



COMBAT

AIRLIFTER

VOLUME 63 • NUMBER 6 • FRIDAY, FEB. 12, 2016

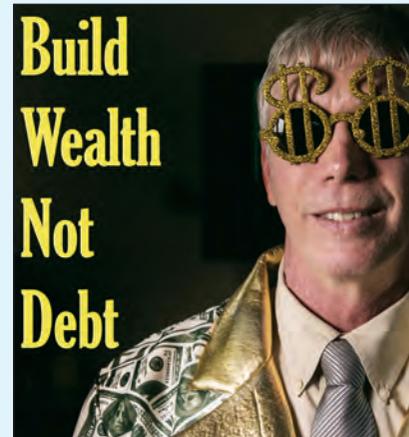


JOAX 16-5

PAGES 10-11

U.S. AIR FORCE PHOTO BY STAFF SGT. MARIANIQUE SANTOS

U.S. Air Force aircrew member conducts a preflight inspection on a C-130J Super Hercules from Little Rock Air Force Base during Large Package Week at Pope Army Airfield, N.C., on Feb. 4. Large Package Week leads up to Joint Operational Access Exercise 16-5, where Army and Air Force units work together to improve interoperability for worldwide crisis, contingency and humanitarian operations.



**Build
Wealth
Not
Debt**

Mr. MONEY

Rick Tomaskovic, the Airman and Family Readiness Center's "Mr. Money," tirelessly toils to help military members and their families reduce the financial difficulties they encounter.

PAGE 7



WHY DO SUPER FOODS WORK?

Super Foods can decrease inflammation, improve health for men and increase antioxidants and sulfur in the body.

PAGE 12



BASKETBALL SEASON UNDERWAY

The 2016 intramural basketball season is underway. See the latest schedule for your unit's team.

PAGE 14

COMBAT AIRLIFTER OF THE WEEK

NAME

Airman 1st Class Alexandra White

UNIT

61st Airlift Squadron

POSITION

C-130J Loadmaster

HOMETOWN

Brush, Colorado

TIME ON STATION

1.3 years

TIME IN SERVICE

2 years

CORE VALUE PORTRAYED

Service before self

HOW DOES THE INDIVIDUAL PORTRAY THAT CORE VAULE?

When handpicked for a short notice deployment, she completed all required training, while tackling an extensive mobility out-processing checklist, in less than 48 hours.

WHY IS SERVING IN THE AIR FORCE IMPORTANT TO YOU?

I have a job that lets me serve my country and takes me all over the world. Every day I get the chance to learn and experience different things that I wouldn't have without the Air Force.

WHAT ACCOMPLISHMENT DURING YOUR AIR FORCE CAREER ARE YOU MOST PROUD?

Making the commitment to be a part of something bigger than myself; I'm proud to be a Loadmaster in the 61 AS and getting out there to do my job.



U.S. AIR FORCE PHOTO BY AIRMAN GRACE NICHOLS

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www.Safehelpline.org

HELP IS WITHIN REACH

U.S. AIR FORCE GRAPHIC BY SENIOR AIRMAN HARRY BREXEL

AIRMEN AGAINST DRUNK DRIVING

0 People saved this week

0 DUI this week

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

HISTORY FACT

Happy birthday to the 41st Airlift Squadron! Two months after the attack on Pearl Harbor, the 41st Transport Squadron activated at Duncan Field, Texas, on Feb. 18, 1942. The unit redesignated later in the year as the 41st Troop Carrier Squadron. During World War II, the 41st TCS participated in Gen. Douglas MacArthur's island hopping force in the Pacific Theater of Operations. Crews ferried supplies and personnel from Australia to New Guinea, the Philippines and Okinawa. Since WWII, crews from the 41st Airlift Squadron have participated in the Berlin Airlift, the Vietnam War and the Pueblo Crisis in Korea, as well as many other incidents including the Global War on Terror. Since 1942, the 41st AS has only had three years of inactivity.

ATV RIDE AT MT. MAGAZINE STATE PARK

Sat, 27 Feb, 2016
8 AM - 6 PM

Register by Wed, 24 Feb • Cost: \$80/person



Outdoor Rec is hosting another great family adventure! Experience the beautiful scenery of Mount Magazine while getting down and dirty on an ATV! There will be a 2-3 hour guided tour on the ATV around the mountain. Make sure you bring good shoes for a hike up the mountain as well as a change of clothes (you will get dirty, you may get extremely muddy!). There is also a museum to learn more about history of the mountain. Please bring water and snacks for while we are on the mountain and money for dinner on the way back.

