

COMBAT AIRLIFTER

May 15, 2015 • Volume 61 • Number 20

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Deployed AMXS keeps mission moving

page 3



ARKANSAS LEMON LAW, page 6 | MENTAL HEALTH AWARENESS MONTH, page 7 | SPOUSE APPRECIATION BAZAAR, page 15

Duty to **INTERVENE** We can stop
to **INTERVENE** DUIs, Sexual Assaults & Suicides



COMBAT AIRLIFTER OF THE WEEK



U.S. Air Force photos by Senior Airman Stephanie Serrano



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Maritza J. Wine

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ACTION LINE



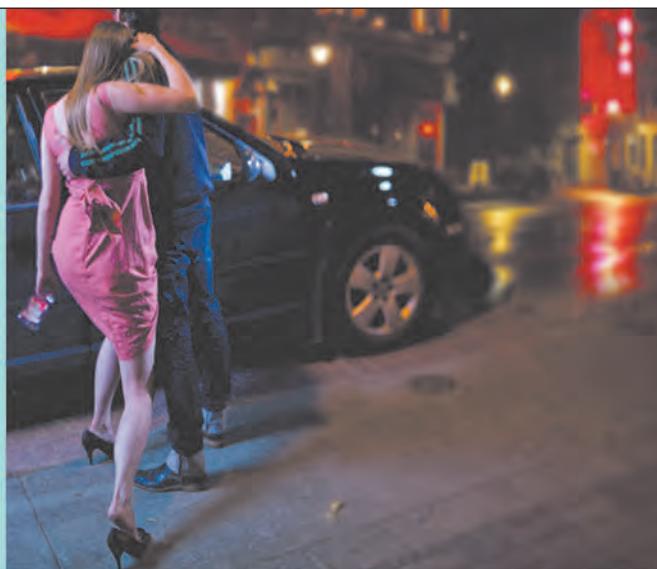
U.S. Air Force photo

Col. Patrick Rhatigan

19AW.actionline@us.af.
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The Action Line is your direct line to me. Use it if you have questions or comments about Little Rock Air Force Base that couldn't be resolved by your chain of command or base agencies. When you email, leave your name and phone number so you can be reached if more information is needed.

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U.S. Air Force graphic

On the cover



U.S. Air Force photo by Tech. Sgt. Joseph Swafford

Tech. Sgt. Mark Brown, 455th Expeditionary Aircraft Maintenance Squadron crew chief, changes out a window on a C-130J aircraft during a home station check inspection at Bagram Air Field, Afghanistan, on May 8. The 455th EAMXS ensure aircraft on Bagram are prepared for flight and return them to a mission-ready state once they land.



U.S. Air Force photo by Tech. Sgt. Joseph Swafford

Senior Airman Mina Phouangphidok, assigned to the 455th Expeditionary Aircraft Maintenance Squadron, checks the wings on a C-130J Super Hercules aircraft during a post flight inspection on the flight line at Bagram Airfield, Afghanistan, on May 5. The 455th EAMXS ensure Super Hercules on Bagram are prepared for flight and return them to a mission-ready state once they land.

C-130 maintainers keep the mission going

By Tech. Sgt. Joseph Swafford

455th Air Expeditionary Wing

BAGRAM AIR FIELD, Afghanistan – Every day, maintainers deployed from Little Rock Air Force Base work round-the-clock to maintain a fleet of combat-ready C-130J Super Hercules Aircraft.

Without these highly trained Airmen the C-130 flying mission at Bagram would come to a standstill.

"Maintenance is everything, a plane cannot fix itself," said Tech. Sgt. Andrew Fargo, 455th Expeditionary Aircraft Maintenance Squadron crew chief. "From engine changes to switching out avionics, maintenance is needed."

The role maintenance Airmen play keeping the aircraft mission ready is critical to the 455th AEW being able to deliver decisive airpower in support of NATO's Resolute Support mission and Operation Freedom's Sentinel, as

well as other requirements in the U.S. Central Command area of responsibility.

"Recently we have been doing a lot of trips to Al Udeid Air Base, swapping out F-16's," Fargo said. "Right now we are the main aircraft here delivering cargo to all the forward operating bases to resupply them."

"We support operations Inherent Resolve and Freedom's Sentinel flying missions throughout Afghanistan and to Iraq," said 1st Lt. Matthew Carrowan, C-130J Expeditionary Aircraft Maintenance Unit officer in charge. "If we didn't have the ability to maintain the aircraft, none of these missions would get accomplished."

Being in a deployed environment can bring different obstacles not faced at home station.

"We have more challenges in the ATO (Air Tasking Order), a lot of times things here are not planned and we have to do whatever is needed to complete the mission," said Carrowan. "We have people ready to go at all times to

meet whatever challenges may arise. Deployed, we do not get to see a long range of what is required of us like we do back home. Here we have a smaller window to meet the aircraft requirements and repair downed aircraft to ensure continual support of multiple real world operations."

Even though the deployed environment brings challenges to maintainers at BAF they are always ready to support combat airpower.

