



COMBAT

AIRLIFTER

VOLUME 63 • NUMBER 9 • FRIDAY, MARCH 4, 2016



DEFENDERS TRAIN FOR SUCCESS

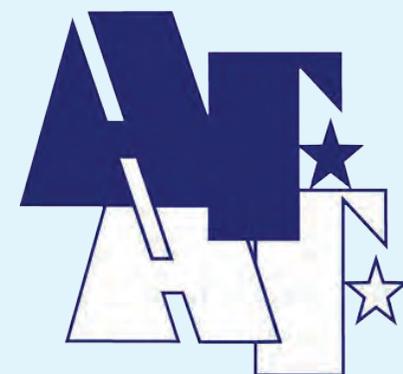
PAGES 11-14



CONGRATULATIONS

Congratulations to the 19th Airlift Wing and 314th Airlift Wing master sergeants selected for promotion to senior master sergeant:

- Michelle Crouse
- Sondra Daigle
- Michael Fletcher
- Garrett Forehand
- Joshua Johnson
- Rodney Kizzia
- Kenneth Hartsell
- Raymond Lippard
- Danyiell Lockwood
- Matthew Lockwood
- Jason Murphy
- Eric Pelican
- Michael Rickey
- George Terrell
- Justin Craig Ward
- Bryan Williamson



FUND DRIVE UNDERWAY

Team Little Rock's Air Force Assistance Fund Drive is underway. The base goal is \$86K. For more information, contact unit representatives or visit www.assistancefund.org.

U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS MERCEDES TAYLOR

U.S. Air Force Staff Sgt. Ryan Quade, a 19th Security Forces Squadron combat arms instructor, fires the M240B on Feb. 24 at Camp Joseph T. Robinson. Security Forces defenders must routinely qualify on a variety of weapons and ranges.

Inclusion means believing in yourself and each other

BY Command Chief Master Sgt. Shelina Frey

Headquarters Air Mobility Command

SCOTT AIR FORCE BASE, Ill. — The strength of the Air Force is our Airmen; and they come from diverse experiences and backgrounds across our great nation. Within AMC, we value this diversity and consider it essential to attracting and developing the best minds and talents to accomplish the complex mission we take on every day around the world.

Inclusion is just as critical as diversity. It fosters a culture of caring that recognizes that everyone matters and is a valued part of our team. From an organizational perspective, inclusion generates flexibility and adaptation.

Sometimes people see me and say, “Hey, you’re the first African American female chief I’ve seen.”

I usually ask them, “What does that mean to you?”

Often they think a few seconds, and say, “Nothing; you’re a great Airman.”

It means the world to me that they both see that I’m an African American female and appreciate me as an Airman. I love being an Airman! I take who I am and what I represent very seriously. Of course, there is only so much you can do to impact others’ perceptions.

When I first arrived as AMC’s command chief, there was a gentleman who was aghast at the Air Force’s inclusion of me as a senior leader. He made it apparent on the chief’s official Facebook site that he didn’t think much of a “negro” being in my position.

I felt bad for him; but I realize his attitude is a reflection of his life experiences. My heart breaks for people who can’t see beyond skin color and fail to focus instead on the character of a person.

When it comes to diversity and inclusion, we still have a way to go — yes. But I’m thankful it’s not where it used to be. Biases divide us and breed conflict. People have lost their lives so you and I could serve this great nation regardless of skin color, gender, or our differences.

As we wrap up African American History Month and begin Women’s History Month, this time of year often makes me think about my mom. I think about her character; a strong woman who carried herself with pride and respect for others.

She taught me to love myself, and that you should never let yourself be defined by what people call you or feel about you.

How we feel about ourselves is foundational to how we behave. It impacts how we make others feel. It’s not our background, not what we have or don’t have. It’s about believing in yourself. I love our Airmen for what they bring to our Air Force and who they believe they are!

We’re so fortunate today that we can live in a society where so many people truly care about each other and strive to overlook and even embrace our differences. I often think of how blessed I am to be in America, to serve in the greatest Air Force as the command chief master sergeant of a multifaceted global organization.

There’s a place in this Air Force for all of us, and our differences make us stronger. Diversity and inclusion make our organization more effective in meeting the Rapid Global Mission of our command. It’s what makes us an Air Force family. We all bring something unique to the table. Everybody matters.

I am proud to be an American Airman, and I’m proud to be a part of this team!

“There’s a place in this Air Force for all of us, and our differences make us stronger. Diversity and inclusion make our organization more effective in meeting the Rapid Global Mission of our command. It’s what makes us an Air Force family. We all bring something unique to the table. Everybody matters.”



MSG CORNER

CONSTRUCTION

■ Burger King parking lot will be repaved beginning in early March. Drive-thru service will be periodically closed to facilitate repairs.

ROAD CLOSURES AND OPENINGS

■ Arnold Gate will be closed during the hours of 2000 to 0400, next Monday through Wednesday.

■ Avenue A West is closed for paving. Personnel are required to use alternate routes to/from the flightline.

■ 1st St is closed near Base Ops (Bldg 120) to facilitate upgrades to airfield lighting as part of the runway repair project.

■ Short Ln behind the Base Chapel (Bldg 950) will be closed to facilitate repair to a damaged storm drain. The south entrance to the Chapel’s main parking lot will be closed.