Children under 18 not admitted without an adult.

987-3365
Outdoor Recreation

KIDS BINGO

Fri, 19 Feb

5 - 7 PM



Lots of chances to win prizes! Including a family four (4) pack of tickets to see the Arkansas Travelers Play!

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987-5555 at HANGAR 1080

TEENS IN MEMPHIS

JOIN US ON A TRIP TO THE CIVIL RIGHTS MUSEUM IN MEMPHIS, TN

SAT, 20 FEB, 2016

10 AM - 7 PM

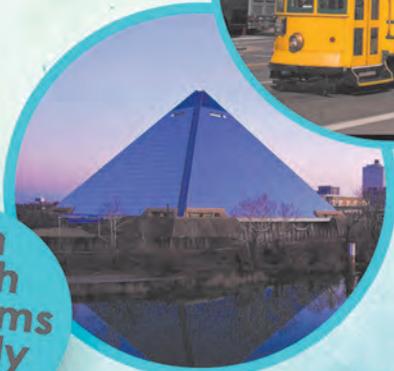
REGISTER BY 15 FEB

AGES 13-18

MEMBERS: \$15

NON-MEMBERS: \$25

PLEASE BRING MONEY FOR SOUVENIRS AND FOOD



YP
youth programs
Air Force Services

Join Youth Programs for only \$35/yr

987-6355
Bldg. 940 Youth Programs

Fri, 19 Feb
5:30 - 7:30 PM

Painting Uncorked

Register by Tue, 16 Feb

\$30 Includes all supplies, wine tasting, cheese trays and instruction. You are welcome to bring a bottle of your favorite wine too!



This event is for those over 21 years of age. Enjoy an evening of guided painting and wine tasting hosted by Skills, at the Walters Community Support Center.

987-6504
Skills Center



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Black History Month

Why I serve

CHIEF MASTER SGT. LEWIS J. HOLSTON JR.

Chief Master Sgt. Lewis J. Holston Jr. is the Superintendent of the 314th Operations Group and is responsible to the 314th OG commander for the morale, welfare, professional development and combat readiness of the group's 300 Airmen and 1,300 aircrew students. The native of San Antonio, Texas, enlisted in the Air Force in June of 1991 as an Aircraft Loadmaster. Since that time, Chief Holston has accumulated over 4,500 flight hours on C-141B and C-130E/H/J model aircraft.

"I joined to serve my country and follow in the footsteps of my grandfather who was a Triple Nickel (555th Parachute Infantry Battalion) Paratrooper (the first all-Black Paratroop Unit) and 28-year U.S. Army First Sergeant; and my dad who served for 20 years as an administrative specialist and retired as a master sergeant. I wanted to make them proud."



Black History Month Committee Presents:
Spotlighting Past and Present
African American Basketball Players in

Legends vs. Prodigies

Honorary Basketball Game between
Intramural TLR All-Stars

Game Time 4:30 PM
Friday, February 26
LRAFB Fitness Center

POC: SrA Teresa Johnson, A1C Blanca Miller, A1C Jalen Gibbs, SrA Xavier LeGrand

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Mr. Money invests in Airmen's futures

By Airman Grace Nichols
19th Airlift Wing Public Affairs

"Everybody wants to do a job where they can see customer satisfaction, and the only way I can see that is if I actually make a positive impact," said Rick Tomaskovic, a Community Readiness Consultant at the Airman and Family Readiness Center.

Tomaskovic has served as the lead financial guru at the A&FRC since 2013 and has tirelessly toiled to help military members and their families reduce the financial difficulties they encounter.

With the combination of annual programs like the upcoming Military Saves Campaign from Feb. 22 through Feb. 26 and weekly financial classes offered at the A&FRC, the amount of Air Force Assistance Fund aid needed by military members has dropped by approximately 17 percent out of the usual four hundred cases a year.

That might not seem like a lot, but Tomaskovic said that it's all about the process that was started with events like the Military Saves Campaign.

"The first year we started a conversation, the second year we added to that conversation and the third year is



when we really started to see results," said Tomaskovic. "We wouldn't do any of this if we weren't having an impact."

Sharon Thompson, A&FRC chief, said Tomaskovic refined the process used to help military members and their families get needed basic financial insight.

"What Rick has done, the changes that we made and him continuing all year long on the education is what's responsible (for the improvements)," said Thompson.

The A&FRC offers basic financial information and tools to help people improve their money woes.

"It's that part of the campaign that drove the numbers down," said Tomaskovic. "Programs like the Military Saves Campaign are all about that. It's an awareness campaign: teaching people why they should set a budget, save for emergencies and things like that."

