:45, 3:45, 6:45, 10

BONNEY LAKE

REGAL TALL FIRS 10: 253-891-5445

300: Rise of an Empire 3-D (R) 6:10, 9:30
Divergent (PG-13) 12:10, 1, 3:20, 4:20, 6:40, 7:30, 9:50, 10:40 **Mr. Peabody & Sherman (PG)** 1:10, 4:10, 6:50, 9:20 **Muppets Most Wanted (PG)** 12:30, 3:40, 6:20, 9:10 **Need for Speed (PG-13)** 12:20, 10 **Need for Speed 3-D (PG-13)** 3:50, 7 **Noah (PG-13)** noon, 12:50, 3:10, 4, 6:30, 7:20, 9:40, 10:30 **Non-Stop (PG-13)** 1:20, 4:30, 7:10, 10:10 **Sabotage (R)** 1:30, 4:40, 7:40, 10:20 **The Lego Movie (PG)** 12:40, 3:30

GIG HARBOR

GALAXY UPTOWN THEATRE: 253-857-7469

300: Rise of an Empire (R) 4:30, 7:10, 9:45
Divergent (PG-13) 10:45, 11:45, 12:30, 2:45, 3:30, 4, 6:30, 6:45, 7:25, 9:45, 10:15, 10:35 **Mr. Peabody & Sherman (PG)** 2:35, 5:10, 7:25 **Mr. Peabody & Sherman 3-D (PG)** noon, 9:40 **Muppets Most Wanted (PG)** 10:15, 1:15, 4:15, 7:15, 10 **Noah (PG-13)** 10, 12:30, 1:10, 3:45, 4:15, 7, 7:30, 10:15, 10:35 **Noah (PG-13, 21+)** noon, 3:15, 6:30, 9:45 **Sabotage (R)** 10:15, 1:30, 4:25, 7:15, 10 **The Lego Movie (PG)** 1

See MOVIES, C4

Weekend Cover Story

ROLLING THROUGH TRAGEDY

Skaters form a cast iron family on, off track

People of all walks welcomed into tight-knit group in a rough-and-tumble sport

BY DEAN SIEMON
Northwest Guardian

Rachel Wyrick started to skate for a local roller derby team at Joint Base Lewis-McChord's AFC Arena in December 2011, a few months after her husband was killed while deployed in Afghanistan.

While she has yet to compete in a bout because of a torn abdominal muscle, Wyrick said being a part of the roller derby community at JBLM, most recently with the Cast Iron Skaters club, has been therapeutic through the rough times.

Many of the members of the Cast Iron Skaters say the team is like a family of families; everyone is there to support each other.

"I don't know if it would have been the same on another team because it's military," Wyrick said. "People understood if I started crying during practice."

The co-ed derby squad began practicing last fall to prepare for the season opener Saturday against OneWorld Roller Derby of Seattle at the AFC Arena on Lewis Main at 6 p.m.

The sport has brought together more than 20 participants made up of service members, spouses, civilian employees, contractors and even those not affiliated with the installation.



The Cast Iron Skaters scrimmage in preparation for their debut bout Saturday at the AFC Arena on JBLM Lewis Main. The team consists of service members, family, civilians, contractors and people unaffiliated with the installation. Their first bout is against OneWorld Roller Derby.

Scott Hansen/
Northwest
Guardian

Family support

Like Wyrick, many of the skaters for the Cast Iron Skaters are military spouses.

While not all of them have lost loved ones, everyone can relate and sympathize. There are active duty service members, prior service and retired military on the team, as well as spouses who have waited at home while their service members were overseas.

"It gives you the extra military

family," said Tech. Sgt. Rebecca Schmidt of the 62nd Aerial Port Squadron. "It gives you a new family where everyone can accept you no matter what your issues are."

That roller derby family expands outside JBLM, even outside Washington and the rest of the United States.

Team co-founder Jacqueline Dow began skating with the Roller Girls of the Apocalypse in 2010

while her and her husband, Dennis, were stationed at Ramstein Air Base in Germany. Shortly after being transferred to JBLM, Dow was accepted by the JBLM derby team at the time as one of their veterans.

With the Cast Iron Skaters, the same acceptance is given to new skaters who moved from the East Coast and as far away as Japan.

See SKATERS, C4

WHEN YOU GO

What: Cast Iron Skaters season opener against OneWorld Roller Derby of Seattle

When: Saturday, 6 p.m.