EDITORIAL POLICY

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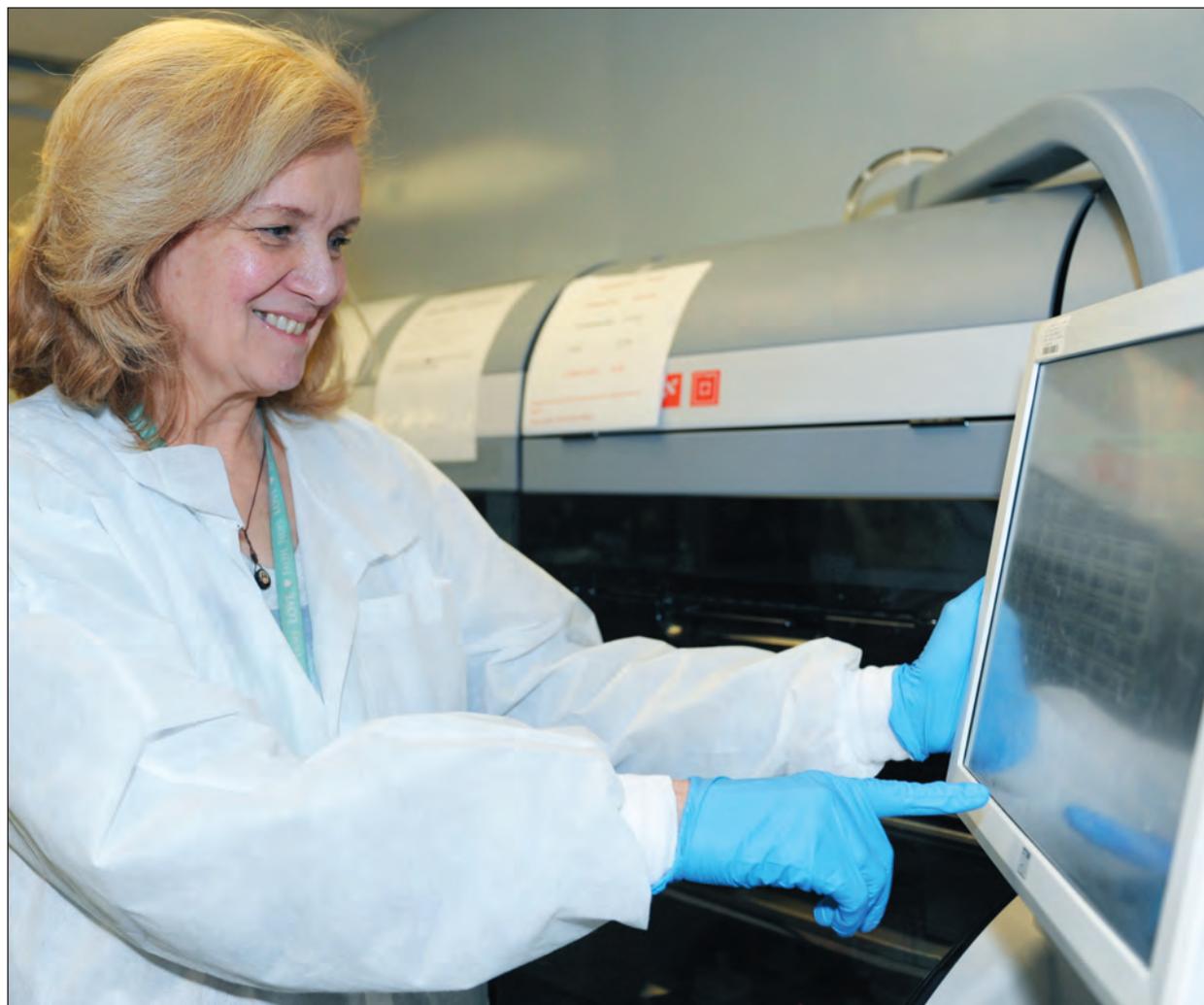
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COMBAT AIRLIFTER OF THE WEEK

NAME	TIME ON STATION
Robin Borden	7.5 years
UNIT	TIME IN SERVICE
19th Medical Group	7.5 years
POSITION	CORE VALUE PORTRAYED
Clinical Lab Technical Supervisor	Excellence In All We Do
HOMETOWN	
Little Rock	



U.S. AIR FORCE PHOTO BY AIRMAN GRACE NICHOLS

HOW DOES THE INDIVIDUAL PORTRAY THAT CORE VAULE?

Robin Borden serves as the technical supervisor at the 19th Medical Group Clinical Lab. Ensuring the highest U.S. lab standards, her expertise is a key reason the lab has earned more than 99 percent on two consecutive unannounced College of American Pathologists inspections. Performance driven, Borden has led the installation of two analyzers, doubling chemistry throughput while saving \$36,000 a year. As our quality assurance guru, Borden tracks 76 lab proficiency surveys annually, covering five distinct disciplines and 128 test methods, scoring more than 99 percent and smashing the national standard of 80 percent. Lastly, she continuously monitors 5,000 lab test results a month released to ensure our provider staff receives accurate and timely information to care for Team Little Rock.

WHY IS SERVING IN THE AIR FORCE IMPORTANT TO YOU?

I feel very honored to serve the Air Force. My father and uncles served in the Air Force, and I feel a connection to their pride and accomplishments, although we have served in completely different roles and missions. I also have such a pleasure to see the young men and women continue to serve the country in such an exemplary manner, and I am proud to be a witness to that and help in whatever manner I can.

WHAT ACCOMPLISHMENT DURING YOUR AIR FORCE CAREER

ARE YOU MOST PROUD?

I'm most proud of being part of a process improvement mindset. All of us in the laboratory are always looking for ways to make good statistics better (e.g. customer satisfaction, cost and/or time saving). It is a good learning experience and I think because of this we have been able to make the inspections and statistics we achieve possible with this team effort.

AIRMEN AGAINST DRUNK DRIVING

0 People saved this week **1** DUI this week

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

HISTORY FACT

The 19th Operations Group added the airlift mission in 2008. Yet, the group performed its first airlift sortie during the early months of World War II. While pilots flew extreme long-range bombing flights over the Philippines, they also airlifted supplies, including arms and ammunition, while evacuating ground personnel assigned to the 19th Bombardment Group from the Philippines. On March 16, 1942, three B-17 aircrews evacuated Gen. Douglas MacArthur (inset), commander of the Army Forces Far East, his family and staff. Later that month aircrews evacuated Philippines President Manuel Quezon. The B-17 wasn't designed to carry a large number of passengers or cargo and many people were left behind after the aircraft were filled to capacity. The Group personnel left behind fought as infantry in defense of Bataan. But some were captured by the Japanese and participated in the infamous Bataan Death March before living many long and brutal years as prisoners of war.



Courtesy photos



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



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Congratulations 2015 AMC A1 Award Winners!