Due to the efforts of Tomaskovic and the entire A&FRC staff, who work hard to hold events and programs promoting positive financial habits, clients with no financial difficulties have started to come in to take preemptive action to improve their money matters.

"I don't want people to wait until something is broken before we fix it, I want people to know that they can take control of their finances and make a plan for their life that is going to work," said Tomaskovic. "We have seen more people come in for things other than just a budget. People are beginning to realize that we are a resource they can use."

Helping people develop good money habits and change their fortunes is very rewarding for Tomaskovic.

"Seeing someone come back and thanking us for helping them is the best thing," he said. "That's kind of it for me."

For more information about A&FRC events and opportunities, call 987-2667.

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Non-judicial punishments, courts-martial

ARTICLE 15 ACTIONS

(NON-JUDICIAL PUNISHMENT)

■ A staff sergeant assigned to the 19th Aircraft Maintenance Squadron received a suspended reduction to senior airman and a reprimand for one violation of Article 107 – False Official Statement, for damaging the bumper of his truck and later calling the 19th Security Forces Squadron to report damage to his vehicle.

■ A senior airman assigned to the 19th AMXS received a reduction to airman first class, suspended forfeiture of \$1,027 pay for two months and a reprimand for one violation of Article 108 – Destruction of Government Property, for striking a fire hydrant with his vehicle as it rolled down a hill and one violation of Article 111 – Drunk Driving.

■ An airman first class assigned to the 19th AMXS received a reduction to airman and a reprimand for one violation of Article 121 – Larceny, for shoplifting a pen stylus from the Base Exchange.

■ A senior airman assigned to the 19th AMXS received a reduction to airman first class, suspended forfeiture of \$1027 pay for two months and a reprimand for two violations of Article 134 – Adultery and

Communicating a Threat, for being involved in an adulterous affair with a woman, not his wife, and for communicating a verbal threat to his spouse and mistress.

■ An airman first class assigned to the 19th Maintenance Squadron received a reduction to airman basic and a reprimand for one violation of Article 134 – Prejudice of Good Order and Discipline “Incapacitation/Prior Over-indulgence”, for being incapacitated at the time of his duty.

■ A senior noncommissioned officer assigned to the 19th Communications Squadron received a reduction to master sergeant and a reprimand for one violation of Article 92 – Dereliction of Duty.

■ A senior airman assigned to the 41st Airlift Squadron received a suspended reduction to airman, 30 days extra duty and a reprimand for one violation of Article 86 – Failure to Go, for failing to report to training.

■ An airman first class assigned to the 314th Aircraft Maintenance Squadron received a reduction to airman basic and a reprimand for one violation of Article 92 – Dereliction of Duty, for failing to obtain a driver's license before operating a motor vehicle on base.

■ An airman assigned to the 19th SFS

received a reduction to airman basic and a reprimand for one violation of Article 112a – Wrongful Use of a Controlled Substance, for testing positive for marijuana.

■ An airman first class assigned to the 61st Airlift Squadron received a reduction to airman and a reprimand for one violation of Article 128 – Assault, for swinging his fist at an NCO.

COURTS-MARTIAL

■ Senior Airman Brandon Hardee, 314th Aircraft Maintenance Squadron, plead guilty at a Special Court-Martial to one specification of wrongful use of cocaine and one specification of wrongful use of anabolic steroids, a Schedule III controlled substance, in violation of Article 112a of the Uniform Code of Military Justice. He was sentenced to reduction to the grade of airman basic, forfeitures of \$1,033 pay for six months, six months confinement and a bad conduct discharge.

■ Senior Airman Marcus Jeremiah, 314th Aircraft Maintenance Squadron, plead guilty at a Summary Court-Martial to one specification of wrongful use of cocaine in violation of Article 112a of the UCMJ. He was sentenced to reduction to the grade of airman basic, forfeiture of \$1,033 pay for one month and 30 days confinement.

INVOLUNTARY DISCHARGES

A senior airman assigned to the 50th Airlift Squadron received an under other than honorable conditions discharge in lieu of court-martial, for wrongful distribution of Adderall and assault with an unloaded firearm.

■ An airman basic assigned to the 314th Aircraft Maintenance Squadron received an under honorable conditions (general) discharge for failing to obtain a valid driver's license before operating a motor vehicle, failing to not be present at their designated duty location, showing up late to work, receiving a traffic ticket on base, failing to go to training appointment and failing their physical training test twice.