"Every day we launch, recover, repair and maintain aircraft," said Carrowan. "We make sure they have the proper equipment and ensure they are maintained and configured to meet all the mission's needs. We set that airplane up so that mission can happen. The Air Force stands on maintainers, without us airplanes would not be able to fly."

See more deployed MXS in action on pages 10-11.

MISSION SPOTLIGHT

STAFF SGT. LARRY BURNETT
19TH SECURITY FORCES SQUADRON DESK SERGEANT

Why is your job important?

My job is important because of two reasons: we support the mission by protecting personnel, property and resources vital to it, and we perform day to day law enforcement and positive representation for the installation and community.

What is your favorite part of your job?

I enjoy the interaction with the Airmen and being able to pass on my experience and knowledge on to them.

What is your most memorable experience at Little Rock AFB?

Definitely when I got pepper sprayed.

What is your most significant accomplishment here?

Buckling down and finishing my CCAF.



U.S. Air Force photo by Senior Airman Scott Poe

SCORECARD: 314TH AIRLIFT WING

The 314th Airlift Wing is the nation's C-130 "Center of Excellence." The wing is responsible for training C-130 aircrew members from across the Department of Defense, to include the Coast Guard and 46 allied nations. Some of the ways the 314th AW tracks its successes are through measured aircraft availability and mission-capable rates. Those metrics as of Tuesday are:

Mission capable rate

C-130J: (standard 80%): 86.7%

Aircraft availability

C-130J: (standard 8.4): 10.3

C-130 SCHOOL GRADUATES

Number of combat aircrew members sent to the fight
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C-130H: 231 C-130J: 156

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Don't get squeezed by lemon

Courtesy of base legal office

With the spring in full swing, we tend to see an increase in our Airman purchasing new vehicles.

While most Airmen are usually satisfied with their purchases, there are always a handful who are far less than ecstatic. The Arkansas Lemon Law helps protect consumers from broken automobiles and can be your solution in a time of need.

The Lemon Law is written to protect consumers from defective equipment. Basically, if a new car doesn't work properly drivers get a replacement or a refund. The Lemon Law explains what constitutes as a lemon, the solutions to fix the issues and the remedies available



for compensation for a car that can't be fixed.

Consumers are expected to try and resolve the problem directly with the vehicle's manufacturer and the authorized dealer. The manufacturer has issued a vehicle warranty and the dealer should be able to facilitate the repairs for you.

If a new vehicle is defective in

such a way that may cause death or serious injury, it could meet the Arkansas Lemon Law criteria. However, the vehicle is only covered for the longest of either:

- 24,000 miles.
- 24 months. OR

The duration of the manufacturer's warranty.

NOTE: The Arkansas lemon law does not cover:

- Mopeds.
- Motorcycles.
- The living area in a motorhome.
- Vehicles weighing more than 13,000 lbs.

Consumers need to contact the manufacturer or authorized dealer to allow them a number of attempts to repair the problem.

After repeated attempts to repair a car and failing to do so, within 40 days the manufacturer must either:

- Replace your defective car OR
- Repurchase and refund you the value of your car.

Most often, consumers will find the manufacturer agreeable because they want lifelong customers and negative publicity can be costly and damaging to a manufacturer or dealer.

If the Lemon Law vehicle issue with the vehicle's manufacturer cannot be settled, people can hire an attorney and contact the consumer department in the Office of the Attorney General to file a consumer complaint.

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May is Mental Health Awareness Month

By Senior Airman Stephanie Serrano

19th Airlift Wing Public Affairs

People are the most important assets of the military. When there are issues going on at home or someone is struggling with something that has happened to them emotionally, a person is less likely to complete the mission correctly.

May is National Mental Health Awareness Month, and everyone is reminded that there are resources available no matter their situation. Mental health affects all Americans whether military or civilian in many ways. Common mental health issues include anxiety, depression, eating disorders, post-traumatic stress disorder, panic disorder and more.

One way Air Force members can improve their mental fitness is by using the Comprehensive Airman Fitness model. The purpose of the CAF mental domain is to help Airmen and their families live balanced lives and help them cope with the stressors and changing demands of military life.

At Little Rock Air Force Base, Airmen can

take classes and seek help for any obstacles they might face.

“The Leadership Pathways program hosts a number of classes that teach members how all base members become more resilient, adapt to military life and maintain a positive attitude,” said Stephanie Wynn, 19th Airlift Wing community support coordinator. “The key to mental health is always getting help early.”

Some of the classes offered in the mental domain include Healthy Thinking, Brief Mindfulness, a four-part Relaxation Class and Sleep Enhancement. Many other classes fall into the mental domain; these classes are taught by the mental health clinic.

Sign up for classes by going to <http://www.littlerock.af.mil/leadershippathways/>

There are multiple avenues to take when searching for help. Some other useful resources from base helping organizations include: Mental Health Clinic 501-987-7338, Chaplain Service 501-987-6014, Military Family Life Consultant 501-366-7703 and Airman and Family Readiness Center 501-987-6801



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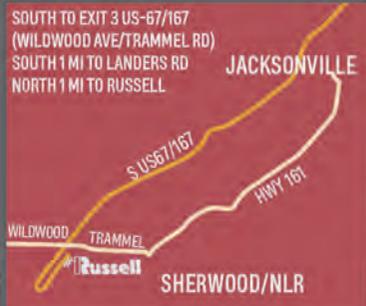
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Prevent, face, relax with anxiety

Courtesy DoD Human Performance Resource Center

Anxiety can feel overwhelming. Not sure how to handle it? Learn to prevent it, face it, and then de-stress.