Personnel CGO of the Year - 1Lt Brittany Jones
Force Support SNCO of the Year - SMSgt Raun Howell
Civillian Specialist of the Year - Mr. Micheal Jones

Fitness Center and Sports Program of the Year

Library Program of the Year

Nathan Altschuler Outstanding Education and Training Program of the Year

Best FSS in AMC (Small Installation)

KIDS BINGO

Fri, 11 Mar
5 - 7 PM

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

Special Appearance from ACE! the Arkansas Travelers Mascot

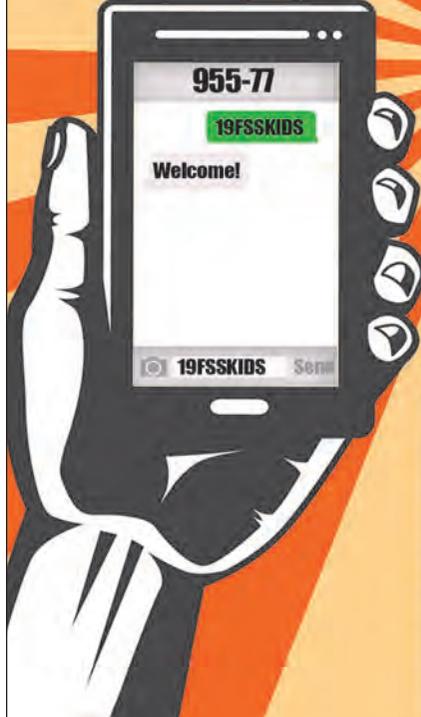
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19FSSFOOD: Restaurants, Coffee Shops, Lounges
19FSSSEDU: University Center, AFR Classes
19FSSALERTS: FSS Closures and Alerts

*Opt out at any time. Standard messaging rates apply.



U.S. AIR FORCE PHOTOS BY AIRMAN GRACE NICHOLS

Col. James Dayjanski, 314th Airlift Wing commander, presents the Financial Literacy Tournament championship trophy to members from the 19th Operation Support Squadron. The 19th OSS defeated the 19th Contracting Squadron in the tournament Feb. 26 at the Walter's Community Support Center on Little Rock Air Force Base. The tournament was part of Military Saves Week and was put on by the staff of the Airman & Family Readiness Center.

MILITARY SAVES WEEK 2016

Military Saves Week 2016 has come and gone, but it will leave a lasting effect on the lives of many LRAFB members.

"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 Rick Tomaskovic, Community Readiness Consultant. "That's what this event is all about."

This year's event also introduced more resources to base members.

"The greatest success we had this year

was increasing the amount of workshops and information," said Tomaskovic. "We also doubled the number of on- and off-base partners that supported the event, highlighting important community resources."

The "Investing 101" workshop which will now be added to the center's monthly lunch and learn series.

The A&FRC financial guru said acting can change one's financial future.

For more information, call the A&FRC at 987-2667.

A good amount to start saving is ten percent of your paycheck, but if you can't do ten percent, start with whatever you can manage, and make ten percent your goal in the long run. -Mr. Money's 2 Cents

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Women's History Month

Why I serve

TECH SGT. EMERALD MANRIQUEZ

19th Maintenance Group, Maintenance Training Manager

Sergeant Manriquez started her career in the Air Force Reserve as a supply technician. After 9/11, she was activated for a year and at that point decided that active-duty service was she wanted to take. During that time, she spent a year total between her home station and deployed as a member of the honor guard. She developed a passion for training and decided to change her career path to Education and Training. Manriquez said military service is a family tradition for her.

"Deciding to join was easy. My family has been in military dating back to the World Wars. I grew up only knowing the military and the diversity it allows, and decided that I wanted that for my family as well."

"The best thing about my job is the opportunity to mentor the younger members and impart to them the many things I have learned coming up in the ranks. I love that I can help develop Airmen."



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 Charcoal Bucket
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 -\$2,000 Trade-In Assist
 -\$1,005 Excel Discount



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P0669M, 1 OWNER

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\$10,988

2009 FORD EDGE SEL



15301A

\$10,988

2014 CHEVY IMPALA LIMITED



P0651

\$15,988

2013 FORD ESCAPE SEL



15299A, LEATHER

\$16,988

2015 NISSAN ROGUE



P0650

\$17,988

2015 FORD ESCAPE



P0670, POWER MOONROOF, ONLY 18K MILES

\$19,988

2012 NISSAN MAXIMA



P0667A, MOONROOF, LEATHER, ONLY 35K MILES

\$20,988

2014 HONDA CRV EXL



P0671, LEATHER, NAVIGATION, ONLY 20K MILES

\$24,988

2013 FORD F150 SUPERCAB XLT



15178A, 3.5 ECOBOOST, ONE OWNER

\$26,988

2015 RAM CREW 4X4 HEMI



P0672, 20" WHEELS, 25K MILES

\$29,988

2015 FORD EDGE TITANIUM



P0659, LEATHER, 13K MILES

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2014 JEEP WRANGLER 4X4



16060A, HARD TOP

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Runners needed

Volunteer runners are needed for Run for Fallen, a run remembering Arkansas' fallen heroes who have died since 9/11. Trial runs are held every Wednesday and Friday at 4:15 p.m. starting near the EOD building on Marshall Road. Runners need to be able to run six miles in under an hour. For more information on the run visit www.arkansasrunforthefallen.org. The event will be March 18-20.

Semi-annual inventory

The Munitions Storage Area will be closed from March 7 - 11 for its semi-annual 100 percent stockpile inventory. The MSA will only process emergency requests during this time. For more information, call Master Sgt. Anthony Buff at 987-6031.

Stork Air Support group

Stork Air Support, a group for those battling the ups and downs of infertility or pregnancy loss, meets the first Tuesday of the month at 6 p.m. at the Walters

Community Support Center.

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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SHARP TROOP AWARD



Chief Master Sgt. David Adkins, 19th Medical Group Superintendent, presents the Chief's Group Sharp Troop Award to Senior Airman Victoria Castaneda, 19th MDG dental assistant, March 1 at the Chief's Den in the Hercules's Dining Facility. The Sharp Troop award is presented to Airmen who set themselves apart through their outstanding Airmanship and accomplishments.

The power of floss

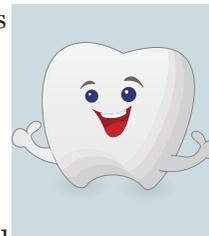
BY Senior Airman Victoria Castaneda

19th Medical Group

How often do you floss? From the patient perspective, this is perhaps the most dreaded portion of the annual dental examination appointment.

According to a 2014 survey completed by the American Dental Association, only 4 out of 10 Americans floss at least once a day and 20 percent never floss.

After eating and drinking, millions of bacteria remain in the mouth. While the toothbrush does a more than adequate job of cleaning the front and back tooth surfaces, it cannot sufficiently clean between the teeth. Failing to remove bacteria could result in gingivitis (swelling and bleeding of the gums) and periodontitis, a disease which could lead to tooth loss.