Where: AFC Arena on JBLM Lewis Main

To learn more: go to the team's website at www.castironskaters.com or the "Cast Iron Skaters" Facebook page.

SKATERS

Continued from Page C3

“You will always be welcomed by the derby community,” Dow said.

Children sometimes attend to skate during practices. Despite the current lack of a youth team in the program, children are often skating and learning roller derby basics.

Not just a league of their own

Christopher Qualters knows as a male skater on a co-ed roller derby team, the women on the two teams he’s skated with “try really hard to knock you down.”

It’s a no-win situation if they notice the male skater tries to take it easy on them when it comes to the physical part of the game.

“When you move out of the way, they’re like ‘Oh, I’m really going to have to knock you down,’” Qualters said.

It would be an understatement that Qualters has been knocked down a few times while skating with women. Originally a team photographer for the Bettie Brigade, he skated with the women for fun.

But with the co-ed Cast Iron Skaters, the men and the women compete on the track together. It’s a change of pace that adds another level to practice and makes everyone better.

“It gives you a lot of difference you wouldn’t be able to get skating with just women,” Schmidt said. “It gives us an extra level to practice with.”

It also adds another demographic for JBLM’s newest derby squad with different parts of installation represented.

Being yourself

Apart from the sense of family roller derby brings, it also allows many of the athletes to be themselves – evidenced by face paint and derby names.

During the day Schmidt works in an office in uniform. When it comes to bouts, she lets her hair down, puts on crazy make-

There’s always a certain person that makes my life pretty difficult at work, so it’s nice to be able to relieve all of that. It’s nice to be able to use it as fuel out here.”

JACQUELINE DOW,
team co-founder

up and wears a jersey with the name “Tasty Bits.”

“I get to be something that I can’t be every day at work, so it’s nice to be able to do that,” Schmidt said.

It also helps to have practice after a day at work and release frustration.

“There’s always a certain person that makes my life pretty difficult at work, so it’s nice to be able to relieve all of that,” Schmidt said. “It’s nice to be able to use it as fuel out here.”

For female skaters like Dow, it’s a suitable sport for those who grew up as tom-boys – one of the many qualities of the roller sport.

“I can act like an ass and be myself,” she said.

Getting the ball, or skates, rolling

Since Dow and Wyrick co-founded the Cast Iron Skaters, one of the main factors in accepting new skaters was making sure they had the personality to join a family atmosphere that accepts new members from all walks of life, regardless of talent and skill.

And don’t worry if you’ve never skated before; the others will teach you.

“You may get people who have never skated before and after three or four months,

they just have that knack and they transition into awesome skaters,” Dow said. “They’re probably some of our top skaters now.”

Practices are Wednesdays and Sundays from 6:30 to 8:30 p.m. The Cast Iron Skaters are still a young squad, seeking new members to expand to the long-term goals of having separate teams for men, women and children.

“Just come and have fun and enjoy the physical fitness part of it,” Dow said.

*Dean Siemon: dean.
siemon@nwgardian.com;
@deansiemon*

MOVIES

Continued from Page C4

OLYMPIA/LACEY

■ **MARTIN VILLAGE STADIUM 16:**
360-455-5003

300: Rise of an Empire (R) 1:20, 7:05
3-D (R) 4:30, 10:05 **Bad Words** (R) 12:40, 3:50, 7:40, 10:10 **Divergent** (PG-13) 11:30, 12:30, 2:50, 3:50, 6:20, 7:10, 9:50, 10:35 **God’s Not Dead** (PG) 12:20, 3:30, 6:40, 9:30 **Mr. Peabody & Sherman** (PG) 11:25, 1:50, 4:20, 6:55, 9:25 **Muppets Most Wanted** (PG) noon, 1:10, 3:10, 4, 7, 9:45 **Need for Speed** (PG-13) 12:10, 3:40, 6:45, 10 **Noah** (PG-13) 11:50, 1:40, 3:20, 5:10, 6:30, 8:30, 9:40 **Noah: IMAX** (PG-13) 12:50, 4:10, 7:20, 10:30 **Non-Stop** (PG-13) 1, 3:45, 6:50, 9:35 **Sabotage** (R) 11:20, 2:10, 5, 7:50, 10:40 **Son of God** (PG-13) 6:10, 9:20 **The Grand Budapest Hotel** (R) 1:30, 4:40, 7:30, 10:20 **The Lego Movie** (PG) 11:40, 2:20, 4:50, 7:15, 9:55

