

ARCTIC WARRIOR

JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

JULY 29, 2016 • VOLUME 7 • NO. 30

ARCTIC ANVIL

OPEN HOUSE WEEKEND

SEE PAGE 9

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USARAK, CANADA BRING THE HAMMER AT ARCTIC ANVIL

U.S. and Canadian forces teamed up at Donnelly Training Area near Fort Greely during exercise Arctic Anvil. The joint, multinational exercise includes forces from USARAK's 1st Stryker Brigade Combat Team, 25th Infantry Division and USARAK aviation units, along with forces from the 196th Infantry Brigade's Joint Pacific Multinational Readiness Capability, the Iowa National Guard's 133rd Infantry Regiment and Canada's 1st Battalion, Princess Patricia's Canadian Light Infantry. (U.S. Air Force photos/Justin Connaher)



ABOVE: Canadian Army Maj. Chelsea Anne Braybrook, commander of Bravo Company, 1st Battalion, Princess Patricia's Canadian Light Infantry, walks past her Coyote Armoured Vehicle Sunday during Arctic Anvil.

BELOW: Army First Sgt. Brett Graves, a native of Cincinnati, Ohio, assigned to A Company, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, U.S. Army Alaska, screams for his Soldiers to target an enemy sniper team.



ABOVE LEFT: Pfc. Pedro Sainz, a native of Fort Meyers, Fla., assigned to U.S. Army Alaska's 1st Stryker Brigade Combat Team, 25th Infantry Division, prepares an 81mm mortar for firing in the Yukon Training Area near Fort Wainwright.

LEFT: An AH-64 Apache attack helicopter lands on a road near defensive positions held by A Company, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, U.S. Army Alaska, during a coordinated opposing-forces attack in Donnelly Training Area Monday.

COVER PHOTO: Spc. Caleb Clark, a native of Rome, Ga., assigned to 1 SBCT, looks through the sight of an 81mm mortar in the Yukon Training Area near Fort Wainwright July 23.

WELCOME TO JBER AND OUR NEW LOOK

by **CHRIS MCCANN**
Arctic Warrior editor

THE ARCTIC WARRIOR HAS A NEW format. We want to bring our readers a more dynamic vehicle for the news and information about Joint Base Elmendorf-Richardson.

With the new tabloid-style layout and fresh style, we aim to bring more of what readers want – and more of the great work our Public Affairs specialists do, both in writing and photography. The Arctic Thunder Open House seemed like a great time to unveil the changes. Look for next week’s issue to be packed with plenty of photos of Alaska’s biggest event, the two-day opportunity for members

of the Alaska community to come to JBER and see what we do – from the flight demonstrations to the mechanics, from the Soldiers assaulting the objectives on the ground to the leadership who create strategy and enable our service members to accomplish their missions. Personnel across JBER have worked very hard to create a spectacular experience at this year’s open house, and we urge everyone to

stay safe, stay hydrated, and enjoy everything the installation has to offer this weekend. As ever, we at the Arctic Warrior want to provide the best information, photos and stories to our readers. We look forward to continuing to serve our community – civilians and veterans; retirees and active-duty; Army, Air Force, Marine Corps, Navy, Coast Guard and family members across Alaska and the U.S. ●



The crowd watches as Soldiers and Airmen work together to simulate seizing an airfield as part of the Joint Forces Demonstration at Joint Base Elmendorf-Richardson’s 2014 Arctic Thunder Open House. (U.S. Air Force photo/Capt. Joel Cooke)

AD

JBER WELCOMES NEW HONORARY COMMANDERS

by **AIR FORCE STAFF**
SGT. WILLIAM BANTON
JBER Public Affairs

MILITARY, CIVILIAN LEADERS TEAM UP

Commanders from U.S. Army Alaska, the Alaska National Guard, 477th Fighter Group, 3rd Wing and 673d Air Base Wing gathered at the 525th Fighter Squadron’s Hangar 25 on Joint Base Elmendorf-Richardson with community and business leaders

from Anchorage, Eagle River and the Matanuska-Susitna Borough for the 2016 to 2018 JBER Honorary Commander Program induction ceremony July 22.

The program partners military and community leaders with the goal of opening lines of communication, increasing exposure to the missions of the armed services, and to create one-on-one opportunities to educate the community about those missions.

“I am a huge fan of support for honorary commander programs,” said Air Force Col. George T.M. Dietrich III, JBER and 673d Air Base Wing commander, during his address to the inductees. “I just ask you to be an advocate outside of JBER for us – and we will do the same here for you.”

Dietrich encouraged the new group of honorary commanders to take full advantage of the access

and unique opportunities the program provides.

“The goal is for the honorary commander to become educated on his or her unit’s mission through events such as this, and to provide them real interaction with the service members who work in the unit,” said Dana Rosso, JBER Public Affairs Community Engagement chief, a primary coordinator of the program.

“The hope is that they will be able to take their experiences back to their organizations in the community.”

Being able to see first-hand

I TRULY FEEL BLESSED THAT I CAN HELP THE AIRMEN AND SOLDIERS WHO HELP ME.”

how the military operates is intended to provide the honorary commanders a better

understanding of some of the differences between civilian and military organizations.

The program also allows leaders to discuss ideas together and see different methods of leadership and management.

“It has taught me new management skills in my day-to-day operations of running four different stores in four different geographic locations – it’s been rewarding and educational,” said Paul Harris, owner of several Qdoba restaurants in the Anchorage area, and a returning honorary commander.