The ADA recommends brushing twice a day and flossing at least daily. If you have not been shown the proper way to floss, feel free to stop by the dental clinic for a quick lesson or ask your dentist or dental technician at your next visit. Flossing may seem unnecessary but it can help you keep your teeth for a lifetime.

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U.S. AIR FORCE PHOTO BY MASTER SGT. JEFF WALSTON

U.S. Air Force Capt. Kyle Capko, a pilot assigned to the 50th Airlift Squadron, explains how certain loads are dropped from a C-130 aircraft during a C-130 mission immersion tour at Little Rock Air Force Base on Feb. 19. Roughly 30 Airmen attended the event hosted by Lt. Col. James C. O'Brien III, the 50th Airlift Squadron commander, who wanted to show the Airmen how vital they are to the C-130 mission at Little Rock.

50 AS commander's immersion brief

BY Master Sgt. Jeff Walston

913th Airlift Group

Roughly 30 Airmen from the 19th and 913th Force Support Squadrons spent Friday morning immersed in a C-130 mission briefing event at Little Rock Air Force Base, Ark., hosted by Lt. Col. James O'Brien, commander of the 50th Airlift Squadron.

Briefers walked attendees through the standard profile of "plan the mission, brief the mission, fly the mission, and then debrief the mission." The aircraft's capabilities and the threats it faces during wartime missions were also emphasized.

"We are one team, one mission," O'Brien told the group. "Force support is super important to the C-130 mission, and I want you to see how it happens, and how you fit in."

The briefing began with a history lesson dating back to 1954, when the C-130 made its first flight. Another historical tidbit, unbeknownst to most in the room, is that the aircraft that flew the last C-130 mission out of Vietnam in 1975 sits outside the main gate of Little Rock AFB.

After the initial briefing, attendees received hands-on demonstrations of night vision goggles and other flight equipment, which included aircrew helmets, parachutes and chemical warfare equipment.

The force support Airmen also toured the air delivery shop, where airdrop pallets are prepared for training flights at Little Rock. Air delivery experts in the shop briefed the Airmen on wartime weapons drops and humanitarian missions flown by Little Rock Airmen.

The highlight of the event was a hands-on look at a C-130J on the ramp. Each Airman toured the aircraft and was given the opportunity to sit in the pilot seat and see the different screens and Head's Up Display (HUD) of the aircraft.



U.S. AIR FORCE PHOTO BY MASTER SGT. JEFF WALSTON

U.S. Air Force Capt. Kyle Capko, a pilot assigned to the 50th Airlift Squadron, dons an aircrew chemical, biological, radiological, nuclear and high yield (CBRNE) warfare protection device during a C-130 mission immersion tour at Little Rock Air Force Base on Feb. 19. Roughly 30 Airmen from the 19th and 913th Force Support Squadrons spent the morning at the event, which was hosted by the 50th Airlift Squadron commander, Lt. Col. James C. O'Brien III.

"This was a great opportunity for our Airmen," said Lt. Col. Rosalind Abdulkhalik, commander, 913 FSS. "They now have a better understanding of operational team work and how valuable they are in the total effort it takes to complete the mission."

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U.S. AIR FORCE PHOTO BY STAFF SGT. JEREMY MCGUFFIN

Military working dog teams participated in an active-shooter exercise Feb. 25 on Little Rock Air Force Base. The 19th Security Forces Squadron K-9 teams hosted the North Little Rock, Jacksonville and Hot Springs police departments, as well as the Pulaski County sheriff's office, to train with other to improve unit cohesiveness and bolster partnerships.

K-9 combine exercise strengthens partnerships

BY Airman 1st Class Mercedes Taylor
19th Airlift Wing Public Affairs

A pack of K-9 units from 20 law enforcement agencies assembled at Camp Warlord here for a first time meeting.

The training day offered handlers an opportunity to share techniques and tactics to improve K-9 operations between agencies.

"We wanted to bring other police agencies on base so we could see what kind of knowledge they have and what kind of training they do with their dogs," said Tech. Sgt. David Macdonald, 19th Security Forces Squadron military working dog kennel master.

The K-9 combine paced the pups through multiple scenarios such as traffic stops, patrol work, building searches, narcotic searches and tracking searches. After each event, the K-9 units would receive feedback from the master trainer running the exercise.

"Master trainers are dog handlers

certified by the state on the civilian side," Macdonald said. "We wanted to work with those certified officials so they could share our knowledge with us and we could share our knowledge."

Sharing knowledge proved to be beneficial for the 19th K-9 section and for local police agencies.

"The training helped me by seeing more things that my dog can handle," said Matt Barber, North Little Rock Police Department K-9 officer. "It also gives me the confidence in him to do those situations on the street. It also helps by working with other handlers and seeing what all they can do with their dogs. It gives me new ideas to work with my dog on and make us a better team."

Although military and civilian K-9 units have many similarities, there are some differences when it comes to training – specifically combat-related duties.

See Combine, page 14

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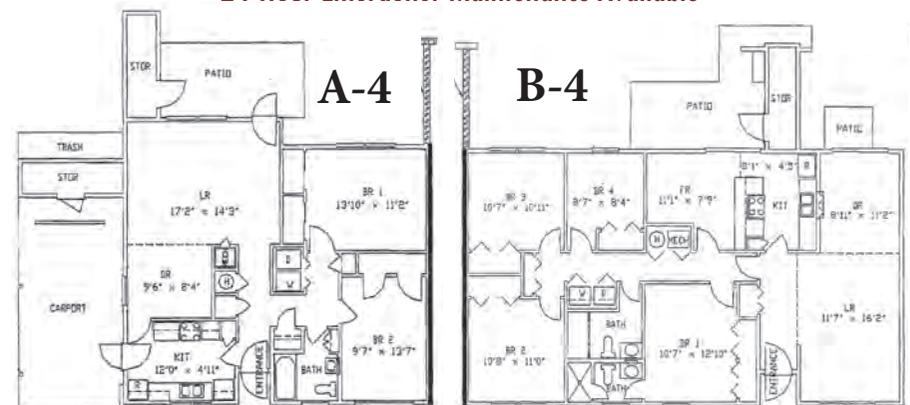


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SECURITY FORCES V



U.S. AIR FORCE PHOTOS SENIOR AIRMAN HARRY BREXEL



Airmen from the 189th Security Forces Squadron simultaneously work together during M240B machine-gun training at Camp Joseph T. Robinson. Security Forces defenders must routinely qualify on a variety of weapons and ranges.