■ **CENTURY OLYMPIA:**
800-326-3264

3 Days to Kill (PG-13) 12:40, 9:35 **300: Rise of an Empire** (R) 11:40, 2:25, 4:55, 7:40, 10:25 **300: Rise of an Empire 3-D** (R) 8:10, 10:40 **Divergent** (PG-13) 11:20, 12:30, 2:30, 3:45, 5:40, 7, 9, 10:10 **Mr. Peabody & Sherman** (PG) 11:15, 1:45, 4:20, 7:20, 9:55 **3-D** (PG) 11:50, 2:15, 5:10 **Muppets Most Wanted** (PG) 11:10, 12:20, 1:50, 3:10, 4:30, 6, 7:10, 8:40, 9:50 **Need for Speed** (PG-13) 3:20, 9:45 **3-D** (PG-13) 12:10, 6:40 **Noah** (PG-13) 11, 12:15, 2:10, 3:30, 5:20, 7:15, 8:45, 10:20 **Non-Stop** (PG-13) 11:25, 2, 4:50, 7:30, 10:15 **Sabotage** (R) 11:30, 2:20, 5, 7:45, 10:30 **The Lego Movie** (PG) 1:35, 4:10, 6:50, 9:30 **3-D** (PG) 11 a.m. **The Monuments Men** (PG-13) 3:40, 6:45 **YELM**

■ **YELM CINEMAS: 360-400-3456**

300: Rise of an Empire (R) noon, 2:20, 4:40, 7, 9:20 **Divergent** (PG-13) noon, 3, 3:20, 6, 9 **Mr. Peabody & Sherman** (PG) noon, 2:30, 5:10, 7:20, 9:30 **Muppets Most Wanted** (PG) 12:30, 3, 6:05, 8:45 **Need for Speed** (PG-13) 12:25, 3:10, 6, 8:50 **Noah** (PG-13) 12:15, 3:15, 6:15, 9:10 **Non-Stop** (PG-13) 12:15, 6:15, 8:45 **Sabotage** (R) 12:20, 3:30, 6:30, 9:05

Calendar

NIGHTLIFE

FRIDAY

BUFFINO'S GOLDEN WEST SALOON
5228 South Tacoma Way, Tacoma,
Back Portch Blues Band (9 p.m.). 253-
471-9892.

EMERALD QUEEN I-5 NIGHTCLUB
2024 E. 29th St., Tacoma, Chapter 5 (9
p.m.). 253-594-7777.

FORZA COFFEE COMPANY 5275
Olympic Drive N.W., Gig Harbor.
Burnham Drive with Tim Hall (7 p.m.).
253-858-8033.

THE GIG SPOT 6615 38th Ave. NW, Gig
Harbor. Jody Quine's West Coast Tour
(8 p.m.). 253-853-4188.

JAZZBONES 2803 6th Ave., Tacoma,
The Afrodisiacs and Mr. Pink (8 p.m.).
253-396-9169.

LA GITANA 309 Yelm Ave., E., Yelm.
Vince Brown (6:30 p.m.). 360-400-2929.

ROYAL BEAR PUB AND EATERY 35731
W. Valley Hwy. South, Algonia. The
Boinkers (9 p.m.). 206-628-0888.

SATURDAY

BUFFINO'S GOLDEN WEST SALOON
5228 South Tacoma Way, Tacoma,
Back Portch Blues Band (blues 9
p.m.). 253-471-9892.

EMERALD QUEEN I-5 SHOWROOM
2024 E. 29th St., Tacoma, Keith Sweat
(8:30 p.m.). 253-594-7777.

EMERALD QUEEN I-5 NIGHTCLUB
2024 E. 29th St., Tacoma, Chapter 5 (9
p.m.). 253-594-7777.

JAZZBONES 2803 Sixth Ave., Tacoma,
The Reallionaire Beat Battle (8 p.m.).
253-396-9169.

ROYAL BEAR PUB AND EATERY 35731
W. Valley Hwy. South, Algonia. The
Boinkers (9 p.m.). 206-628-0888.

THE SWISS 1904 S. Jefferson,
Tacoma, Kry (7 p.m.). 253-572-2821.