Anxiety can help motivate you to perform better, but too much can become overwhelming and get in the way of living life to the fullest. When ignored or avoided, anxiety can actually become more intense rather than less.

To keep anxiety under control, we have three letters for you: PFD. We aren't talking about a Personal Flotation Device; we're talking about first preventing anxiety, then facing it, and finally de-stressing.

Prevent anxiety

There's a difference between preventing anxiety and escaping it. Preventing it means recognizing the patterns leading to anxiety and doing something about it. Preventing anxiety makes more sense than just running away and waiting for the thing that makes you anxious again.

But it's easy to just want to run away when you feel a lot of anxiety, even if this pattern isn't healthy. For instance, maybe you regularly wake up a little later than you should, and then anxiously rush to make it to work on time. Setting the alarm a little earlier and actually getting up when it goes off can help prevent anxiety. Ask yourself, "What steps can I take to prevent anxiety?" And put your action plan in motion.

Face your anxiety

When you can't prevent anxiety, you can tolerate it. Your instinct might be to "escape" by pretending the feelings aren't there, by trying to push them away, or by avoiding the situation altogether. These are short-term fixes at best. The problem with escaping anxiety is that it reinforces the idea that you can't tolerate any anxiety at all—making the feelings actually seem more scary! But you can dare to face your fears. By staying aware of the feelings and letting them come and go without trying to seize control, you



U.S. Air Force graphic by Jeff Gates

learn on a deeper level that you can cope with them.

Imagine times when you did a good (or good enough) job on something nerve-racking such as giving a speech, despite your nerves. Such experiences can help you feel more confident for the next time.

See Anxiety, page 9

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U.S. Air Force photo by Senior Airman Harry Bixel

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Anxiety

Continued from page 8

De-stress

You can influence the physical sensations of anxiety, for better or worse. You can either ramp up your anxiety with thoughts such as “I must be in control and not feel anxious” and by breathing quickly. Or you can ease anxiety with thoughts such as “This will come and go and I’ll still do what’s important” and by slowing down your exhales, allowing yourself to exhale fully.

You can learn to face anxiety with techniques that aim at de-stressing

you physically and mentally such as slower breathing. This can give you more confidence to handle anything, with a more relaxed mindset that says “because I can,” instead of a frantic mindset of “because I have to.”

Just keep practicing your breathing with longer exhales, counting to four as you inhale and all the way to six as you exhale.

Debrief

Anxiety management isn’t about escape. It’s about becoming proactive, mindful, and empowered. The “Prevent, Face, and De-stress”—or PFD—approach can give you some concrete steps to manage your anxiety and live a fuller life.



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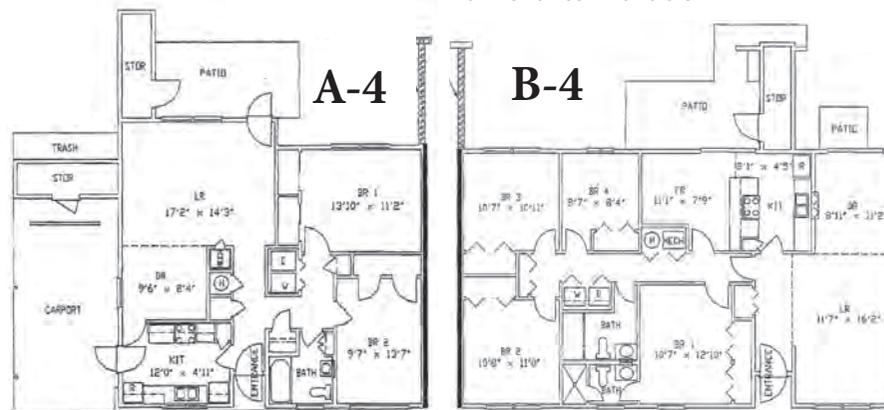


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If it's in the air, MX put it there



Airman 1st Class Ryan Munchel, assigned to the 455th Expeditionary Aircraft Maintenance Squadron, transfers liquid oxygen to an LOX reservoir in a C-130J Super Hercules aircraft on the flightline at Bagram Airfield, Afghanistan, on May 5. The 455th EAMXS ensure Super Hercules on Bagram are prepared for flight and return them to a mission-ready state once they land.

Senior Airman Mina Phouangphidok, assigned to the 455th Expeditionary Aircraft Maintenance Squadron, performs post flight checks on a C-130J Super Hercules aircraft on the flight line at Bagram Airfield, Afghanistan, on May 5.



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U.S. Air Force C-130J aircraft takes off from Bagram Airfield, Afghanistan, after receiving maintenance from the 455th Expeditionary Aircraft Maintenance Squadron, on May 5.

(Left) Staff Sgt. Jordan Scott, assigned to the 455th Expeditionary Aircraft Maintenance Squadron, checks the engine on a C-130J aircraft during a post flight inspection on the flightline at Bagram Airfield, Afghanistan, on May 5.