(Left) U.S. Air Force Staff Sgt. Ryan Quade, a 19th Security Forces Squadron combat arms instructor fires an M240B machine gun while Staff Sgt. Caleb Crucian, a fellow 19th SFS combat arms instructor, looks on to help with sight adjustment corrections Feb. 24 at Camp Joseph T. Robinson. A team of approximately 10 19th SFS Airmen ensure hundreds of Airmen are trained on combat arms use each year at Little Rock Air Force Base.



A 189th Security Forces Squadron Defender guides rounds into a M240B machine gun Feb. 24 at Camp Joseph T. Robinson. The M240 has been used by the United States Armed Forces since the late-1970s. It is used extensively by infantry, most often rifle companies as well as ground vehicles, watercraft and aircraft.



U.S. Air Force Senior Airman Derek Teller, a 19th Security Forces Squadron combat arms instructor, along with two other 19th SFS Airmen recover M240B shell casings Feb. 24 at Camp Joseph T. Robinson.

WEAPONS SYSTEMS



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS MERCEDES TAYLOR

Military working dog Adam waits to participate in a training scenario Feb. 25 at Little Rock Air Force Base.

(Right) U.S. Air Force Senior Airman Eduardo Alcaraz, 19th Security Forces K-9 handler, walks with his military working dog, Alfa, to a training scenario Feb. 25 at Little Rock Air Force Base. K-9 teams participated in a variety of scenarios including building searches and narcotics detection.



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS MERCEDES TAYLOR



U.S. AIR FORCE PHOTO BY STAFF SGT. JEREMY MCGUFFIN

The 19th Security Forces Squadron hosted the North Little Rock, Jacksonville and Hot Springs police departments, and Pulaski County sheriff deputies, to train at Camp Warlord with their K-9 teams to bolster partnerships.



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS MERCEDES TAYLOR

Military working dog Adam attacks Airman 1st Class Dylan White, a decoy, during a training scenario Feb. 25 at Little Rock Air Force Base. Military working dogs subdue their suspect by utilizing a tactic called controlled aggression.

Combine

Continued from page 11

“The local police agencies train their dogs for law enforcement,” Macdonald said. “They train for working on the road, enforcing the law and working with the special weapons and tactics teams. We have to train our dogs for not only street operations, but also for combat operations and for search operations down range.”

Not only can certain methods improve the effectiveness of working with a dog, having patience with a military working dog will not only allow it to work better, but will build a stronger bond between K-9 and handler.

“It takes patience to be a dog handler,” Macdonald said. “It actually takes a devotion to duty to be a dog handler. It’s not a piece of equipment you pick up or manipulate to work; it’s an animal. You have to figure out why he’s doing what he’s doing and try to get him to do what you want him to do.”

The event increased K-9 capabilities and built partnerships with local police forces.

“We wanted to partner with as many police agencies as we could bring on base and see what kind of training they do – really just reach out,” said Macdonald. “Lessons learned can help us better support Combat Airlift and support them in whatever ways the community may need us.”

March is Nutrition Awareness Month

BY Prerana Korpe

Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. — Think twice before biting in. Are you making a smart food choice?

Healthy eating coupled with active living, is the foundation for healthy living, which is critical to maintaining a ready and deployable force.

Optimal nutrition keeps Airmen performance ready – mentally and physically prepared for mission success. It enables faster recovery from injury, exercise and stress.

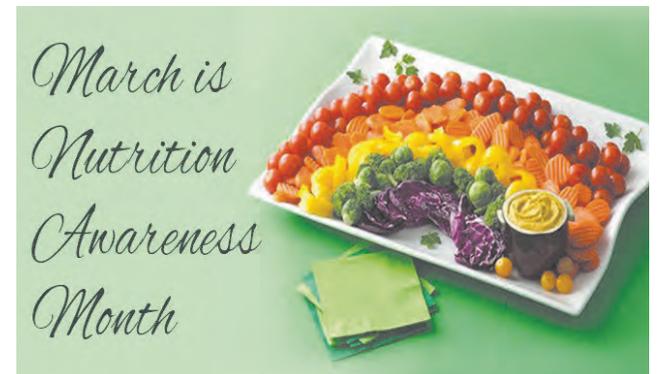
Healthy eating promotes healthy Airmen and healthy communities. “A lot of our initiatives focus on how to make the healthy choice the easy choice. This requires improving access to and availability of healthy food options,” explains Lt. Col. Deborah Robinson, senior leader of Air Force Reserve (AFR) Dietetics. Committed to championing an environment supportive of healthy eating and active living, the Air Force Medical Service (AFMS) has developed specific initiatives that promote healthier choices for Airmen and their communities.

HEALTHY AIRMEN

■ Take these steps to help incorporate healthy eating into your daily routine:

■ At the commissary, shop the perimeter, where healthier choices are found (fruits, vegetables, whole grain, low-fat/nonfat dairy and lean protein)

■ Read nutrition facts labels to help identify nutrition content and food serving size



- Plan meals in advance
- Track your food and drink intake
- Consider employing tools such as the USDA’s MyPlate or SuperTracker

HEALTHY COMMUNITIES

Take these steps to cultivate community-wide healthy eating:

1. Go for Green (G4G) in dining facilities:

The Department of Defense’s (DoD) G4G program uses a stoplight system of green, yellow and red to identify nutritious foods. Foods are color-coded based on their nutrition quality, which can impact an Airman’s fitness, strength and health. Green signifies performance enhancing foods. When selecting from menu

See Nutrition, page 17

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

Airmen from the 61st Airlift Squadron return from supporting contingency operations in Southwest Asia last September at Little Rock Air Force Base. Approximately 400 Team Little Rock Airmen are currently deployed around the globe supporting wartime and contingency operations.

Military Spouse's Residency Relief Act

Are you a military spouse? Are you working in the state to which your spouse PCS'd? Are you paying income tax to that state? You may want to consider taking a look at protections provided under the Military Spouses' Residency Relief Act (MSRRA). MSRRA is an amendment to the Servicemembers' Civil Relief Act.