■ An airman basic assigned to the 19th Logistics Readiness Squadron received an under honorable conditions (general) discharge for wrongfully and falsely altering the date of birth on a military identification card, failing to report to a mandatory physical training session, failing to refrain from consuming alcohol while under the legal age of 21, failing to refrain from using tobacco products in the designated locations,

See Nonjudicial, page 9

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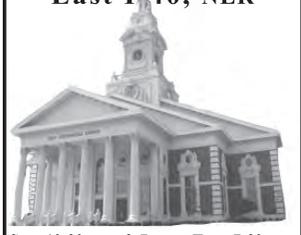
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Nonjudicial

Continued from page 8

damaging a table that was property of the United States Air Force, and failing to shave prior to attending squadron PT.

■ A captain assigned to the 61st Airlift Squadron received an under honorable conditions (general) discharge for wrongful use of marijuana.

■ A senior airman assigned to the 19th AMXS received an honorable discharge for failure to meet minimum fitness standards.

■ An airman basic assigned to the 19th Aircraft Maintenance Squadron received an under honorable conditions (general) discharge for failure to go to the appointed place of duty on several occasions, communicating threats to a relative and misuse of the government travel card.

From the 19th Airlift Wing's Office of the Staff Judge Advocate: The Uniform Code of Military Justice authorizes commanders to exercise personal discretion in evaluating each case. Commanders consider the nature of the offense, the record of the servicemember, the need for good order and discipline, the effect of punishment on the servicemember, and the servicemember's record. Every case is unique and is evaluated independently. The Manual for Courts-Martial reminds us that military law promotes justice, assists in the maintenance of good order and discipline in the armed forces, promotes the efficiency and effectiveness of the military establishment, and strengthens the national security of the United States.

Flightline operations



U.S. Air Force Staff Sgt. Jeffrey Braden, a 19th Logistics Readiness Squadron aircraft services supervisor loads cargo onto a C-130J with a heavy equipment platform on Feb. 8 at Little Rock Air Force Base. The cargo was used for loadmaster training.



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Joint Operational Access Exercise