(Bottom, right) Staff Sgt. Brett Ruhser, assigned to the 455th Expeditionary Aircraft Maintenance Squadron, installs a flare pod on a C-130J aircraft at Bagram Airfield, Afghanistan, on May 5.



COMBAT AIRLIFTER

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State parks join nationwide celebration of 'Kids to Parks Day'

Courtesy of Arkansas Department of Parks and Tourism

The State Parks of Arkansas will be joining local and national parks across America in the annual national celebration of "Kids to Parks Day" on Saturday, May 16. This will be the fifth anniversary of this nationwide day of outdoor play held a week before the official start of summer vacations. Organized by the National Park Trust in cooperation with a host of local and national collaborators, it encourages families to connect kids with parks to experience the nature, environmental education, and history adventures found in the local, state, and national parks, and all other public lands.

"Kids to Parks Day" is a call for parents and grandparents to engage the children in your life in the outdoors. This is an opportunity to be nature mentors to your children or grandchildren so they can experience first-hand how inspiring the natural world can be. And you'll be connecting them to the heart-healthy activities that can be enjoyed in parks.

The natural world is a world of wonder, and the Arkansas state



Courtesy of Arkansas Department of Parks and Tourism

Crater of Diamonds State Park in Murfreesboro is one of many parks in the state participating in Kids to Parks Day on Saturday.

park system administers over 54,000 acres that include 143 trails totaling 400 miles to explore and enjoy. The 52 state parks are a living legacy that teach and inspire generation after generation. Studies show that children who have experiences in nature are better students and make better citizens. Today's youth will be

the next generation of stewards who will protect and manage these natural and historic treasures.

"Five years ago, the National Park Trust (NPT) launched this grassroots movement to encourage families to discover and celebrate our country's parks and public lands and water. Families, schools, park

officials, and elected officials have embraced this fun event—a national day of outdoor play—and it is fast becoming America's unofficial kick off to summer," said Grace Lee, executive director, National Park Trust.

The NPT launched www.KidsToParks.org, where park events are listed by state and city. The website features helpful downloadable tips and activity guides to help children, families, and teachers plan park adventures. Families can pledge to participate at the website.

When they visit an Arkansas state park on May 16, kids and parents are encouraged to tweet #ARStateParks or #KidsToParks and send in photos to Buddy@BuddyBison.org, where pictures will be shared online. Those who pledge to participate at the KidsToParks.org website will have a chance to win a grand prize, a Nikon COOLPIX L830 camera.

For additional information on Arkansas State Parks' activities on May 16, contact Kelly Farrell, Chief of Interpretation and Program Services, Arkansas State Parks by calling 501-682-2187 or emailing Kelly.Farrell@Arkansas.gov.

Join our team as we
STRIKE OUT *Stigma*

*The walk may be over,
but there's still time to pledge!*

presented by The BridgeWay

NAMI | **Arkansas**
National Alliance on Mental Illness | 800-844-0381 www.namiwalks.org/arkansas

WHEN YOU CHANGE I TO WE, ILLNESS BECOMES WELLNESS

Little Caesars

<p>Lunch Combo</p> <p>4 Bacon-Wrapped Deep Dish Pepperoni Slices plus a 20 oz. PEPSI \$7 plus tax</p> <p>HOT-N-READY 11am - 2pm</p> <p> Little Caesars</p>	<p>Bacon-Wrapped Deep! Deep! Dish Pizza Topped with Pepperoni and More Bacon! \$12 plus tax</p> <p>HOT-N-READY 4-8pm</p> <p> Little Caesars</p>
---	--

JACKSONVILLE 985-1115 CABOT 843-8585 GRAVEL RIDGE 834-3900

Community Happenings

Saturday

Third Annual Dragon Boat Races Maumelle at Lake Willastein. Registration is now open for one of the most exciting events on the water, the 2015 BKD River Cities Dragon Boat Festival, benefitting the Children's Protection Center. Teams will compete at Maumelle's Lake Willastein for the champion title in the third annual dragon boat competition. For registration and more information, visit <http://rivercities.racedragonboats.com>.

May 22-24

Riverfest, Arkansas' Premier Arts and Music Festival will be held in downtown Little Rock on May 22-24. For schedule of events, ticket information and more, visit www.riverfestarkansas.com

Calendar of Events

May 22

AMC/AETC Family Day

May 27

19th Airlift Wing

Change of Command, 10 a.m.,

Hangar 276

June 7

Second Annual Awesome Wassom

5K in honor of

Master Sgt. Daniel Wassom II,

8 a.m., Bldg. 118, registration is on

retregister.com

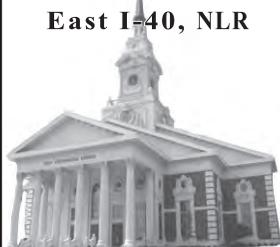
Civilian Corner

The SF-50, Notification of Personnel Action is a very important document. It is your written documentation of a personnel action that affects your position or pay. Please visit our web page at http://www.rockinatherock.com/Civil_Service.shtml where there is a detailed explanation of what each value/category means. POC: 19 FSS/FSMC, Civilian Personnel Office, 987-3212.