MSRRA allows spouses of servicemembers stationed in a state away from their domicile to claim the tax benefits associated with their domiciliary state, instead of having to file tax returns for both the domiciled state and the residing state. MSRRA applies to income from self-employment, employee income, and to personal property. MSRRA does not affect the disposition of real property. Issues regarding real property (land) are governed by the laws of whichever state the real property is located. MSRRA allows for spouses of servicemembers to receive the same tax benefits as their servicemember counterparts. The primary benefit

associated with MSRRA is the option of choosing a domicile. The spouse can choose to keep his/her old domicile, or can claim the new state to which they have moved to as their domicile.

Spouses qualify under the MSRRA if they are married to an active duty service member, earn income, live in a state other than their domiciliary state, the spouse relocated for the sole reason of staying with the servicemember, the servicemember lives in the non-domiciliary state due to active duty service, and both the servicemember and the spouse have the same domiciliary state. This last requirement is extremely important. If, for example, your domicile is Indiana, but your spouse's domicile is North Carolina, you as a spouse would not qualify under MSRRA.

A domicile is created at birth based on the domicile of a child's parents. A person may choose a new domicile by being present in a location and intending on making a permanent home there. Intention

is not based solely on the opinion of the individual. Courts determine the domicile of an individual via considering physical presence, property ownership, vehicle registration, voter registration, bank records, driver's licenses, tax returns, job locations, and a number of other factors. No one factor makes a domicile is in a particular state. The more connections you have to a state, the more likely that is where your domicile is located.

Qualifying spouses in Arizona can notify the state of Arizona that, due to their servicemember spouse's military service, they have another state of domicile. Spouses will need to file AZ Form WECM (Withholding Exemption Certificate for Military Spouses), and keep a copy of the certificate for their records. If you have questions or concerns regarding MSRRA, contact the Legal Office at 501-987-7886.

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Nutrition

Continued from page 14

offerings, keep in mind the significance of these labels:

- Green (eat often)
- Yellow (eat occasionally)
- Red (eat rarely)

The DoD is working to improve the G4G system through three specific goals. The first is to increase availability and variety of green-coded food recipes. The second goal is to make green-coded foods attractive and delicious. The final focused goal is to revamp existing green-coded food recipes.

2. Exercise dietary supplement safety:

Supplements can have strong effects in the body. It is important to keep in mind that the FDA does not approve dietary supplements for safety or effectiveness. A supplement can be marketed without being proven safe, effective or free from adulterants. The FDA received 6,307 dietary supplement adverse event reports from 2008-2011, including 92 deaths (GAO Report, March 2013).

Some supplements can increase the risk of bleeding. There is also the potential for adverse reactions when

supplements are combined with prescription drugs. It is important to remain vigilant about the possibility of unexpected side effects when taking dietary supplements. If you use supplements, choose brands that have undergone “third party certification.” Third party certification does not guarantee the supplement is safe or effective, but validates manufacturing practices, purity or quality.

Stay educated. Operation Supplement Safety (OPSS) is a DoD campaign that educates the warfighter and healthcare provider on responsible supplement use. OPSS provides a list of ‘red flag’ high-risk supplements and hosts an “Ask an Expert” forum to address specific concerns. For tips on exercising dietary supplement safety, visit OPSS.

3. Follow 5210, to improve children’s health:

5210 Healthy Military Children is a community-wide program to improve children’s health. 5210 promotes healthy behaviors, to put into practice each day:

- Five (5) or more fruits and vegetables
- Two (2) or less hours of screen time
- One (1) or more hour of physical activity
- Zero (0) sugar-sweetened beverages

For more information on 5210, check out the 5210 toolkit.

4. Incorporate Operation Live Well:

Operation Live Well is the DoD’s initiative to promote healthy living throughout our communities. For more tips on healthy eating, visit Operation Live Well: Nutrition.

CREWS INTO SHAPE CHALLENGE

During Nutrition Awareness Month, Airmen are invited to participate in NMCPHC’s 16th Annual Crews Into Shape Challenge. The challenge offers Airmen the opportunity to practice healthy eating and active living, through a four week, team-oriented challenge that combines the support of colleagues and family members, to promote a healthier lifestyle. Crews Into Shape will take place March 6 – April 2, 2016. Registration ends March 8. For more information, visit <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/crews-into-shape.aspx>

AFMS Healthy Living Recipes

Healthy eating promotes readiness, optimal performance, better health and better care –all key factors to the success of Full Spectrum Readiness. For nutritious and tasty recipes, check out AFMS Healthy Living Recipes.

For additional health improvement resources, visit your local AFB health promotion office.

For more AFMS guidelines on nutrition and exercise, visit the Air Force Medical Service Health Living page.

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BLACK HISTORY MONTH ALL-STAR GAME



U.S. AIR FORCE PHOTOS BY AIRMAN GRACE NICHOLS

Team Little Rock Members representing team Prodigies, receive a trophy in recognition of their triumph over team Legends on Feb. 26 at the Little Rock Air Force Base fitness center.

The top two coach picks from the teams from the National and American Conferences came together to face off in a game celebrating Black History Month on Feb. 26 Little Rock Air Force Base. Prodigies defeated Team Legend 75-58.



Team Little Rock Members representing team Prodigies and the team Legends face off in a game in honor of Black History Month on Feb. 26 at the base fitness center.

(Left) A Team Little Rock member representing team Legends rebounds a basketball off the baseboard on Feb. 26 at the base fitness center.

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TEAM	WINS	LOSSES
19th MDG	11	1
19th FSS	10	2
19th CES	7	5
19th OSS	7	5
19th SFS	3	9

NATIONAL LEAGUE

Standings

TEAM	WINS	LOSSES
ARMY	11	1
189th AW/ARMY	11	1
19th MXG	8	3
FIRE DEPT	5	6
314th AMXS	5	6
19th LRS	4	7
189th MXS	1	11



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SAVES: Week of Feb. 29

SAVES Level 2

Past 60 Days

(Rollback date: 1 Jan. 2016)

■ With no further incidents, we will be eligible for SAVES Level 1

20 March 2016

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

19th Maintenance Squadron

Type:

DUI/DWI	2
Underage	0
Drunk/Disorderly	0
Duty-Related Incident	4
Public Intoxication	0
Accident Injury/Death	2
DV/Maltreatment	0
Contributing	0
Crimes Against Property	1
Open Container	2
Drug +	0

Chapel 987-6014

WORSHIP OPPORTUNITIES

Protestant Services

Sunday 11 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 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): 72.5%

Aircraft availability

C-130J: (standard 8.4): 8.9%

C-130 SCHOOL GRADUATES

Number of combat aircrew members sent to the

fight beginning Jan. 11, 2016:

C-130H: 78 C-130J: 54

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.