Harris said he also sees the program as a way for honorary commanders like him to give back to the military.

“I truly feel blessed, that I can help the Airmen and Soldiers who help me,” Harris said.

“I honestly feel that it is a part of my responsibility.” ●

- Joint Base Elmendorf-Richardson/ 673d Air Base Wing Commander**
Col. George T.M. Dietrich III (USAF)
- Joint Base Elmendorf-Richardson/ 673d Air Base Wing Vice Commander**
Col. Timothy R. Wulff (USA)
- Joint Base Elmendorf-Richardson/ 673d Air Base Wing Command Chief**
Command Chief Master Sgt. Garry E. Berry II
- Joint Base Elmendorf-Richardson/ 673d ABW Command Sergeant Major**
Sgt. Maj. Ronald E. Sheldon Jr.

ARCTIC WARRIOR

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School sports physicals

The Pediatric Clinic will conduct sports and school physicals Saturday and Sunday. Get a medical history form at the clinic and complete it before the appointment. For appointments, call 580-2778.

Reserve ‘Scroll’

Officers wanting to transition to the Air Force Reserve must have their commission transferred to a list called “the Scroll” and approved by the Secretary of Defense. The process averages 120 days, but can take longer, and must be approved before you begin participating in the Air Force Reserve, which may mean a break in service. Even if you’re unsure about transitioning to the Reserve, the Scroll process can be initiated. For information, call 552-3595.

Pothole repair

The 773d Civil Engineer Squadron encourages all Joint Base Elmendorf-Richardson personnel to report potholes. In housing areas, contact Aurora Housing at 753-1051. All other requests will be tracked by 773d CES. Take note of the location – including street and cross-street names or building numbers. Then email 773CES.CEOH.PotHoleRepair@us.af.mil or call 552-2994 or 552-2995. Include your name and contact information so crews can follow up about location or the severity. Weather and mission permit-

ting, potholes will be repaired within 24 hours of being reported.

Home-buying seminar

Volunteer realtors and mortgage lenders present an hour-long home buying seminar every Wednesday at either the JBER-Elmendorf or JBER-Richardson Housing Management Offices from 1 to 2 p.m. These seminars are intended to support those interested in purchasing a home by explaining the buying and selling process. The seminar covers loan pre-qualifications, offers and acceptance, inspections, title searches, types of loans, and closure process. For information or to sign up, contact the office. For the JBER-Elmendorf HMO, call 552-4312, or visit Bldg. 6346 Arctic Warrior Drive. For the JBER-Richardson office, call 552-3088, or visit Bldg. 600, Room 104.

Special victim counselor

Victims of sexual assault are entitled to legal assistance services. Communication is protected by attorney-client privilege. The SVC ensures the victim’s rights, as outlined in the Crimes Victim Act, are protected. Those rights include being treated with fairness and respect; being reasonably protected from the accused offender; being notified of court proceedings; being present at all public court proceedings related to the offense; being

able to confer with the prosecutor; receiving available restitution; and receiving information about the conviction, sentencing, imprisonment, and release of the offender. Eligible clients include all active duty military of all branches of service, mobilized Reserve Component members, retirees (and the dependents of these sponsors) who make a restricted or unrestricted report for sexual assault. For information, call 353-6507.

DLA Document Services

Defense Logistics Agency Document Services duplicates and prints documents, including black and white, color, large format, photographic prints, engineering drawings, sensitive materials, technical manuals and training materials. They also do design, printing and distribution of business cards, letterhead, invitations and programs. The Equipment Management Solutions Program provides multifunctional devices that print, scan, copy and fax. Facilities offer scanning and conversion services for all types of documents. They also offer Document Automation and Content Services, a service for building digital libraries of content with online access. It is open 7 a.m. to 3:30 p.m. Monday through Friday. For information, visit www.documentservices.dla.mil, visit the office at 984 Warehouse Street, or call 384-2901.

U-Fix-It Store

The U-Fix-it stores, open to all Aurora Military Housing tenants, issue home maintenance items. Availability is subject to change and limits; some may have a cost. American flag kits and fire extinguishers are available. U-Fix-It work includes all home maintenance activities, allowing occupants to make minor improvements and repairs and cut down on service orders. The JBER-Elmendorf location is 6350 Arctic Warrior Drive and is open 8:30 a.m. to 5 p.m., Tuesday through Friday, closed from 1 to 1:30 p.m. for lunch, and Saturday, 9 a.m. to noon and 1 to 4 p.m. (closed for lunch noon to 1 p.m.). The JBER-Richardson office is at 338 Hoonah Ave., open from 8:30 a.m. to 5 p.m., Monday through Friday, and closed from 1 to 1:30 p.m. for lunch. A blind-cleaning machine is available at the JBER-E location; priority goes to those PCSing. For information, call 375-5540.

OTC pharmacy counter

The main pharmacy at the JBER hospital has opened an over-the-counter medication clinic for DoD beneficiaries, open from 7:30 to 10:30 a.m., Monday through Friday. Select “over the counter drug needs” at the kiosk. This is not meant to replace a visit with a provider. Flyers and patients who are on personnel reliability program status, pregnant, or under the age of 2 are not eligible

due to special needs. The clinic offers basic pain relievers, cough, cold and allergy medications and nasal sprays, ointments, and constipation and diarrhea medications. For information visit www.facebook.com/JBERPharmacy.