CHURCH DIRECTORY

CHECK US OUT ON THE WEB!!
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Combat Airlifter
982-9421

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East I-40, NLR

Sun. 10:30 a.m. & 7 p.m.; Tues. 7:30 p.m.
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www.oursaviorcabot.org

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5900 John F. Kennedy Blvd.
North Little Rock
Church Office: 753-8134
Sunday
Sunday School 9:15 a.m.
Adult Forum 9:15 a.m.
Worship 10:30 a.m.
All Are Welcome Here!

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Early Worship 8:30 am
Sunday School 9:30 am
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(In The Family Life Center)
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Traditional Worship
9:45 AM
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Sunday 8:00 AM & 10:30 AM
Wednesday, 6:30 PM

Bible Baptist Church
3301 North First Street
Jacksonville, AR
501-982-8826
Dr. Mike Files, Pastor
"A Fundamental, Independent Baptist Church"
Bible Study 9:30 a.m.
Sunday Morning 10:40 a.m.
Sunday Evening 6:00 p.m.
Wednesday 6:30 p.m.
Home of: Jacksonville Christian Academy, Bethel Baptist College and Camp Hope for Children.

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Bible Class 9:00 am
Wednesday 7:00 pm
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Church: 982-1333 School: 982-8678
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Bayou Meto Baptist Church

bayoumeto@centurytel.net
www.bayoumetobaptist.com
4 miles north of LRAFB back gate
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Worship 10:15 a.m.
Evening Worship 6:00 p.m.
Wed. Service 7:00 p.m.
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988-1966


Pastor Rod Loy
Weekend Services
Saturdays at 5:00 P.M.
Sundays at 8:30, 10:00 & 11:30 A.M.
Sunday Nights at 6:00 P.M.
Wednesdays
Midweek Service at 7:00 P.M.
Reality Student Ministry
Middle School at 6:30 P.M.
High School at 7:30 P.M.
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VTN Channel 25
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FOX 16
Sundays at 7:30 A.M.

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Worship 1030
Evening 1700
WEDNESDAY:
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Minister: Greg Larson (USAF Ret.)

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Sunday School: 9:30 AM
Morning Worship: 10:45 AM
Mid Week Bible Study
Wednesday: 7:00 PM
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LRAFB HISTORY FAST FACT

TEAM LITTLE ROCK HISTORY FACT OF THE WEEK • 146 DAYS TO GO UNTIL LRAFB TURNS 60!

From April 24 until June 5, 1975, 32 aircrew, maintenance and administrative personnel deployed with 16 C-130s to Clark Air Base, Philippines, on 24-hour notice. During the deployment 50th Tactical Airlift Squadron crew members flew around-the-clock in support of Operation New Life, a massive airlift mission to move South Vietnamese refugees. The 50th TAS aircrews transported 6,000 refugees from Subic Bay, Philippines, to refugee centers at Andersen and Agana AB, Guam. While Little Rock Air Force Base personnel were deployed to support the operation, individuals at home were also assisting the Indo-Chinese refugees in their resettlement within the U.S. On May 9, 1975, Boeing 747s started arriving. In total, 5,500 refugees traveling on 15 Boeing 747s transited through the base on their way to Fort Smith. While at the base, Airmen provided food, medical care and general information to the weary travelers. Crew members from the 32nd, 50th, 61st and 62nd TAS flew more than 60 sorties with approximately 100 refugees aboard each flight to Fort Smith, where the flights were met by the base's 2nd Aerial Port Squadron personnel who assisted with offloading operations.



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Grief & Loss Support Group
Meeting held 3rd Saturday of each month at no charge

If you are grieving, we encourage you to take part

Friends and family are also welcome to take part

Individual sessions are also available at no cost.

For more info call
Steve Summers at:
870-710-1508 or 501-982-3768

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Military Spouse Appreciation Bazaar

U.S. Air Force photos by Senior Airman Scott Poe, 19th Airlift Wing Public Affairs



In honor of Military Spouse Appreciation Day, the Airman and Family Readiness Center hosted a number of events to support military spouses and celebrate their often unsung sacrifices. The 2nd Annual Military Spouse Appreciation Bazaar on May 8 provided an opportunity for spouses to network and to receive information and assistance. Multiple booths and vendors were present at the Bazaar including the Chapel, the Airman and Family Readiness Center, Military One Source and other vendors, even including spouse-owned businesses.