WANTED 10 Homes needing METAL ROOFS, SIDING OR WINDOWS! The Government has set aside Up to \$25,000 per household for these improvements. Save Hundreds of dollars!!!! *Free Estimate. Payments \$59/Mo. No money down. Senior and Military discounts 866-668-8681* wac**

HELP WANTED

BE HOME INSPECTOR IN 30 DAYS OR LESS - We offer: Home & Commercial Inspection Training, & Continuing Ed Inspection classes. For details, info: Call 501-796-3627 or e-mail abc@tcworks.net for details or visit: www.abchii.com.**

SERVICES

ARE YOU ready for springtime? Wood's Lawn Care - We mow yards, clean up flower beds, mulching, leaves. Free estimates, reasonable rates. (501) 838-3625, ask for Rex.

DISH NETWORK. Get MORE for LESS! Starting \$19.99/month (for 12 months.) PLUS Bundle & SAVE (Fast Internet for \$15 more/month.) CALL Now 1-800-224-0441.**

CHECK US OUT ON THE WEB!!
www.lrafbdropzone.com

THE RAZORBACK Inn is now hiring for the following positions: Custodial Worker (Housekeeper), Laborer (Janitor). These are hotel positions on Little Rock AFB in Jacksonville, AR. All applicants must be able to satisfactorily complete a background investigation. All Federal NAF employees are required by PL 104-134 to have salary payments made by electronic funds transfer/direct deposit. Equal Opportunity Employer. If interested call 501-987-2598.

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

JACKSONVILLE WAREHOUSE - Temp/Contract - Assembly - \$9.00/hr. - Apply online @ cssar.com - 501.801.8061.**

FOOD SERVICE WORK Banquets, Cafeteria and Cook jobs in Jacksonville and NLR - up to \$9.00/hr. Apply online @ CSSAR.COM. 501.801.8061.**

SERVICES

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

FEDEX GROUND - Central AR Area, CLASS A CDL DRIVERS - TEAMS - Signing bonus on day one! Currently looking for Class A CDL drivers for team runs. Premium mileage pay and great benefits. Home weekly. Apply today. Must have Class A CDL, 1 year of exp., be able to get doubles endorsement.. Call/text: 870-754-5100.**

25 TRUCK DRIVER TRAINEES NEEDED! Become a Driver for Stevens Transport! No Experience Needed! New Drivers Earn \$800+ PER WEEK! PAID CDL TRAINING! Stevens covers ALL costs! 1-888-528-8863. Drive4stevens.com.**

TRUCK DRIVER TRAINEES NEEDED! Learn to drive for Maverick Transportation! EARN \$800 PER WEEK! No Experience Needed! Local CDL Training! Call for details! 1-888-407-7168.**

AUCTIONS

ESTATE AUCTION - 102 Smith St., McRae, AR. March 5, Personal Prop. 10 am, Real Estate, 11 am, Home or great Rental! 2 BR, large open w/garage, pics, details, terms, info: nealdavisauctioneers.com OR auctionzip.com ID#19078. Neal Davis Auction and Realty Co. PB6564, AALB #1.**

AUCTION - Austin Convenience Store w/Reasonable Reserve (Gas, Grocery, Deli, Bait, Propane, & Feed) - 6880 Hwy 9, Center Ridge, AR TUES, March 15th, 10AM. Details: www.mossoakproperties.com/land/24174. NOTE: Bidders MUST request Auction packet/terms 8 am-3 pm: mdunagan@mossyaksproperties.com, 501-278-5330 or Cell 501-253-3404. Allen Dale Roberson, Roberson Auctioneers * Lic. # 1887.**

FARM & EQUIPMENT AUCTION - Saturday March 5th at 9:00am in Garland City, Arkansas. Farm & Construction Equipment, Surplus from City of Texarkana, Miller, Columbia & Lafayette Counties. WWW.NUTTAUCTION.COM. 903-824-0581 (Ar#1030).**

YARD SALES

YARD SALE, 3/5, 8 am-? 38 Village Creek Dr., Cabot (Magness Creek), boy's clothes, furniture, household goods, women's plus clothes, toys & much more.

YARD SALE, 3/5, 7 am-? 68 Pear St., Cabot, watch for signs, women's plus sized & kid's 8-10, TV, coffee table, knickknacks & misc. items.

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Properties Available:

- Stanphil, Jacksonville, 2 Br, 2 Ba, \$675/mth
- Phillip Drive, Jacksonville, 2 Br, 1 Ba, \$475/mth
- South James, Jacksonville, 2 Br, 1 Ba, \$475/mth
- 701 Adams, Jacksonville, 4 Br, 2 1/2 Ba, \$1,200/mth
- 1104 Quince Hill, Jacksonville, 4 Br, 2 Ba, \$1,050/mth
- 15 Summerset, Cabot, 3 Br, 2 Ba, \$1,250/mth

For a complete list of our rental property, stop by our office at 300 T.P. White Drive, Suite A, Jacksonville or call 501-982-3185
www.bgrpm.com

YARD SALES

MULTI-FAMILY YARD sale, 3/4 & 5, 112 Jarry Ln., Jax.

BIG YARD sale, 3/4 & 5, 13218 Hwy. 31N, Ward, lots of furniture, hunting equipment, clothes & glassware. Cancel if rain.

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.

PETS

DESPERATELY NEED home for Pumpkin, mature Calico, female, spayed. (501) 519-3433.

FREE TO good home, female Lab/German Shepherd mix, 7 mos. old, current on all shots. (501) 773-6405.

FREE BROTHER & sister, Shelty/Terrier mix, all puppy shots & fixed, 11 weeks old. (501) 680-6155.

RENTALS

FOR RENT

- LONOKE**
3 BD 2 BA - \$1300
- CABOT/AUSTIN**
2 BD 1 BA - \$600
3 BD 2 BA - \$850-\$1150
4 BD 2 BA - \$950
- JACKSONVILLE**
1 BD 1 BA - \$275-\$350
2 BD 1 BA - \$475-\$515
3 BD 1 BA - \$515-\$650
3 BD 2 BA - \$750-\$1395

Century 21 Prestige Realty
303 N. James St., Jacksonville
501-982-7474
www.c21prjxrentals.com
Apply Online!