In-Home child care

Providing child care in your on-base housing comes with many responsibilities. The licensing process applies to anyone regularly caring for other families’ children more than 10 hours a week. It does not apply to those providing care in another family’s home or for occasional care. The Mission Support Group commander approves and monitors licensing and program requirements. The licensing process comes with benefits such as training and support, a lending library of books, toys and supplies, and reimbursement for food costs. To become a Family Child Care provider, call the FCC Office at 552-3995.

Richardson Thrift Shop

The JBER-Richardson Thrift Shop, in Building 724 on Quartermaster Drive, is open Tuesday and Thursday from 10 a.m. to 2 p.m., Wednesday from noon to 6 p.m., and first and third Saturdays from 11 a.m. to 2 p.m. Consignments are accepted whenever the shop is open. For information, call 384-7000.

LEAN INTO IT: A MOTHER’S JOURNEY TO RECOVERY

by **SENIOR AIRMAN**
KYLE JOHNSON
JBER Public Affairs

Then-Tech. Sgt. Janet Lemmons realized she couldn’t breathe in the hospital room. It was as if there wasn’t enough space for her family’s grief and the air collectively. She had to get out.

Lemmons stepped into the elevator that would take her someplace she could breathe, but the cold steel walls provided no comfort as they sealed her in.

She took several deep breaths as the elevator descended. The doors opened on friends and family, and they all knew exactly what had happened as soon as they saw her.

Her oldest son, Tommy, was dead.

Lemmons stepped out into a surreal world where nothing was as it should be, and didn’t feel like it ever would be.

“How am I going to laugh again?” said Lemmons, now Senior Master Sgt. Janet Lemmons, 176th Force Support Squadron, sustainment services superintendent. “What is life going to be like. How am I going to eat again? How is anything ever going to be enjoyable again?”

Before Tommy grew into a 6-foot, four-inch tall bodybuilder, he was a small child with large ambitions. Lemmons said by 12, he was pretty much running the family business – a drive-through coffee shop – as the self-proclaimed manager.

He had an important task, to relieve his mother from her shift, so he was always on time. When he wasn’t making money at the coffee shop, he was buying bulk candy and selling it for profit at school, Lemmons said.

“I remember one day I asked him if I could have an Airhead and he said ‘Only if you have a quarter.’ He was not going to eat his profits,” Lemmons said. “He was so cute.”

As Tommy grew up, so did his ambitions. He started working at a bank as a teller and worked his way up the corporate ladder. By 21, he was selling mortgages to would-be homeowners. His interests branched off into mixed martial arts and bodybuilding, but Lemmons said he’ll always be her ambitious little son.

SHOCK

It was three in the morning when she got the call.

“I usually never keep a phone in our bedroom,” Lemmons said. “But that night I just happened to plug it in. I answered it and heard, ‘This is trooper so-and-so, are you Tommy Blair’s mom?’”

He got into a fight with someone and is in jail, Lemmons thought. Well I’ve got to go to work in the morning. The brat can stay in jail until I have a chance to come get him.

“The trooper said, ‘Tommy was at a party, there was a gun and he shot himself.’”

“... What?” Confused, Lemmons tried to process the words, still struggling out of sleep.

“Well, where did he shoot himself?” she asked.

“In the head.”

Lemmons asked the trooper to call Rick Cavens, the wing chaplain, and spat out the command post’s number. Her husband wasn’t home; he was two hours away on business.

In thick fog of interrupted sleep, Lemmons assumed the injury was just a graze, the thought of a fatal accident an alien concept. That kind of thing happened on the news; not at home, where it’s safe.

“I’m washing my face,” Lemmons said, “thinking – is this real? Am I dreaming or am I awake?”

That’s when the police started pounding on her door and the house went from very quiet, to very, very loud. Her youngest son, Ausdin, hollered, ‘What’s going on?’ and answered the door.



Senior Master Sgt. Janet Lemmons, 176th Force Support Squadron sustainment and services superintendent, holds up a note her son Tommy wrote to her and his step-dad Tom when he was very young. She found the note among a pile of old receipts when she was looking to trade in some diamond earrings some time after he passed away. Lemmons said the note is a thousand times better than diamonds and she keeps it at her desk. (U.S. Air Force photo/Senior Airman Kyle Johnson)

“Are you Janet Lemmons?” the police officer asked. “Get to Providence Hospital, now!”

Still thinking he’d grazed himself, Lemmons reacted as any mother a w a k e n e d by her son’s shenanigans might. She started explaining to Ausdin, her youngest son just how bad Tommy was in for it when she got there to chew him out.

“When I got there, I thought oh ... this is not what I thought,” Lemmons said. “I saw the wing chaplain standing there waiting for me. He said, ‘What’s going on?’ I told him I didn’t know.

“I walked into this small little room and all the chairs were just full. Everybody was crying.”

The hospital’s chaplain pulled Lemmons and Cavens aside to explain what had happened.

“It was really weird,” Lemmons said. “She was explaining how he shot himself in a lot of detail and the impact to his body – how he would live. He was this vibrant, full-of-life young person. He’d never talk again, he was basically going to be a vegetable.”

Then, the hospital chaplain said something much worse. “He’s going to die.”

Lemons didn’t understand; why they would describe all this detail, as if he would live, then tell her he was going to die? She looked at her chaplain, still unsure if her son was incapacitated or dying and asked “What did she just say?”

“Janet, he’s going to die,” Cavens said.

In describing the extent of the wound to

Tommy’s head, the chaplain explained which faculties would be lost, until she got to the full extent of the damage, his death.