Sunday @ 6 pm - Opening Service
Monday @ 7 pm - Military Night
Tuesday @ 7 pm - Night of Grace

Revival Host Pastor
 Minister D. Swift

Jacksonville City Wide

REVIVAL

May 17-19, 2015



Pastor Larry Battles



Chaplain Rev. Paul Harris



Rev. Robert Staton



Pastor Roosevelt Simmons

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Airmen Against Drunk Driving	987-2233
Airman's Attic, Bldg. 940	987-6777
Alterations, Bldg. 787	988-9235
Barber Shop, Bldg. 787	988-1160
Base Exchange, Bldg. 787	988-2237
Base Operator	987-1110
Beauty Salon, Bldg. 787	988-1900
Billeting front desk, Bldg. 1024	987-6753
Burger King, Bldg. 789, AAFES	988-4412
Career Asst. Advisor, Bldg. 710	987-5905
Chaplain, Bldg. 950	987-6014
Chaplain, 19th AW (after hours)	987-1900
Class Six/car care/shoppette, AAFES	988-2301
Clinic appointments, Bldg. 1090	1-800-557-6815
Clinic appointments, Bldg. 1090	987-8811
Clothing sales, Bldg. 787	987-3250
Combat Airlifter, Bldg. 1255	987-5855
Command post (24 hours)	987-1900
Commissary, Bldg. 790	987-6990
Arkansas Federal Credit Union	982-1000
Crime Stop, Bldg. 480	987-6600
Dental clinic, Bldg. 1090	987-7304
Finance cust. service, Bldg. 1255	987-8294
Fire reporting, Bldg. 110	911
First Arkansas Bank and Trust	982-4511
First-Term Amn's Ctr., Bldg. 710	987-1415
Florist, Bldg. 787, AAFES	988-4537
Fraud/waste/abuse hotline	987-3006
General Nutrition Ctr., Bldg. 787	988-0561
Hangar 1080, Bldg. 1080	987-5555
HERK (Base status updates) line	987-4375
Housing maintenance (24 hrs. ops)	983-9050
Housing office (Little Rock Family Housing), 101 Arkansas	983-9044
Housing Referral office, 19 CES, 101 Arkansas	987-6429
Inspector General	987-3596
Laundry and cleaners, Bldg. 787	983-1616
Legal office, Bldg. 1250	987-7886
Gov't transportation, Bldg. 551	987-6086
OSI	987-6116
OSI Hotline	779-0043
Optical shop, Bldg. 787	988-2761
Pass and ID, Bldg. 1255	987-6831
Popeye's Chicken	988-1374
Post Office, Bldg. 966	987-3695
Public Affairs, Bldg. 1255	987-3601
Recycling center, Bldg. 1568	987-6611
Saddle club	987-3365
Security Forces	987-3221
Sexual assault hotline	987-7272
Shoppette, Base Lake	988-4841
Shoppette, Class Six	988-2301
Suicide Prevention Hotline	1-800-273-8255
Theater, Bldg. 461	987-6461
Thrift shop, Bldg. 940	988-1191
Vet Clinic	987-7249

LINKS











Little Rock Air Force Base

*For in-depth base information,
visit the following sites:*

Little Rock Air Force Base
www.littlerock.af.mil/

Little Rock Air Force Base Facebook
www.facebook.com/LittleRockAirForceBase

Little Rock Air Force Base Flickr
www.flickr.com/photos/59070755@N02/

Little Rock Air Force Base Twitter
www.twitter.com/LRAFB

19th Force Support Squadron
www.rockinattherock.com/

19th FSS Facebook
www.facebook.com/19FSS

19th FSS Twitter
www.twitter.com/RockinAtTheRock

LRAFB Housing Referral Office
www.housing.af.mil/littlerock

Air Force Housing
www.housing.af.mil



Chapel 987-6014

WORSHIP OPPORTUNITIES

Protestant Services

Sunday11 a.m.

Catholic Services

Daily Mass Tuesday - Friday 11:30 a.m.

Sunday Mass.....9:30 a.m.

** Confessions are held 30 minutes prior to each Mass and by appointment*

RELIGIOUS EDUCATION

Protestant RE

Sunday (Sept - May)9:30 p.m.

** Classes for all ages available*

PMOC (Wednesday) noon

PWOC (1st, 2nd, and 3rd Wednesday)6:30 p.m.

Catholic RE

Sunday (Sept - May)11 a.m.

RCIA Classes & Adult Bible Studies Available

Catholic Women of the Chapel (3rd Tuesday)6:30 p.m.

Other Faith Groups/Inquiries

Please contact the Little Rock AFB chapel office at 501-987-6014 for specifics on other faith groups or information regarding the local churches in the area.

Chaplain's Thought

"In 1962 President John F. Kennedy signed a proclamation designating May 15 as Peace Officers' Memorial Day. As we celebrate National Police Week, we pause to remember and honor those who made the ultimate sacrifice doing what they love - Protect and Serve!"

- Chaplain Elbert A. Fadallan
19th Airlift Wing deputy wing chaplain

SAVES: Week of 11 May 2015

SAVES Level 1

Past 60 Days

(Rollback date: 13 March 2015)

■ This month, the SAVES signs are proudly maintained by:

AADD

Type:

DUI/DWI	0
Underage	0
Drunk/Disorderly	0
Duty-Related Incident	1
Public Intoxication	0
Accident Injury/Death	0
DV/Maltreatment	1
Contributing	0
Crimes Against Property	0
Open Container	0
Drug +	1

AIRMEN AGAINST DRUNK DRIVING

4

People saved this week

0

DUIs this week

Airmen should always have a plan, but if plans fall through, call 987-2233.