WESTGATE BAR AND GRILL 5928 N.
26th St., Tacoma, Six House Radius
(8:45 p.m.). 253-756-7072.

SUNDAY

ANTIQUÉ SANDWICH COMPANY 5102
N. Pearl St., Tacoma. Mark Wilson and
His Guitar Orchestra (3 p.m.). 253-
752-4069.

CABALLEROS CLUB 1516 S. 28th St.,
Fingertips (5:30 p.m.). Tacoma. 253-
572-9681.

JOHNNY'S DOCK 1900 E. D St.,
Tacoma, Ron Sanders (5 p.m.). 253-
627-3186.

MONDAY

THE GIG SPOT 6615 38th Ave. NW, Gig
Harbor. Jeff Ross, Dave Hannon and
Corey R-J (8 p.m.). 253-853-4188.

MUSIC

CHORAL / VOCALIST

ADELPHIAN CONCERT CHOIR 8 p.m.
March 28, University of Puget Sound
Kilworth Memorial Chapel, North 18th
Street and Union Avenue, Tacoma.
Free. 253-879-3555, pugetsound.edu.

HARLEM GOSPEL CHOIR 7:30 p.m.
April 3, Washington Center for the
Performing Arts, 512 Washington
St. SE, Olympia. \$14.50-\$49, wcpa.
squarespace.com.

**CHORAL SERIES: CHOIR OF THE
WEST**, Spring Trip Homecoming
Concert, 8 p.m. April 15, Lagerquist
Concert Hall, Mary Baker Russell
Music Center, Pacific Lutheran
University, Tacoma. \$8 general,
\$5 seniors, PLU alumni, Free PLU
community, students and 18 and
younger. 253-535-7411, plu.edu/soac/
events.

CLASSICAL

ORGAN AT NOON 12:05 p.m. March
28, Kilworth Chapel, University of
Puget Sound, North 18th and Warner
streets, Tacoma. Free. 253-879-3555,

pugetsound.edu.

**UP FOR ARTS SPRING ARTS &
CONCERTS** 7-8:30 p.m. fourth Fridays.
March 28: Soprano Leichen Moore
and oil painter Linda Jacobus; April
25: Soprano Christina Kowalski-Holien
with UPS music students and wood
artist Ron Fuller; May 23: Woodwind
Trio d'anches North West featuring
Wendy Wilhelmi, Florie Rothenberg
and Liz Paterson and jewelry
designer/painter Joni Joachims.
University Place Civic Building, 3609
Market St., University Place. \$10
general, \$5 students, free for 2014
UP for Arts members. 253-565-8466,
upforarts.org.

**REGENCY CONCERT SERIES: REGENCY
STRONG QUARTET WITH OKSANA
EZHOKINA** 8 p.m. April 2, Lagerquist
Concert Hall, Pacific Lutheran
University, Tacoma. \$5-\$8. 253-535-
7411, plu.edu/soac/events.

**ARTIST SERIES: NAOMI NISKALA,
PIANIST** 8 p.m. April 4, Lagerquist
Concert Hall, Mary Baker Russell
Music Center, Pacific Lutheran
University, Tacoma. \$8 general,
\$5 seniors, PLU alumni, Free PLU
community, students and 18 and
younger. 253-535-7411, plu.edu/soac/
events.

FEDERAL WAY SYMPHONY Season
Finale, Out With A Bang, 2 p.m. April
6, Federal Way Symphony, 30819
14th Ave. South, Federal Way. Adults;
\$32/ Seniors; \$28/ Students 18+
with valid identification; \$15/ Youth

18 and younger: free. 253-529-9857,
federalwaysymphony.org/events.html.

**RICHARD D. MOE ORGAN SERIES:
ANNIE LAVER, GUEST ORGANIST** 3
p.m. April 6, Lagerquist Concert Hall,
Pacific Lutheran University, Tacoma.
\$15 general, \$10 seniors, PLU alumni,
\$5 PLU community, parent passes,
students and 18 and younger. 253-
535-7411, plu.edu/soac/events.

**ORCHESTRA SERIES:
KAMMERMUSIKERE** 8 p.m. April
8-, Lagerquist Concert Hall, Pacific
Lutheran University, Tacoma. Free
admission, no ticket required. 253-
535-7411, plu.edu/soac/events.

IL DIVO 7 p.m. April 9, Benaroya Hall,
200 University St., Seattle.