Walk....sit....walk...sit. It was all she could do as she tried to process what was happening.

She sent a police officer to fetch her husband from Glenallen, and called Tommy’s dad. He started screaming.

“N o ! Keep him alive! Just keep him alive until I get back!” he shouted at her from where he worked on the North Slope, thousands of miles away.

“I promised I would,” Lemmons said. “How could I promise that? It felt like a lie.”

Neither her husband nor Tommy’s father would make it to Anchorage in time. Lemmons went upstairs, where she was met by a team of doctors who pulled her into another room to explain to her, again, that her baby boy was going to die.

He lay on the hospital bed, wearing nothing but a sheet pulled up just below his chest. Lemmons couldn’t kiss her son; tubes and cords spilled out of him, robbing her of one last moment of intimacy.

“You couldn’t even tell anything had happened,” Lemmons said. “He had a bandage on the back of his head. There was no swelling or anything. He couldn’t talk, he was unconscious.”

She sat watching with her daughter An-

drea, a few years Tommy’s senior, and Ausdin. The whirring of the various machines keeping her son alive began to get quieter and quieter as the nurses shut them down.

Ausdin couldn’t stay; Lemmons said he couldn’t watch his big brother pass away. She called in Tommy’s girlfriend, knowing she’d want to be there. There they sat and she could feel his hand getting colder, then his arm, as she followed the receding warmth to his chest – and then it was gone.

The first week was the worst.

“I remember that first day, I could count every half hour of that first day,” Lemmons said. “I laid in bed that night, staring at the ceiling. I was too tired to cry anymore and I could hear my son Ausdin, my sister and my niece wailing – it was as if my house and walls were mourning the loss of Tommy.”

Then, Lemmons found out she wasn’t done crying yet. She wept silently, because her family was hurting.

ANGER

Every moment was a different emotion as Lemmons began the process of healing in her own way. The feelings weren’t consistent or logical, just powerful waves of raw emotion.

Lemmons woke up the next day, furious.

“I wanted to throw the biggest fit,” Lemmons said. “Nobody was awake yet and I thought I was going to break something.”

Lemmons wasn’t going to let the cold, hard ground take her son, she said. When the day came for her family to see the funeral home to pick an urn, the director peppered her with questions. He kept referring to Tommy with deference and distinctly in the past tense.

“I wanted to scream at him to stop it,” Lemmons said. “Then he asked me to sign documents to release the body and I felt like I was signing the last time as his mom.”

Mixed with her sorrow, she found confusion and its accomplice – anger.

“Why did they do this to themselves? If it was an accident, you’d want to blame somebody, the brakes, the rain, circumstance,” Lemmons said. “But with suicide, you blame the person, because they did it to themselves.”

see **RECOVERY**, page 10

FRIDAY

Canoe, run, shoot

This free event at Otter Lake starts with a sign-up at 1 p.m.; competition starts at 2 for five-person teams. Bring a 35-pound ruck, ACUs or ABUs, and combat boots. For more information, call 384-1304.

RecOn rock climbing

Open to all service members and dependents, participants depart from the Outdoor Adventure Program at 5 p.m. for an evening of climbing; gear is provided.

For more information, call 552-4599 or 552-2023.

SATURDAY AND SUNDAY

Arctic Thunder

Alaska’s biggest event, this air show and open house is a spectacular show.

Gates open at 9 a.m. both days. For more information, visit *jber.af.mil*.

MONDAY AND WEDNESDAY
Pokemon CCG Tourney

Need a break from all the GO-ing? Head to Bosco’s in the Dimond Center from 5 to 8 p.m. for a standard tournament.

For information, call 349-3963.

THURSDAY

Mushrooms

As fall approaches, mushrooms are preparing to appear. Learn about the fungus of the local area at the Pioneer Schoolhouse on 3rd Ave., where a Forest Service representative discusses whether the mushrooms in your lawn are tasty or toxic.

For information, visit *anchoragec@gmail.com*.

AUGUST 7
ADF&G Sighting-in day

Get ready for a safe fall hunt. Head to Rabbit Creek Shooting Park and get a tune-up and assistance with gunsmiths, chronographs, and other services from 10 a.m. to 4 p.m.

For information, call 345-7831.

AUGUST 18
Arctic Oasis Community Center Yard Sale

Come sell your unwanted

household good during the Back to School Bash on August 18 from 11 a.m. to 3 p.m. Space cost includes the use of one parking space, one table, and two chairs.

Interested participants can sign up by phone or in person before August 1. Limited space available.

For more information, call 552-8929.

Back to School Bash

The Arctic Oasis hosts this annual extravaganza just before school gets underway. Learn about JBER resources and enjoy this family day with plenty of events.

For information, visit *jberlife.com*.

AUGUST 19, 20, 21
Anchorage Run Fest

Celebrate and run at the Anchorage Run Fest.

Pick up your bibs and attend a Health and Fitness Expo on Friday from 3 to 7 p.m. and Saturday from 9 a.m. to 4 p.m at the Dena’ina center.

Saturday races take place at Dena’ina Center with the Kids 2K Fun Run at 10 a.m. with warm-ups at 9:30 a.m. The Anchorage Mile begins at 11 a.m. Sunday races begin at 6th Avenue and F Street, with the 49K at 7 a.m., marathon walk at 7 a.m., marathon at 8 a.m., marathon relay at 8 a.m, half-marathon at 8 a.m., and 5K at 9 a.m.