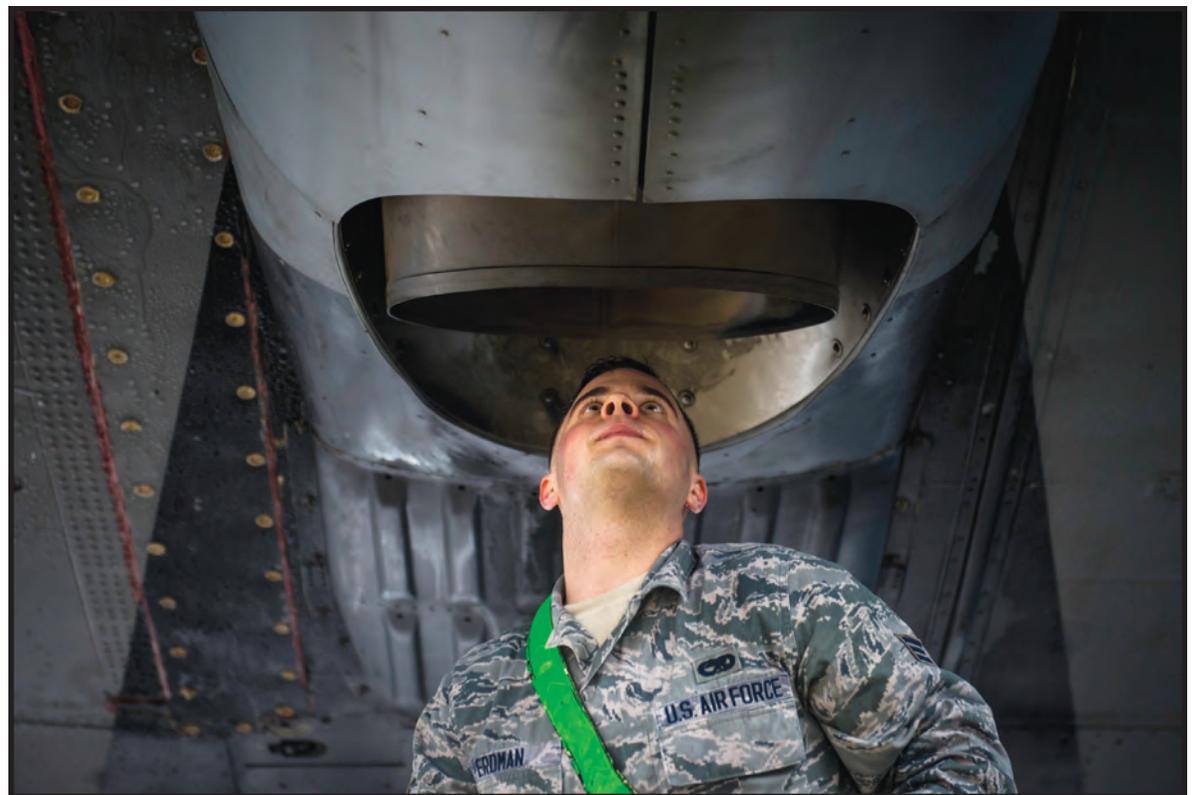


U.S. AIR FORCE PHOTOS BY STAFF SGT. MARIANIQUE

U.S. Air Force Senior Airman Thomas Budd, 19th Aircraft Maintenance Squadron dedicated crew chief, turns a propeller on a C-130J Super Hercules from Little Rock Air Force Base, while conducting preflight maintenance on during Large Package Week at Pope Army Airfield, N.C., on Feb. 4. Large Package Week leads up to Joint Operational Access Exercise 16-5, where Army and Air Force units work together to improve interoperability worldwide crisis, contingency and humanitarian operations.



U.S. Air Force dedicated crew chiefs with the 19th Aircraft Maintenance Squadron uninstall the propeller on a C-130J Super Hercules from Little Rock Air Force Base, while conducting preflight maintenance during Large Package Week at Pope Army Airfield, N.C., on Feb. 4.



U.S. Air Force Senior Airman Jeffrey Erdman, 19th Aircraft Maintenance Squadron dedicated crew chief, conduct a preflight inspection on a C-130J Super Hercules from Little Rock Air Force Base during Large Package Week at Pope Army Airfield, N.C., on Feb. 4.

(Left) U.S. Air Force Senior Airman Nick Warner, 19th Aircraft Maintenance Squadron dedicated crew chief, conduct a preflight maintenance on a C-130J Super Hercules from Little Rock Air Force Base during Large Package Week at Pope Army Airfield, N.C., on Feb. 4.

SANTOS
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Super Foods: How they help the body

By Jeffrey Vaughn

19th Medical Group

Why do Super Foods work? Eating Super Foods can do four very important things in the body: they can decrease inflammation, can improve gut health, can increase antioxidants and could increase sulfur in the body. Here are four quick summaries talking about chronic systemic inflammation, gut health, antioxidants and the importance of eating sulfur-rich food.

CHRONIC SYSTEMIC INFLAMMATION

Scientists believe chronic systemic inflammation in the body is the cause of many chronic diseases. If you can eliminate inflammation, you can eliminate the risk for the disease.

The cause of chronic systemic inflammation is directly linked to the food we eat and the main culprit is sugar and processed foods. The further you separate yourself from sugar and processed foods, the less inflammation you may experience.

In addition to eliminating sugar, adopting anti-inflammatory foods may



reduce chronic systemic inflammation. Adding as many of these super foods such as whole grains, fatty fish and low-fat dairy to your diet as possible may help. Bottom line: eliminate foods with zero nutritional value and substitute foods that are high in vitamins, minerals,

antioxidants and anti-inflammatory properties.

GUT HEALTH

The digestive system may be the most important system in the body. This system breaks down everything taken into the

body and is programmed to decide what is released to the blood stream and what is flushed out as waste.

The digestive tract contains tight junctions and microvilli, similar to filters, in the intestinal wall. The intestinal wall cells break down food particles to decide what can enter the blood stream.

Leaky gut syndrome occurs when the tight junctions begin to open wide like a faucet and big undigested food particles and toxins flow freely into the blood stream.

The food particles and toxins are absorbed by tissue which causes chronic systemic inflammation and autoimmune diseases like multiple sclerosis, fibromyalgia, irritable bowel syndrome and psoriasis.

Eating refined sugar, processed food, and products containing gluten can increase your risk for developing leaky gut syndrome. Inadequate amounts of stomach acid, too much bad gut bacteria or too little good gut bacteria may also play a role. Chronic stress can also lower immune health leading to leaky gut syndrome.

See Foods, page 13

20 Oz. Porterhouse Steak

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Foods

Continued from page 12

Correct leaky gut syndrome by eliminating the wrong foods and eating the right ones:

1. Eliminate foods high in sugar, processed foods, and foods that contain gluten.
2. Add fermented vegetables like Kim Chi, sauerkraut, kefir, yogurt or take a high quality multi-specie probiotic.
3. Eat super foods like sweet potatoes, onions and bananas that contain fermentable fiber.
4. Increase foods that contain Vitamin D and Zinc. Super foods high in Vitamin D include mushrooms, eggs, salmon and fish oil. Super foods high in Zinc include pumpkin seeds, squash grass fed beef and dark chocolate.