**UNIVERSITY OF PUGET SOUND
CONCERT BAND AND WIND
ENSEMBLE** 7:30 p.m. April 11,
University of Puget Sound
Schneebeck Concert Hall, North 14th
Street and Union Avenue, Tacoma.
Free. 253-879-3555, pugetsound.edu.

**UNIVERSITY WIND ENSEMBLE AND
CONCERT BAND "MOTHER EARTH"**
7:30 p.m. April 11, University of
Puget Sound Schneebeck Concert
Hall, North 14th Street and Union
Avenue, Tacoma. Free. 253-879-3555,
pugetsound.edu.

**DUANE HULBERT, FACULTY PIANO
RECITAL: "THE PASSION OF THE
PIANO"** 2 p.m. April 13, University of

See CALENDAR, C7

Out & About

Contact the Outdoor Recreation Adventure Trips program at 253-967-6263 or go to www.jblmmwr.com/mw_adv_tours.html for details on signing up.

APRIL 17–20

ADVANCED SCUBA COURSE

Review the basics of diving and task load you with underwater activities (underwater navigation, deep diving and search-and-recovery). With this certification, you can dive at a maximum depth of 100 feet. Minimum age: 18. **\$240.**

FRIDAY, APRIL 18

MILITARY APPRECIATION AT STEVENS PASS

Head for the snow and spend the day at Stevens Pass for Military Appreciation Day. Stop by the NAC to get fitted for your gear by April 17. Transportation and gear are provided; lift tickets are not included but can be purchased at the mountain for half-off (with military ID). NAC guides. **\$50**; transportation only: **\$30.**

APRIL 19–20

WHITE SALMON AND WIND RAFT TRIP

This is the perfect combination of rivers for people interested in challenging the class IV-V whitewater of the Wind River (one of the most challenging commercial river rafting runs in the Northwest) but interested in warming up on a slightly less challenging river first. Join us April 19–20 for two whitewater rafting adventures. Your first day is a half-day run on the White Salmon River. We'll camp at Timberlake Campgrounds before heading off the following

morning for a day of action on the Wind River (class III–V). The trip includes transportation, rafting gear, camping equipment and lunch both days. In-house trip with NAC expert guides. Minimum age: 18. **\$250.**

SATURDAY, APRIL 19

WESTPORT CRAB FEST

Head to the Westport Crab Fest and learn to catch, identify and cook crabs during the World Class Crab Races, Derby and Feed. You might have a chance to catch the \$500 crab. Join in the festivities, which include crab races and dinner (while supplies last). Gear and bait are included; entrance fees to activities and dinner aren't. Required fishing licenses are available at the NAC. Popular Family trip; reasonable accommodations can be made for persons with special needs. **\$35.**

SUNDAY, APRIL 20

PIKE PLACE MARKET/ RIDE THE DUCKS

You haven't seen Seattle until you've seen it from a Duck. Coast Guard-certified maritime captains will take you on a musical tour of the Emerald City. Amphibious World War-II vehicles will show you Seattle from both land and water Sunday, April 20. You'll see downtown, Pike Place Market, historic Pioneer Square and funky Fremont before splashing into Lake Union for a spectacular view of the city skyline, luxurious yachts and Sleepless in Seattle houseboats. You'll also have time to walk around Pike Place Market. Popular family trip; reasonable accommodations can be made for persons

with special needs; in-house trip with NAC expert guides. **\$45**; ages 3–12: **\$35**; ages 0–2: **\$30.**

HOPE ISLAND DAY KAYAK

Head out for a paddle and walk around Hope Island's beaches and tide pools. You'll have the chance to see wildlife such as bald eagles, harbor seals and starfish. Paddle distance: about six miles. In-house trip with NAC expert guides. Minimum age: 15. **\$40.**

TUESDAY, APRIL 22

EMERGENCY FIRST RESPONDER CLASS

Explore and master the techniques of administering First Aid and CPR on everyone from infants to adults. Minimum age: 15. **\$80.**

APRIL 23–26

RESCUE SCUBA COURSE

One of the most important courses in recreational diving is the rescue course. Learn to rescue yourself and others, how to recognize equipment failures and build confidence. Minimum age: 15. **\$240.**