For more information or to sign up, visit *anchagerunfest.org*.

Alaska Greek Festival

Alaska’s large Greek community hosts their 22nd annual festival of food, dance and music at the Orthodox church at 2800 O’Malley Road. Tour the new church with its lavish icons, or just indulge in moussaka and dancing.

For information, visit *akgreek-festival.com*.

ONGOING
Fitness Sit-up and Push-up clinics

Held every first and third Wednesday of the month.

The Elmendorf Fitness Center hosts new clinics designed to teach proper sit-up and push-up techniques in an effort to enhance overall performance and

fitness test scores.

For more information, call 552-5353.

Potter Marsh Bird Walks

Join the guides Saturday mornings from 8 to 10 a.m., or Tuesdays from 6:30 to 8:30 p.m. for a leisurely guided walk – rain or shine – and learn about the birds and wildlife that make the edge of Cook Inlet their home.

For information, call 267-2281.

Nine & Dine

Enjoy a light dinner, 9 holes of golf, a cart, and prizes every Monday beginning June 6.

Dinner begins at 5:30 p.m. and golf begins at 6:30 p.m. Bring your own team or join a team when you arrive at the event for a great way to meet new people.

For more information, call 428-0056.

JBER Wildlife Education Center activities

Learn about Alaska’s amazing animals and natural resources at this free museum, with interactive displays for the kids too.

The center is located at Building 8481 and open Monday through Friday from noon to 4 p.m. (subject to staffing availability).

For more information, call 552-0310 or email *jberwildlife@gmail.com*.

Wildlife Wednesday

Stay scientifically enriched this spring with the this free science lecture series on the second Wednesday of each month.

Located at the Alaska Zoo Gateway Lecture Hall.

Each lecture begins at 7 p.m. and covers a different topic focused on wildlife research in Alaska.

For more information, visit *alaskazoo.org*.

Library Story Times

Evening Story Time: Tuesdays 6:30 to 7 p.m.

Toddler Tales: Wednesdays 10 to 11 a.m.

Preschool Story Time: Tuesdays and Thursdays 10 to 11 a.m.

Surprising Science: Thursdays 6:30 to 7:30 p.m.

Sunday Pizza and Pins

Enjoy bowling and pizza at the Polar Bowl with deals on pizzas, sodas and shoe rentals for up to five bowlers.

For information, call 753-7467.

Summer nature walks

Head to the Eagle River Nature Center for a walk on the Rodak Nature Trail and learn about the animals, plants and geography of the Eagle River Valley.

These one-hour docent-led walks are free, and start at 1:30 p.m. Wednesdays through Sundays.

For information, call 694-2108.

Alaska’s Northern Lights

Love the aurora, but don’t love standing in the cold in the middle of a winter night? Check out the Alaska Center for the Performing Arts as they bring the grandeur to you in high-definition in summer. Shows start every hour from 9 a.m. to 9 p.m. through Sept. 4.

For information, call 263-2993.

River of Bears

Alaska’s brown bears are iconic, but it’s not easy to watch them up close.

Every day at 3:30 p.m., however, the Anchorage Museum planetarium plants you in the middle of the McNeil River State Game Sanctuary – where you can watch more than 100 bears nurture cubs, catch salmon, and bulk up for winter.

For information, call 929-9263.

Anchorage market

Every weekend from 10 a.m. to 6 p.m., pick up fresh produce, exotic goods or Alaska souvenirs at one of the largest farmers’ markets in the state. More than 300 vendors, plus music, food and entertainment, make it a great family outing.

For information, call 272-5634 or email *info@anchoragemarkets.com*.

Music in the Park

Head to Peratrovich Park behind the Egan Center on 4th Ave. every Wednesday at noon for some real Alaska music. Bring lunch, a friend, or both.

For information, call 279-5650.

Chapel services

Catholic Mass

Sunday

8:30 a.m. – Richardson Community Center

11:30 a.m. – Midnight Sun Chapel

Monday and Wednesday

11:40 a.m. – Richardson Community Center

Tuesday and Friday
11:30 a.m. – Midnight Sun Chapel

Thursday

12:00 p.m. – Hospital Chapel

Confession

Confessions are available anytime by appointment or after any mass. Call 552-5762.

Protestant Sunday Services

Liturgical Service

9 a.m. – Heritage Chapel

Gospel Service

9:30 a.m. – Midnight Sun Chapel

Community Service

10:30 a.m. – Heritage Chapel

Collective Service

11 a.m. – Arctic Warrior Chapel

Chapel Next

5 p.m. – Chaplain Family Life Center

Jewish Services

Lunch and Learn

Fridays at 11:30 a.m.

Kosher lunch provided.

At the CFLTC
Call 384-0456 or 552-5762.

Religious Education

For religious education schedules, please call the Religious Operations Center at 552-5762 or 384-1461.

Pokémon Go – it’s not necessarily a ‘go’ while on JBER

by AIRMAN 1ST CLASS
CHRISTOPHER MORALES
JBER Public Affairs

In the past month, Pokémon Go has swept the nation bringing 90s nostalgia into an augmented-reality smartphone application to virtually ‘Catch ‘em All!’ Players everywhere can venture in search of Pokémon, but might run into trouble on the way.

Dangers include walking into traffic or restricted areas, and distracted driving.

Because the app is a digital scavenger hunt, players must travel to actual locations to find Pokémon, PokéStops and gyms. PokéStops are significant landmarks where players can acquire in-game items, and Pokémon can battle in gyms for experience.