ANTIOXIDANTS

The body undergoes oxidative stress every day and cells become damaged daily due to oxidation. When cells become damaged, they are called free radicals. Free radicals attack other cells to scavenge what they need for repair and end up damaging DNA.

When DNA is damaged, a chain reaction takes place where cells begin to replicate with damaged DNA. This sets the environment for diseases such as heart disease, diabetes, cancer, etc. The process is a natural part of life and the body has a built-in antioxidant mechanism that repairs most cells.

When external toxins such as cigarette smoke, pesticides and pharmaceuticals get into the mix, the body's natural antioxidant mechanism can not keep up and it soon becomes overwhelmed. Antioxi-

dants from the food we eat become the reinforcements the body needs to bring balance back at the cellular level.

Antioxidants come from almost all super foods, especially fruits and vegetables. The most important thing to remember are different antioxidants do different things. Vitamin C captures free radicals and neutralizes them. Vitamin E on the other hand repairs cells. The more variety of super foods you eat, the more types of antioxidants you introduce to the body and more antioxidant power is available for repair.

Foods high in antioxidants include dark green vegetables, blueberries, red berries, fish and sweet potatoes.

SULFUR FOODS

Sulfur is so important because it offers detoxification which will remove the waste. It is a key player in removing waste.

It makes cells more pliable allowing for better oxygen transport and waste removal. In addition, it also plays a major role in the creation of the most important antioxidant in the body: glutathione.

Glutathione plays a critical role in the production of insulin and maintaining healthy blood sugar. If you eat a healthy diet with super foods containing sulfur, your body will make plenty of glutathione and keep you healthy preventing diseases like heart disease, cancer or dementia.

Sulfur is extremely important if you have diabetes or want to prevent disease as it is the key to healthy cell growth and function.

Some examples of foods high in sulfur are eggs, broccoli, cauliflower, brussel sprouts and legumes.

For more information on better nutrition, call the Health Prevention Flight at 501-987-7288.

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U.S. AIR FORCE PHOTO BY SENIOR AIRMAN SCOTT POE

A player from the 19th Force Support Squadron attempts a layup Feb. 9 at Little Rock Air Force Base. The 19th FSS took the win with a score of 45-33.

AMERICAN LEAGUE

Schedule

DATE	TIME	HOME	AWAY
Feb. 16	5:30 p.m.	19th FSS	19th SFS
	6:30 p.m.	19th MXS 1	19th MDG
	7:30 p.m.	19th OSS	19th CES
Feb. 18	5:30 p.m.	19th FSS	19th MXS 1
	6:30 p.m.	19th MDG	19th CES
	7:30 p.m.		
Feb. 16	5:30 p.m.	19th FSS	19th CES
	6:30 p.m.	19th SFS	19th MDG
	7:30 p.m.	19th MXS 1	19th FSS

Standings

TEAM	WINS	LOSSES
19th FSS	8	0
19th MDG	7	1
19th OSS	5	4
19th CES	4	4
19th SFS	3	5
19th MXS 1	0	8
19th MXS 2	0	5

NATIONAL LEAGUE

Schedule

DATE	TIME	HOME	AWAY
Feb. 17	5:30 p.m.	FIRE DEPT	41st AS
	6:30 p.m.	19th MXG	189th AW/ARMY
Feb. 22	5:30 p.m.	ARMY	41st AS
	6:30 p.m.	19th MXG	19th LRS
	7:30 p.m.	FIRE DEPT	189th AW/ARMY
Feb. 24	5:30 p.m.	314th AMXS	41st AS
	6:30 p.m.	189th MXS	19th MXG
	7:30 p.m.	ARMY	189th AW/ARMY

Standings

TEAM	WINS	LOSSES
ARMY	7	0
189th AW/ARMY	5	1
19th MXG	3	2
FIRE DEPT	3	3
314th AMXS	3	3
19th LRS	2	4
189th MXS	1	6
41st AS	0	5

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Medical Group construction

The 19th Medical Group will be undergoing multiple construction projects from now through the fall that will enhance capabilities and increase patient and staff safety. The clinic will remain fully operational during the construction projects. Visit the "19th Medical Group - Little Rock AFB" Facebook Page.