SATURDAY, APRIL 26

HIKE MOUNT SI

Hike one of the most popular trails in Washington. The route to the summit meanders through several ecosystems and provides views of more

than 3,000 feet straight down to the valley and I-90, as well as out to the Olympic Mountains and Seattle. This is a strenuous 8-mile round-trip hike. Difficulty: high; elevation gain: 3,800 feet. Minimum age: 10. **\$45.**

WESTPORT BOTTOM FISHING

Get out on the open water and start hauling in fish Saturday, April 26 on a chartered boat trip out of Westport. Rockfish always are plentiful and lingcod are real fighters. Dress in layers. Bring lunch, snacks and rain gear. Fishing gear provided. **\$130.**

SUNDAY, APRIL 27

INTRODUCTION TO MOUNTAIN BIKING

Learn the basics and get plenty of time to work on your new skills. Bike, helmet, and gloves are provided. Location will be determined based on conditions. Difficulty: easy; distance: 5–6 miles; ride time: 4 hours. Minimum age: 12. In-house trip with NAC expert guides. **\$35.**

WATERFALL TOUR

Explore a great concentration of waterfalls. We'll travel along the Historic Columbia River Highway, which has an abundance of small waterfalls viewable from the road, and stop at at least five major waterfalls to include the world-famous Multnomah Falls. We'll stop in Hood River, Ore., for

lunch. Popular family trip; reasonable accommodations can be made for persons with special needs; in-house trip with NAC expert guides. **\$65**; ages 5–12: **\$40**; ages 0–4: **\$15.**

APRIL 28–MAY 4

OPEN-WATER SCUBA CERTIFICATION

The first level of any diver's education. Register and earn the card you need to dive anywhere in the world. The goal is to make you a safe, confident and competent diver. With this certification, you can dive at a maximum of 60 feet. To take this class, you must be able to swim continuously for 200 yards and tread water or float for 10 minutes. There are academic requirements that involve lectures, quizzes and exams. Minimum age: 15. **\$195.**

SATURDAY, MAY 3

SPORTING CLAYS COMPETITION

Join us for this exciting 10-station, 100-target fun shoot Saturday, May 3 at the JBLM Skeet Range. Sporting clays simulates the unpredictability of live-quarry shooting, and is often described as "golf with a shotgun." In-house trip with NAC expert guides. Registration begins at 9 a.m.; shooting begins at 10:30. For details, call 253-967-7056. **\$35.**

WINE AND CHEESE TOUR

Say cheese. Better yet, say local cheese. Enjoy sipping and sa-

voring new wine releases and ciders paired with a variety of cheeses crafted by local artisan creameries. Price includes transportation, event admission and a commemorative glass. Minimum age: 21. **\$75.**

HIKE MOUNT ST. HELENS RIM

The route to the Mount St. Helens Rim gives hearty hikers a small taste of what alpine climbers experience. The trail stretches high up the side of the mountain toward the upper mountain where alpine climbers play. This route isn't for everyone because of snow travel. If this sounds like fun to you, sign up for this overnight trip that leaves that Saturday. Fee includes guides, Alpine permit, dinner/breakfast and equipment. This is a strenuous 10-mile round-trip hike. In-house trip with NAC expert guides. Difficulty: high; elevation gain: 5,000 feet. Minimum age: 18. **\$140.**

SUNDAY, MAY 4

WHALE WATCHING

Early spring provides a unique opportunity to view migratory gray whales in the waters of the Puget Sound. Join us on a three-hour boat trip for plenty of chances to see them and other wildlife. Popular family trip; reasonable accommodations can be made for persons with special needs. **\$65**; ages 13 & younger: **\$55.**

See OUT, C7

OUT

Continued from Page C6

MAY 5-11

OPEN-WATER SCUBA CERTIFICATION

The first level of any diver's education. Register and earn the card you need to dive anywhere in the world. The goal is to make you a safe, confident and competent diver.

With this certification, you can dive at a maximum of 60 feet. To take this class, you must be able to swim continuously for 200 yards and tread water or float for 10 minutes.

There are academic requirements that involve lectures, quizzes and exams. Minimum age: 15. **\$195.**

SATURDAY, MAY 10

NAC OPEN HOUSE

You're invited to the annual Open House & Community Yard Sale at the NAC Saturday, May 10.

If you have sport, yard and house items you want to get rid of, rent a table to sell your gently loved items.