JBER may not have many PokéStops, but the attraction to visit might be the static displays in Heritage Park. There are four PokéStops, a gym, and a lot of historic value.

Pokémon Go doesn’t identify restricted

areas and disregards ‘Do Not Track’ signals because it is a necessary part of the game. It uses GPS and Wi-Fi/cellular triangulation to locate players and scattered Pokémon around the world, mostly in highly populated areas like cities.

Be aware, looking for Pokémon may look suspicious around restricted areas. Loitering, pacing, parking for an extended period of time and revisiting an area are all signs of suspicious activity and can spark an investigation.

‘Catching’ a Pokémon marks the location via GPS and records the surrounding area with the phone’s camera. Inside a restricted area, both can potentially give away classified information.

“If someone were to have their phone out and take a picture in a restricted area, the individual will be apprehended, brought back to the Base Defense Operations Center and charged with an Article 92,” said Senior Master Sgt. Eric Hall, 673d Security Forces

Squadron plans and programs superintendent.

Article 92 is a violation or failure to obey any lawful order or regulation under the Uniform Code of Military Justice.

Air Force Instruction 31-401, 5.1 states “Collecting, obtaining, recording, or removing, for any unauthorized use whatsoever, of any sensitive or classified information, is prohibited.”

Army Regulation 25-2, 4-29(a) states “Portable electronic devices containing wireless communications or connectivity, audio, video, recording, or transmission capabilities will be prohibited from areas where classified information is discussed or electronically processed.”

For the safety of others, suspicious activity can be reported to the non-emergency line at 552-4444; in an emergency, call 911. If near a restricted area, the closest patrol will investigate who the individual is and what they are doing, Hall said.

Because Pokémon may virtually spawn anywhere, Security Forces recommended to mind private property.

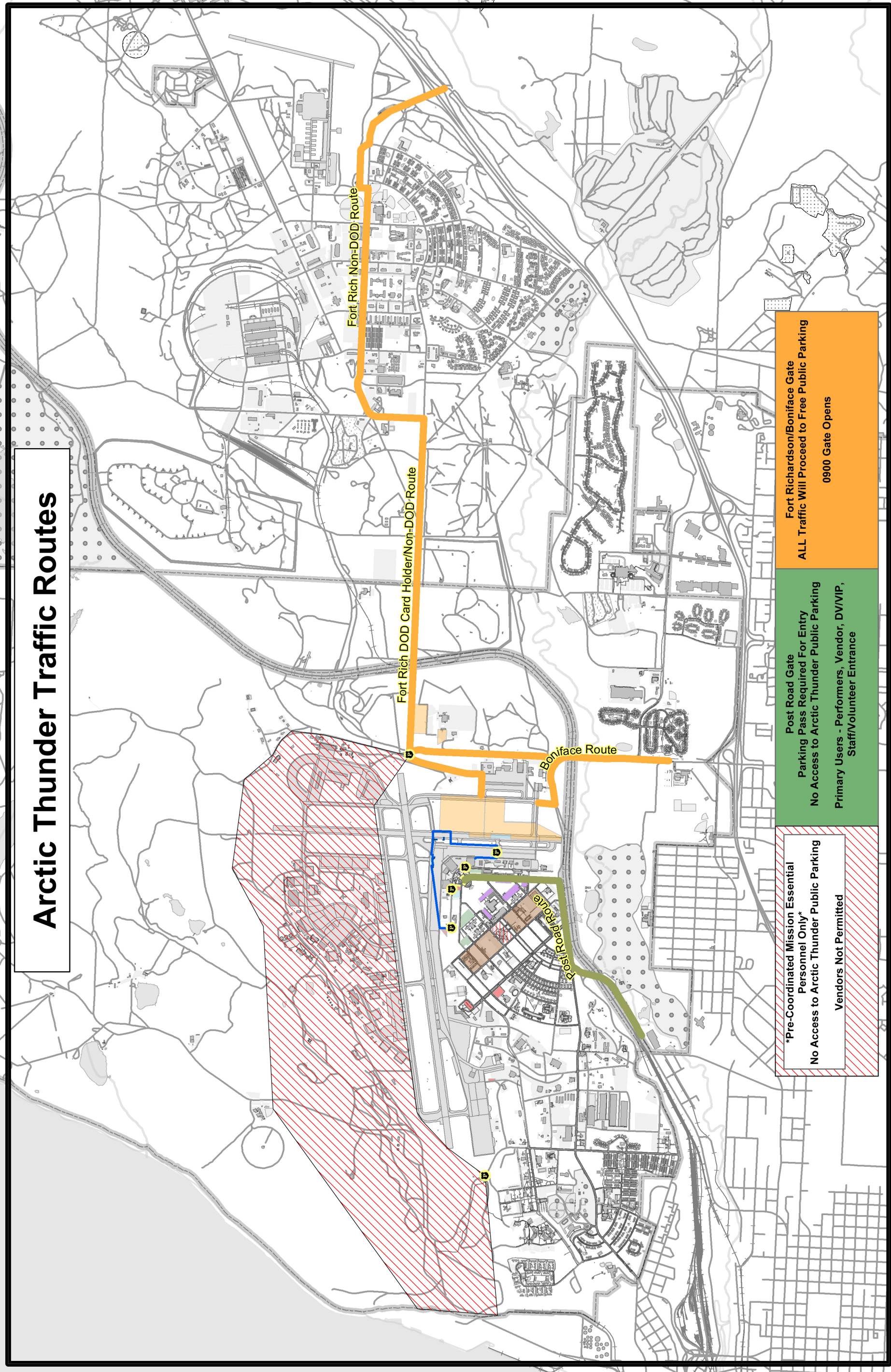
“If you are playing this game in base housing, please be respectful of other people’s property,” Hall said.