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HELP WANTED

HELP WANTED

SERVICES

SERVICES

ANNOUNCEMENTS

HELP WANTED

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Sunday: CLOSED **24 HOUR ACCESS GATE!** 501-416-4723

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MEDICAL BILLING TRAINEES NEEDED! Become a Medical Office Assistant at Ayers! **NO EXPERIENCE NEEDED!** Online training gets you ready. HS Diploma/GED & Internet Required. 1-888-734-6717 Licensed by ASBPCE.**

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JACKSONVILLE FIRST United Methodist Church of Jacksonville, AR, is looking for a part-time Youth Minister working 25 hours per week with youth ranging from 6th – 12th grade. We are seeking the right person who will bring the energy and enthusiasm needed to reach out to our community. If interested, please send your resume to info@jacksonvilleumc.com

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IMMEDIATE HIRE - \$725 a week. Are you self-motivated? Are you looking for a new career? Local company has 10-15 openings for air quality testers. No experience necessary. Call for an interview at (501) 605-1303.

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HELP WANTED

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YARD SALES

YARD SALE, 5/16, 8 am-2 pm, 512 S. Cypress St., Beebe. Furniture, clothes, kitchen items & misc.

YARD SALE, 5/15 & 16, 104 Kirkwood Rd., Beebe.

3-FAMILY YARD sale, 5/15-17, 8 am-2 pm, 111 Andrews Ln., Beebe. Household, tools, furniture, jeans, collectibles, books, movies, scuba gear, horse tack & much more.

HUGE GARAGE sale, 5/15 & 16, 7 am-5 pm, 9609 Del Ray, Miller's Crossing, Sherwood.

YARD SALE, 5/15 & 16, 1505 Mill Rd., off Military Hwy., Jax. Household, girl's clothes, misc.

GARAGE SALE, 5/15, 9 a.-2 pm, 29 Shamsie Dr., Ward. Love seat, futon, cabinet, TV, bike, bike rack, much more.

4-FAMILY BACKYARD sale, 5/16, 7 am-2 pm, 25 Maple Tree Cv., Loneke, toward Woodlawn. Furniture, knick-knacks, etc. Too much to mention. 676-2031.

RENTALS

YARD SALES

GARAGE SALE, 5/15 & 16, 7 am-1 pm, 83 Earnhardt Cir., Cabot. Riding mower, dining table w/6 chairs, baby clothes & much more.

HORSES

HORSES: LUCKY Acres Boarding Stable, TLC for your horse, box stalls and paddocks, clean pastures, indoor and outdoor arenas, riding instruction and training program. Dressage our specialty. (501) 988-2458.

AUTOS/ACCESSORIES

3 MICHELIN tires, 235/65/R16, driven 14,000 mi., retail for \$165 ea., sell all 3 for \$165. (501) 605-1407, Cabot.

'97 TOYOTA Avalon, white, leather seats, 120,000 actual miles, \$1,600 cash. (501) 413-5062.

2012 KIA Forte, 55,000 miles, \$9,500. (501) 765-6646.

'94 GMC extended cab, 8 cycle 8-6.9 diesel turbo, \$4,500. (501) 690-6789.

NEW TEXAS Tiger car hauler trailer, 83"x18" steel diamond plate, tandem axle, 7,000 lb. capacity, elec. brakes. (501) 269-4103.

BRAND NEW Roadmaster universal tow dolly w/electric brakes, \$1,200. (501) 352-1914.

1997 HONDA Civic 4-door sedan, 180,000 miles, \$2,800. (501) 259-3312.

PARTING OUT: '92 S10 Blazer, 4WD, auto. trans. & transfer case. Most parts avail., \$30 & up. (501) 982-6600.

1991 FORD F150 SWB, 5-speed, 144k miles, limb damage, \$2,500 obo. (501) 676-5624.

2000 MAZDA, needs battery to start. (501) 744-4021.

1993 CADILLAC Sedan Deville, 73,000 miles, one owner, \$3,000. (501) 681-3700.

RECREATIONAL VEHICLES

2007 VULCAN 500, 3,254 miles, new tires & battery 10/13, \$2,800 obo. (405) 795-9294.

RENTALS

RECREATIONAL VEHICLES

LOWE BOAT, 14'x36"x18", HD trailer, ELX start, 15 hp. Johnson, excellent condition, garage kept, 2 big seats, full carpet. (501) 843-6005.

'07 HD Ultra Class; FLHTCU, 18,800 miles, aftermarket pipes, highway pegs, AM/FM radio/CD player, 96 ci., 1584cc, 6-spd. transmission plus extras, \$12,750 obo. (501) 658-3216.

2008 GOLDWING Trike, 4,000 miles, garage kept, \$28,500. (501) 425-5644, leave msg.

LAWN & FARM EQUIPMENT

SUMMER GRASS Pricing! Bermuda, \$1.25 / sq yd*, Meyers Z-52 Zoysia - \$2.50/sq *Prices are COD on full truck loads in the LR area. Call 800-458-4756.**

WANTED: NEWER model riding or push mower, must be good price, pay cash. (501) 843-5376.

TRACTOR - FERGUSON 30, 2WD, good condition, runs great, \$2,000. (501) 286-0698.

CRAFTSMAN RIDING mower, 42" cut, runs & mows good, \$375. (501) 983-1445.