To reserve a table for \$10, register and pay at the NAC by May 9. The Open House event is from 9 a.m.-4:30 p.m. and features a rock climbing wall, demonstrations, stocked "fish pond" for youth and more.

Learn about equipment rental and the lakeside cabins and purchase outdoor gear.

SUNDAY, MAY 11

SOL DUC HOT SPRINGS

Take a soak at the Sol Duc Hot

Springs in the Olympic National Forest.

There are three mineral hot spring soaking pools and one freshwater pool of varying temperatures.

Popular family trip; reasonable accommodations can be made for persons with special needs; this is an in-house trip with NAC expert guides. **\$50;** ages 4-12: **\$40;** ages 0-3: **\$25.**

WHITEWATER RAFT THE WENATCHEE

Take a trip down the beautiful Wenatchee River. We'll put in near the Bavarian town of Leavenworth and paddle through many exciting class III rapids.

Popular family trip; reasonable accommodations can be made for persons with special needs; in-house trip with NAC expert guides.

Minimum age: 12. \$65; add \$10 for a barbecue meal; ask about private trips for groups and units — groups of 24 or more are just **\$60** per person.

MAY 12-18

OPEN-WATER SCUBA CERTIFICATION

The first level of any diver's education. Register and earn the card you need to dive anywhere in the world. The goal is to make you a safe, confident and competent diver.

With this certification, you can dive at a maximum of 60 feet.

To take this class, you must be able to swim continuously for 200 yards and tread water or float for 10 minutes. There are academic requirements that involve lectures, quizzes and exams. Minimum age: 15. **\$195.**

CALENDAR

Continued from Page C5

Puget Sound Schneebeck Concert Hall, North 14th Street and Union Avenue, Tacoma. \$12.50 general; \$8.50 seniors, student, military. 253-879-6013, tickets.pugetsound.edu.

COUNTRY

GEORGE STRAIT: THE COWBOY RIDES AWAY TOUR 7 p.m. April 12, Tacoma Dome, 2727 E. D St., Tacoma, Ticketmaster.

JAZZ

JAZZ LIVE AT MARINE VIEW featuring the 2013 Earshot Jazz "Recording of the Year" vocalist Eugenie Jones, 5 p.m. April 13, Marine View Presbyterian Church, 8469 E. Side Drive NE, Tacoma. Free Admission To All Ages. 253-229-9206, marineviewpc.org

R&B AND SOUL

MICHAEL McDONALD 8:30 p.m. April 5, Emerald Queen Casino, 2024 E. 29th St., Tacoma. Ticketmaster

ROCK

KINGS OF LEON WITH LOCAL NATIVES 8 p.m. March 28, KeyArena, 305 Harrison St., Seattle.

RANDY LINDER'S CCR TRIBUTE 7:30 p.m. April 12, Auburn Ave Theater, 10 Auburn Ave., Auburn. \$17 Regular; \$15 Student/Senior. 253-931-3043, auburnwa.gov/arts.

PINK MARTINI 7:30 p.m. April 16, Washington Center for the Performing Arts, 512 Washington St. Southeast, Olympia. \$32 - \$96, wcpa.squarespace.com

EVENTS

CHARITY

COMEDY SHOW: STAND UP FOR MENTAL HEALTH 7 p.m. March 28, Tacoma Community College Auditorium - Bldg 2, 6500 S. 12th St., Tacoma. \$12. 253-565-9000 Ext. 12, standupformentalhealth.com.

CHASE GARDEN VOLUNTEER OPEN HOUSE 10 a.m.-noon. March 29,

Chase Garden, 16015 264th St. E., Orting. Free. 360-893-6739, chasegarden.org.

COMMUNITY

CURRAN APPLE ORCHARD

PRUNING PARTIES 10 a.m.-1 p.m. April 12, 26, Curran Apple Orchard Park, 3920 Grandview Drive W., University Place. Free. 253-565-8466, curranappleorchard.com.

ANNUAL KIDS' DAY AT THE PRAIRIE HOUSE MUSEUM 1-3 p.m. April 2, Prairie House Museum, 812 176th St. S., Spanaway. Free.

THE JORDAN WORLD CIRCUS 2014 5 p.m. April 6, Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. thefair.com

EVERGREEN CHRYSANTHEMUM ASSOCIATION ANNUAL PLANT SALE 9 a.m.-noon April 12, Furney's Nursery, 21215 Pacific Highway, South, Des Moines. Free. 206-878-8010, ecamumclub.org.