Playing any app while driving is just as dangerous as texting and driving because it diverts attention from the road.

“The consequences of playing the game while driving would be a wreck,” Hall said. “It’s the same as texting; don’t do it when you drive.”

Distracted driving accounts for more than eight deaths and 1,161 injuries a day in the United States, according to the Centers for Disease Control.

“Don’t drive around restricted areas, there [are] no rare Pokémon,” said Air Force Staff Sgt. John Fallesgon, 673d Force Support Squadron food service supervisor and a level 18 Pokémon trainer. “I haven’t been successful anywhere on base.” ●



Military Little League girls nab first-ever championship

by **AIRMAN 1ST CLASS VALERIE MONROY**
JBER Public Affairs

On July 11, the Anchorage Military Community Little League minors' softball team accomplished a feat the league hasn't done in more than two decades.

With a final score of 14-3, the team won their first-ever championship for Alaska District 1.

"This was a big moment for the AMC Little League," said Kehla Miller, team manager. "The AMC hasn't won a championship

since 1992."

The district hosts 18 leagues and is the largest Little League district in the United States.

The team is composed of 13 players, ages 9 and 10, chosen from softball classes provided by the Joint Base Elmendorf-Richardson Youth Sports program.

All team members are the children of military personnel from various branches of service on JBER. With each permanent change-of-station for parents, children join and leave the team.

"The team is constantly changing with

children moving away frequently and causing a lack of stability," said Paul Caron, 673d Force Support Squadron youth sports and fitness director. But the team overcame the challenge.

"This was a big moment for the AMC Little League," said Kehla Miller, team manager. "The AMC haven't won a championship since 1992."

The girls practiced several times a week and had multiple team bonding activities to bring the group together before their games, Miller said.

"Their biggest strength was not letting a

bad inning or any difficulties get them down," Miller said. "They continued to bounce back and persevere."

Though the moment was memorable in itself, it was made even sweeter as this was her first time in a coach and manager position.

"They're a great group of girls," Miller said. "They continued to grow throughout the tournament and I grew with them. They accomplished such a great feat throughout the AMC."

For more information on sports classes offered by JBER Youth Sports, call 552-2266 or visit jberlife.com/family/youthsports. ●



ABOVE: A Joint Base Elmendorf-Richardson captain and first mate make final attempt to prevent their boat from capsizing at Buckner Physical Fitness Center Saturday. Teams of two raced their hand-built cardboard boats for prizes. (U.S. Air Force photos/Airman 1st Class Javier Alvarez)
RIGHT: Luke Matthews, 12, and Jack Abba, 11, race their cardboard vessel at the Build-A-Boat competition.



BUILD A BOAT

From **RECOVERY**, page 7

Tommy's death was ruled a suicide, but it was also different. He'd had 14 drinks and no food. He wasn't himself and packed a pistol for a planned hike for protection from bears. Lemmons suspects it was an accident during a drunken, angry argument, but the doubt will always be there – and with it the emotions.

"Couldn't we have done something to help him process?" Lemmons said. "Why didn't he want to reach out to us? When someone takes their life, they might think they are taking away their pain, but what they don't realize is they are leaving their pain with their loved ones left behind."

The week following his passing was the worst of her life, Lemmons said. Her house flooded with well-wishers and family, in whom she found great comfort; but explaining to each new person forced her to relive the worst night of her life again and again.

ISOLATION

I knew it was hard for my friends and

co-workers," Lemmons said. "I used to hear, 'I just can't imagine what you're going through,' I felt so alone – it was as if the world was saying: Whatever you have, I don't want it."

Eventually, the friends had to leave and the family members had to fly back to the Lower 48. That left Lemmons and her family alone in their grief.

When she went to pick up Tommy's Social Security card from the bank, a young lady at the counter greeted her with all the cheer of a good customer service agent, inquiring as to the quality of her day.

"I wanted to scream at her 'My son just died!'" Lemmons said. "I took a deep breath and tried to smile and said, 'Fine.' I had to put on a fake smile. I just kept thinking fake it until you make it; I thought if I kept faking it, it'd be true."

Lemmons realized she didn't want to be alone; it scared her, so she started reaching out for help.

RECOVERY

"Sharing my story helps me in my grief recovery," Lemmons said. "If one person is

touched by Tommy's story, then my prayer has been answered."

Lemmons and her family spent the first year following Tommy's death picking up the pieces of their life and putting them back together into something distinctly different than it had been, but functional all the same.

"I couldn't stop crying at first," Lemmons said. "Until at one point my husband just said 'That's enough.' You have two other children, and you have me. You can grieve Tommy, but this is enough. You can't make the other two feel guilty. It really put perspective to my grief. I was making my kids feel like he was more special because he was gone, and they're still here."

"I just don't want these strongholds in my life. I want to enjoy my other two children, I want to have goals and dreams myself. I don't want to be stuck in grief. I want to live."

Determined to make something of her grief, Lemmons applied to be a first sergeant.

"After I got the job, one of the security forces young men killed himself," Lemmons said. "His brother was in my unit, he was 22. I remember how Ausdin felt losing his brother. I was always checking up on him. I

asked [the unit] if they were checking on [the brother]. I reached out as much as I possibly could, but a couple months later, the brother killed himself.