Legal office hours change

The base legal Office has new hours of operation began Feb. 1. Powers of attorney and notary services are available Monday - Friday, 9 - 11 a.m., and Monday, Tuesday, Thursday and Friday, 2 - 3 p.m. Active duty and family members walk-in legal assistance is available Mondays, 2 - 3 p.m., and Wednesdays, 9 - 11 a.m.

Active duty and family member will executions by appointment only Mondays, 3 p.m., and Wednesdays, 11 a.m. Retiree legal assistance is available by appointment only the second and fourth Friday of the month, 9 - 11 a.m. Retiree will executions available by appointment only second and fourth Friday of the month, 11 a.m. The legal office closes Wednesdays at 2:30 p.m. for training.

For worksheets for wills, advance medical directives and powers of attorney visit <https://aflegalassistance.law.af.mil>. For more information, call 987-7886.

2015 tax requirements

Effective for tax year 2015 is another form in MyPay under Taxes, the IRS Form 1095. The Affordable Care Act signed into law March 23, 2010, requires all U.S. citizens and legal residents to obtain and maintain a minimum standard of health care insurance. For 2015, taxpayers are required to prove that they have obtained the minimum essential coverage, TRICARE qualifies for this coverage. Proof of coverage is the Department of Treasury Internal Revenue Service Form 1095: Employer Provided Health Insurance Offer and Coverage. Active duty, Air National Guard, Air Force Reserve, retiree and civilians will need to have the IRS Form 1095 to file their 2015 taxes.

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SAVES: Week of Feb. 8

SAVES Level 1

Past 60 Days

(Rollback date: 11 Dec. 2015)

■ This month, the SAVES signs are proudly maintained by:
48th Airlift Squadron

Type:

DUI/DWI	3
Underage	0
Drunk/Disorderly	0
Duty-Related Incident	3
Public Intoxication	0
Accident Injury/Death	2
DV/Maltreatment	0
Contributing	0
Crimes Against Property	0
Open Container	0
Drug +	0

Chapel 987-6014

WORSHIP OPPORTUNITIES

Protestant Services

Sunday11 a.m.

Catholic Services

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

Sunday Mass9:30 a.m.

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

RELIGIOUS EDUCATION

Protestant RE at Walters Community Center

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

* Classes for all ages available

PMOCnoon

(Wednesday)

PWOC.....6 p.m.

(1st, 2nd, and 3rd Tuesday at Crossroads Cafe)

Catholic RE

Sunday (Sept. - May at Walters Community Center)11 a.m.

RCIA Classes & Adult Bible Studies Available

Catholic Women of the Chapel6 p.m.

(1st & 3rd Wednesday at Crossroads Cafe)

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.

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 percent): 71.1%

Aircraft availability

C-130J: (standard 8.4): 7.9%

C-130 SCHOOL GRADUATES

Number of combat aircrew members sent to the fight beginning Jan. 11, 2016:

C-130H: 37 C-130J: 29

Team Little Rock Phone Book

Team Little Rock phone list is online at www.littlerock.af.mil, or scan the QR code below.



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THE COMBAT AIRLIFTER CLASSIFIED DEPARTMENT will take ads by phone from 9 a.m. to 5 p.m. Monday through Friday 982-9421, or you may mail your ad to 404 Graham Rd., Jacksonville, Ark. 72078. You may also e-mail them to combatairlifter-classifieds@arkansasleader.com Deadline to advertise in Friday's issue is 5 p.m. Tuesday.

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HELP WANTED

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SECURITY OFFICERS - LITTLE ROCK, PART TIME - Requirements: At least 21 years old, No Past Felony Charges, no Class A misdemeanors, Reliable communication & transportation, HSD/GED - MUST work flexible shifts and able to obtain AR State Commission Credential. Apply in person: 200 W. Capitol Ave. Suite 1620, LR, AR, www.SecuritasJobs.com EOE/MF/D/V Regulated by: Dept. of Arkansas State Police, 1 State Police Plaza Drive, LR AR 72209. 501-618-8600 CMPY.0001241.**

ADMINISTRATIVE/CLERICAL/CSR - up to \$12/hr. DOE - Experienced - Apply online @ cssar.com - 501.801.8061.**

CDL A Route Drivers - local routes up to \$12/hr. - beverage distribution - Apply online @ cssar.com - 501.801.8061.**

BILINGUAL WAREHOUSE Associates - Spanish/English - \$8.65/hr. - Apply online @ cssar.com - 501.801.8061.**

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DRIVERS - \$5000 Sign on bonus! Home every weekend, Great benefits, paid holidays & miles New equipment. Dry vans. Local family owned & operated. Must be 23 years of age and have valid class A CDL. 2 yrs OTR exp. a must. ThompsonTrans.net, or call (501) 228-8800.**

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BLACK LAB puppies, 6 wks. old, free. (870) 256-5943.