PETS

DOGS: FREE to good home, Part Lab/Blue Heeler, male & tan & white mixed breed female, like attention, good watch dogs, indoor/outdoor pets. (972) 217-0442.

AUTOS/ACCESSORIES

'05 GMC Yukon, fully loaded, 96k miles, \$15,000 obo. (501) 944-7153.

2008 TOYOTA Prius, 147,000 miles, good tires, very clean, one owner, \$5,500. (870) 830-6411, Des Arc.

2001 MAZDA MIATA MX-5, black, Borla dual exhaust, Mad Dog roll bar, 6-spd. manual trans., 60,500 miles. (501) 400-3396.

BRAND NEW step down for Dodge truck, \$100. 259-2833.

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

LAWN & FARM EQUIPMENT

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

3 1/2 hp Briggs & Stratton motor, good condition; 16+ 5' steel T-posts. (240) 529-8554.

RECREATIONAL VEHICLES

CEDAR CREEK 5th wheel RV, 33', 2 slides, fiberglass sides, excellent condition. (501) 940-0359.

2006 LAYTON bumper-pull camper, 30', exc. cond., \$8,000. (501) 690-3431.

RENTALS

MOVE-IN SPECIAL!

\$200 OFF
12 month lease required.

All 2 Bedrooms, 1 Bath

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RECREATIONAL VEHICLES

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ITEMS FOR SALE

CARPORTS FOR SALE - \$598. FREE DELIVERY. Factory Direct! 10'x20'x7', Rated for 90 mph winds & 20 lb. snow loads. Offer Extended to 3-31. Call 501-835-7222, O.D. Funk Manufacturing, Sherwood, AR. Since 1976.**

HUFFY BIKE, 26", boys, 5-speed, good condition, red, \$50. 605-7772, Cabot.

KODAK OFFICE 6.1 printer, \$20; beveled 72x42 glass top table, \$125; 21 pieces of wooden shelves, \$25; 5 glass shelves, \$20. (501) 628-7085.

TOTAL GYM exercise bikes, strider machine, queen mattress & box springs, filing cabinet, folding bed, baby bed, couch/recliners, desk, 60" TV (floor model), kitchen table & 2 chairs. (501) 891-0206.

5000 WATT generator, motor runs, no voltage, \$100 obo. (501) 988-4615.

LARGE COMMERCIAL filing cabinet, very heavy, needs a little work, free to haul away. (501) 726-3110.

ITEMS FOR SALE

24 BULB tanning bed, 6 yrs. old, only used beginning of summer, \$1,500 obo. (501) 912-8804, Bill.

LARGE FRAMED white orchid pic., \$40. Asst. lamps. (501) 983-4579.

HEWLETT PACKARD computer w/ Acer wide-screen monitor, needs some work. (501) 983-4579.

JEWEL-TONED CHRISTMAS ornaments from Lowes & assorted Christmas decor from Tuesday Morning, great condition. (501) 983-4579.

2 LARGE picture frames, 1 black & gold, other gold & tan, very heavy, beautiful design, \$50 ea. (501) 295-8426.

SPECIALIZED 20" freestyle bicycle work \$300+, asking \$150. Workman's cycle, \$250. (501) 882-2142.

HUNTING CLOTHES, pants, caps, vest, jackets. (501) 268-1467 or 981-0206.

12 YR. old & unique perfume bottles, \$35 for all. (501) 983-4168.

MISC. WOMEN'S clothes. (501) 983-4579.

RENTALS

#20 JACKSON Oaks, Sherwood. 3 bedroom, 2 bath, 1800 sq. ft. No pets, \$900 month. (501) 834-1251.

RENTALS

CABOT: BEAUTIFUL 3 bedroom, 2 bath, all brick home, double garage, fenced backyard. Must see. \$1,050 month, \$1,050 deposit, no smoking, 1 year lease. Cal (501) 628-1225.

CABOT: 3 bedroom, 2 bath, 2-car garage, large front yard, fenced-in backyard, \$950 month. (501) 413-0817.

MINI-STORAGE

MOBILE HOMES

NEW SINGLE Wide for sale - \$19,900 call 501-653-3201.**

MOBILE HOME SKIRTING - \$8.25. Outswing doors, \$125 to \$169. Combo doors \$225 to \$360. Tubs, \$160, Interior Doors, \$20 to \$45. Floor vents, \$4, Batten, \$1. Screens, Windows, Sinks, Faucets, Locks, Anchors, Roof Coating, Electrical, Molding, 501-241-2032.**

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 Mon.-Fri. 8:00-4:30 Office at #4 Industrial Dr. (in rear) Office: 501-843-8544
 Saturday: 10:00-4:00 After Hours Call:
 Sunday: CLOSED **24 HOUR ACCESS GATE!** 501-416-4723

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Northgate Mini Storage
 All Sizes Available
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FREE lock when you mention this ad
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 Only **ONE FREE AD PER ISSUE**, up to **20 WORDS**. Ads will run for two weeks. The word limit does not include names, addresses and telephone numbers. Late ads will be held until the next week for publication. **FREE ADS WILL BE RUN ON A SPACE AVAILABLE BASIS.** Terms are limited to selling or trading. Excludes all ads described under the terms of PAID Classified Advertising. Personals will not be accepted.
PRIVATE INDIVIDUALS ONLY - no businesses or organizations.

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BY PHONE: (501) 982-9421 or (501) 941-5132 • BY FAX: (501) 985-0026
BY E-MAIL: combatairlifterclassifieds@arkansasleader.com
BY MAIL: The Leader, P.O. Box 766, Jacksonville, Ark. 72078
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Name & Rank: _____
Office or Activity: _____
Home Phone: _____ **Work Phone:** _____

I have read the above policy and understand the terms, and that this ad will run on a one time, space available basis.
Signature: _____

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DEADLINE: Tuesday, 5 p.m. for Friday Publication
RATE: \$10.00 for the first 25 words, 25¢ for each word after, per week, for each individual ad.
TERMS: Help Wanted, Services, Fundraisers, Rentals, Real Estate, Manufactured Housing & all other business or commercial income ads. All must be prepaid.

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BY PHONE: (501) 982-9421 or (501) 941-5132 • BY FAX: (501) 985-0026
BY E-MAIL: combatairlifterclassifieds@arkansasleader.com
BY MAIL: The Leader, P.O. Box 766, Jacksonville, Ark. 72078
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