"I remember talking to his mother, thinking she lost two of her four children in less than six months. I remember just bawling and crying together. I realized, that's where I was supposed to be."

Lemmons spent the next six years wading through the weeds of grief, using her experience to help others vocationally while she led griefshare groups on her own time. When her time was up as a first sergeant, she began taking speaking opportunities to thousands of troops all around the Pacific.

One day Lemmons got another phone call, this time it was from Ausdin. He told her that he was officially older than his big brother. Lemmons grieved, not just for herself, but for her son who counted the year, month and day to his brother's death.

"I realized then that life would always be bittersweet and I had to make a decision," Lemmons said. "That decision was, I choose to be happy. One thing about grief is, you have to lean into it, not run from it." ●

YOU DON'T HAVE TO CLIMB THE MOUNTAIN ALONE

by **AIR FORCE CHAPLAIN (CAPT.) RONALD LAWRENCE**
JBER Chaplain

While in Virginia my family and I went up to the Snowflex on the mountain near our home. We had a pretty good time. It was the first time that we had gone to the Snowflex to go tubing and believe me, it was fun. I think we needed to unwind and have a little fun in the snow.

My wife and I would take turns going down the hill with our daughter as our passenger. She would sit on our laps as we raced down the mountain. I think we had just as much fun as she did. It's funny, but I never got the impression she was ever scared the least little bit. When we got to the bottom, we would sit our daughter in the tube and pull her up the hill. She enjoyed this very much – however, at times she wanted to walk up the hill.

This hill is not Mount Everest, but for a little girl of 20 months, it was a good hike. I remember she slipped a few times as she was walking and I would quickly give her my hand so she could keep her balance.

Now, my daughter was at the age where she could say quite an earful. She could talk up a storm, but not in any language understandable to me. She just liked to talk and it sure was cute. She would articulate a few words and phrases, but most of it was baby talk (which I was not proficient with at all).

However, she still found ways to communicate. So as we were walking up the hill, though I did not always understand her words as such, she said to me, “Papa, I can do it myself.”

As a chaplain on this installation, I have been given a special tasking of briefing during our First-Term Airmen Course.



A hunter stands in front of Mount Moffett on Adak in the Aleutians. (Courtesy photo/Paxson Woelber)

These are our Airmen just out of technical school, now at their first duty station. One of the distinct pieces of advice I extend to these Airmen is to understand the importance of not trying to make this journey alone. So often, I see Airmen and Soldiers come to my door because they are not able to do it alone anymore.

Why they tried to do it alone in the first place, I do not know. Then again, I know about trying to do it alone – how difficult and lonely it can be.

From my Christian scriptures, I recall a familiar reference that speaks to not going it alone.

“Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up. Furthermore, if two lie down together they keep warm; but

how can one be warm alone? And if one can overpower him who is alone, two can resist him. A cord of three strands is not quickly torn apart.” (Ecclesiastes 4:9-12)

I am reminded even from this passage of the scriptures how important it is to recognize that the ability to rely on others – to not always go it alone – is a great strength which can yield countless benefits.

With my daughter, I stayed there within a comfortable distance and made sure to offer my assistance, but she was determined to make it on her own.

There were times she did take my hand and walk, at the beginning. In those moments, the Lord showed me something. As we walked, I talked to my daughter. I held her hand and instructed her on how to walk up the hill; how to get the right footing and where to step in order to keep from falling down. The Lord does that with me. He gives

me instruction as he walks with me through this life. There are moments when I decide even when the road is a difficult, uphill climb, I want to do it myself.

Even in moments like that, the Lord is still there walking with me, making sure I have his help should I ask for it; even to the point of knowing when I want help and helping when I am too stubborn to ask him.

If you find yourself trying to navigate through some of life's rough terrain and snow-covered paths, do not try to make it alone.

If you are willing, reach out to the chaplain at 552-JROC.

He or she will walk with you, help you figure out your resources, and help you regain your bearing.

If you know someone who is struggling, please be the person to lend a hand, or at least get them the help they need. ●



CLASSIFIEDS

MCGINLEYS
(2X2 FPC)

FIRST BAPTIST
(2X2 FPC)

PET EMERGENCY
(2X2 FPC)

MARK JUST
(3X3 FPC)

FILL
(3X3 FPC)

USAA
(6X10 FPC)

673d FORCE SUPPORT SQUADRON



COMBAT Cross Country *Canoe, Run, & Shoot*

July 29 2 p.m.

LOCATION: OTTER LAKE
SIGN - UP: 1 - 1:30 P.M.
WEIGH - IN / ORG. MEETING: 1:30 - 2 P.M.

Buckner Fitness Center • 384.1304/1312

5 PERSON TEAMS. EACH PERSON MUST HAVE A 35 LB RUCK, ACUs/ABUs, & COMBAT BOOTS.



Arctic Oasis COMMUNITY CENTER

YARD SALE



DEADLINE: AUGUST 1

JB ER Yard Sale! Come sell your unwanted household goods during the **Back to School Bash** held on **August 19** from **11 a.m. - 3 p.m.** Space costs **\$15**, which includes the use of one parking space, one table, and two chairs. Interested participants can sign up by phone or in person between **July 1 - August 1**. Limited space will be available.

Bldg. 9497 • 552.8529

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HARD ROCK???
(6X5 FPC)