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2 LAB MIX dogs, 1 yr. old, free to good home. (501) 286-3595.

FREE TO good home, 6 yr. old Shih-Tzu & 7 yr. old Dachshund, (501) 690-1376.

HELP WANTED



AIRCRAFT REFUELERS and LINE SERVICE SUPERVISOR

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2008 MERCEDES E350, 4-matic, white, 4-door, 64k miles, 1 owner, garage kept, mint condition, driven by wife only, \$15,000. (501) 837-0553.

2000 CADILLAC El Dorado, bad motor, good straight body, light blue w/ dk. blue top, \$2,000. (501) 749-9882.

2002 TOYOTA Sienna, clean, good tires, non-smoker, 3rd row seat, all power, runs, great family van, 197,000 miles, \$3,700. 920-2290.

2007 CHEVY Silverado Classic, SWB, 2WD, LT, reg. cab, 5.3 V8, midnight blue metallic, 68k miles, very nice, clean. \$13,647. Serious inquiries only. (501) 941-1557, no calls after 9 pm.

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HELP WANTED

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2006 HONDA Civic LX 4-door, all power, spoiler, CD, new tires, great gas mileage, like new, must see. (501) 985-5569.

1967 PONTIAC Tempest 2-door, runs good, needs some restoring, needs brakes, \$8,500; 1983 GMC box van, runs good, 6 new tires, \$1,600 cash. (501) 983-1445.

1997 FORD F-350 dually, 7.3 liter, powerstroke diesel, runs great, good looking, \$4,000 obo. (501) 940-4857.

2 FULL-SIZE pickup truck mirrors, electric, brand new, \$65. (501) 983-1445.

'98 HONDA Civic, not running, \$500 obo. (501) 422-8624.

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HEAVY DUTY ladder rack, fits full-length pickup, \$200. (501) 580-1941,

2014 GULF Stream Ultra light camper w/slide, fully loaded, \$13,000. (501) 605-7756.

2004 FLEETWOOD bumper-pull camper, 32', super slideout, excellent condition, \$8,500. (501) 766-2092.

2006 BOUNDER, V-10, auto levelers, washer/dryer, 2 slides, new tires, very nice, \$39,000 obo. (501) 590-2582, Cabot.

LAWN & FARM EQUIPMENT

'72-73 KABOTA TRACTOR, L210, 912 hours, 21 hp., very good condition, includes bush hog, tandem disc, seeder, sodbuster, rear lift, hitch, rock break, \$6,500. 288-7706.

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13 Emily Cove, Cabot, 4 Br, 2 Ba, \$1,350/mth
14 W. Plaza, Cabot, 3 Br, 2 Ba, \$1,050/mth
305 Franklin, Jacksonville, 3 Br, 2 Ba, \$1,050/mth
1511 Cloverdale, Jacksonville, 3 Br, 2 Ba, \$850/mth
1509 Rebel, Jacksonville, 3 Br, 2 Ba, \$800/mth
1001 Stirrup, Jacksonville, 3 Br, 1 Ba, \$700/mth
10 Oakwood Manor, Sherwood, 3 Br, 2 Ba, \$1,000/mth
1604 McArthur, Jacksonville, 2 Br, 1 Ba, \$800/mth
8 Winnie Cove, Jacksonville, 3 Br, 1 Ba, \$550/mth

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PAINT SPRAYER w/75' hose for parts, \$25; Murray 46" cut mowing deck, looks almost new, \$75; rear end for Snapper riding mower, good cond., \$100. (501) 983-1445.

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SMALL DEEP freezer, day bed, large cherrywood desk, complete 4-pc. set of dishes, Men's winter coats. Cash only. (501) 259-8044.

24 BULB tanning bed, 6 yrs. old, only used beginning of summer, \$1,500 obo. (501) 912-8806, Bill.

SELLING AMERICAN log home kit #403, Augusta Model - www.thegreatamericanlogco.com, \$26,000. (870) 723-7836.**

21" VIEWSONIC monitor, \$15; approx. 35 misc. ceramic tiles, \$25; Alto spa buffer w/pads, \$30. (501) 628-7085.

HARLEY DAVIDSON helmet, large, used couple if times, \$60. (501) 983-1445.

KIRBY VACUUM, all accessories, pd. \$1,500, asking \$350 obo. (501) 590-2564, Cabot.

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