2013 SCRAPPER riding mower, 30" cut, less than 10 hrs. on engine, \$800. (501) 350-5118.

JOHN DEERE self-propelled walk-behind mower, runs great. (501) 628-7011.

MTD, 6 hp., 18" tiller, like new, \$500. (501) 454-1736.

KUBOTA LAWN tractor, older model, \$800 obo.; Troybilt lawnmower, \$200. 882-2142

ITEMS FOR SALE

CUSTOM-MADE INSULATED green drapes, queen bedspread, coral dust ruffle - 15 pcs., pd. \$1,200. Asking \$165; lg. dried Hydrangeas, 25¢ ea. (501) 268-3886.

UPPER & lower kitchen cabinet doors, wood, make offer; indoor 36" round exercise trampoline w/side arm stretches, \$65 obo. 843-4890.

FREE LANDFILL - filling in pond. Will take rocks, bricks, blocks, dirt - NO wood or garbage. Go north on Porter Rd. at Johnson Chapel Store, Hwys. 38 & 86, west of DesArc. (870) 854-5094.

FISH BAIT, got rice tail slick, Hwy. 38 & 86, go north on Porter Rd., west of DesArc. (870) 854-5094.

GLASS VASES, all sizes, 25¢-\$2 ea.; pictures frames w/pictures, all sizes, 25¢-\$5 ea. (501) 843-4890.

NEW, AUTOMATIC hospital bed w/ mattress, \$450; new bed lifter, \$300. (501) 982-8064.

APPLE IPHONE 5s, 16 GB, AT&T, black and silver, excellent condition, no scratches, etc. Complete in box w/wear buds & charger plus an Otter protective cover, \$350 cash. (501) 605-2712, leave msg.

REPAIR & operator manuals for John Deere & Allis Chalmers tractors. (501) 416-8107.

3 PT. DRAW bar for Allis Chalmers D-17. (501) 416-8107.

TIN, NEW rainbow color, 10' & 12'x36" wide. 843-6354.

6.5 HONDA cement mixer, 3 yd. 288-0850.

FULL-SIZE CASIO keyboard w/CD player, \$50. (501) 982-2688.

ITEMS FOR SALE

HUFFY 26" bicycle, wide tires, black & white, never ridden, \$125 obo. 882-2142.

FREEZER, 17 cu. in., older model, needs freon, \$100. (501) 749-2026.

HAIER DORM refrigerator, great for school, \$45. 985-2244.

RAZOR ELECTRIC Euro-style scooter, \$275 obo. (501) 944-0322.

WESLO CADENCE EX14 treadmill, on rollers, & folds for storage, \$120 obo. (501) 944-0322.

RAUSCH RACING 18-wheeler w/car & tool box, brand new but not in package, \$75 obo. 882-2142.

MARCY RECUMBENT exercise bike, like new, pd. \$149, sell for \$50. 843-2858, Cabot.

2 ELECTRIC motors, 1700 RPMs, \$65 ea. (501) 983-1445.

MOBILE HOME door, 77x34, has keys; Apex TV, older model; beautiful gold mirror, 55x34. (501) 882-6102.

SANYO 24" HDTV, new, \$150 obo. (501) 944-0322.

FURNITURE

ENTRY TABLE w/matching mirror, solid oak, \$125. Pics. avail. 605-3268.

CHERRY DRESSER, 2 night stands, armoire, \$200; coffee table, sofa table, end table, all marble tops, from Ashley's, \$300; sofa & love seat, \$150. Morgan/Maumelle exit. (501) 519-7902 after 5 pm.

QUEEN SIZE bed & mattress, heavy duty, solid wood, excellent condition, pd. \$1,500, sell for \$600. (501) 288-0638.

LARGE CHINA cabinet & hutch, touch lighting, good condition, \$700; black leather love seat, very good condition, \$175. (501) 615-5615.

PRINCESS PINK & white toddler bed w/mattress, great condition, \$50. (501) 605-4422, Cabot.

ANTIQUE STOOL, iron, circa 1940s-1050s, \$80 obo. 882-2142.

GREEN ROCKING chair, \$30; design ottoman, \$25; black leather love seat, \$50; entertainment center, \$50; lg. white desk, \$80. All items obo. Pics. avail. (501) 438-2788.

TWIN BEDS, 2 sets, \$100 ea.; hand-made bar w/brass foot rail, \$1,000; bookcase, \$50; chest, \$20. (870) 761-8543.

RENTALS

COZY STUDIO apartment with wood burning fireplace in Jacksonville. Appliance filled kitchen. Starting at \$345 plus utilities. No children or pets. Military discount available. Camp Construction, (501) 982-0434.

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- Plummer Street, Jacksonville, 1 Br, 1 Ba, \$325/mth
- 516 Sorrells, Jacksonville, 3 Br, 1 1/2 Ba, \$700/mth
- 77 Falcon Cv., Sherwood, 3 Br, 2 Ba, \$875/mth
- 5402 Lynne Drive, Jacksonville, 3 Br, 2 Ba, \$1,050/mth
- 312 Bellevue, Jacksonville, 2 Br, 1 Ba, \$450/mth

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