ANNUAL PSPCS CAMERA SHOW & SWAP 10 a.m.-4 p.m. April 12, Kent Commons, Fourth and North James, Kent. \$5-\$15. 206-856-7722, pspcs.org/212.html.

2014 MONSTER ENERGY SUPERCROSS 7 p.m. April 12, Century Link Event Center, 800 Occidental Ave. S., Seattle. Ticketmaster

FAIRS & FESTIVALS

BEST OF THE NORTHWEST SPRING SHOW 10 a.m. March 29-30, Magnuson Park, 30th Ave, Seattle.

TACOMA SPRING WEDDING EXPO 9:30 a.m. March 29, 10:30 a.m. March 30,

Tacoma Dome, 2727 E. D St., Tacoma.

CLASSIC FILM FESTIVAL 3 p.m. Fridays. March 28: "The Manchurian Candidate" (1962), Tacoma Public Library-Moore Branch, 215 S. 56th St., Tacoma. Free, tacomapubliclibrary.org. **RATAPALOOZA 2014** 10 a.m.-4 p.m. March 29, Phinney Neighborhood Association Center, 6615 Dayton Ave N, Seattle. \$5 for adults, \$3 for children, kids younger than two free, ratapalooza.com.

SEATTLE CENTER WHIRLIGIG! 2014 April 4-20, Seattle Center Armory, 305 Harrison Street, Seattle. \$1.50-\$7.50. 206-684-7200, seattlecenter.com.

21ST ANNUAL WORLD RHYTHM FESTIVAL 10 a.m. -10:30 p.m. April 5, 10 a.m.-7 p.m. April 6, Seattle Center, 305 Harrison St., Seattle. Free. 206-854-9688, swps.org.

GRAY SKY BLUES FESTIVAL 10 a.m. April 5, Downtown Tacoma, Pacific Ave, Tacoma. 253-230-6851, tacomaevents.com

TACOMA 'GROW LIKE A PRO' INDOOR GARDENING EXPO noon-5 p.m. April 6, Greater Tacoma Convention and Trade Center, 1500 Broadway, Tacoma. \$10 at the door, or receive your free VIP ticket at indoorgardenexpo.com.

WASHINGTON STATE SPRING FAIR PUYALLUP April 10-13, Washington State Fair Events Center, 110 Ninth Ave. SW, Puyallup. Adults: \$10; Kids (6-18): \$8; Kids 5 and younger: free; Kids (0-18) Free on Thursday 4/10 from 2-10 p.m., thefair.com/spring-fair.

HOLIDAY

XTREME ADULT FLASHLIGHT EGG HUNT 8 p.m. April 11, South Sound Church, 1416 26th Ave NE, Olympia. \$10, southsoundchurch.org. **EASTER EGG HUNT** 10 a.m.-4 p.m. April 12, Wilcox Family Farms, 40400 Harts Lake Valley Road S., Roy. Free. 360-458-7774, wilcoxfarms.com.

TALKS

HISTORIC FORT STEILACOOM PRESENTS: THE FLETT FAMILY IN THE PACIFIC NORTHWEST 2 p.m. April 6, Historic Fort Steilacoom, 9601 Steilacoom Blvd. SW, Lakewood. Free. 253-582-5838, historicfortsteilacoom.org.

TACOMA FREE FOR ALL: DRUNKEN TELEGRAPH 7:30 p.m. April 11, Broadway Center for the Performing Arts, 901 Broadway, Tacoma. Free. 253-591-5890, broadwaycenter.org

REDUCE YOUR DEBT, INCREASE YOUR FREEDOM 6 p.m. April 15, Tacoma Public Library- Moore Branch, 215 S. 56th St., Tacoma. Free, tacomapubliclibrary.org.

HISTORICAL PRESENTATION: THE LAKEWOOD WATER DISTRICT 7 p.m. April 15, St. Mary's Episcopal Church, 10630 Gravelly Lake Dr. SW, Tacoma. Free. 253-682-3480, lakewoodhistorical.org.

WORKSHOPS & CLASSES

AAA DRIVER IMPROVEMENT PROGRAM 8:30 a.m.-4 p.m. April 5, The Villas at Union Park, 2010 S. Union Ave., Tacoma. \$16. 800-462-3728, aaawa.com, click on insurance, then driver improvement.