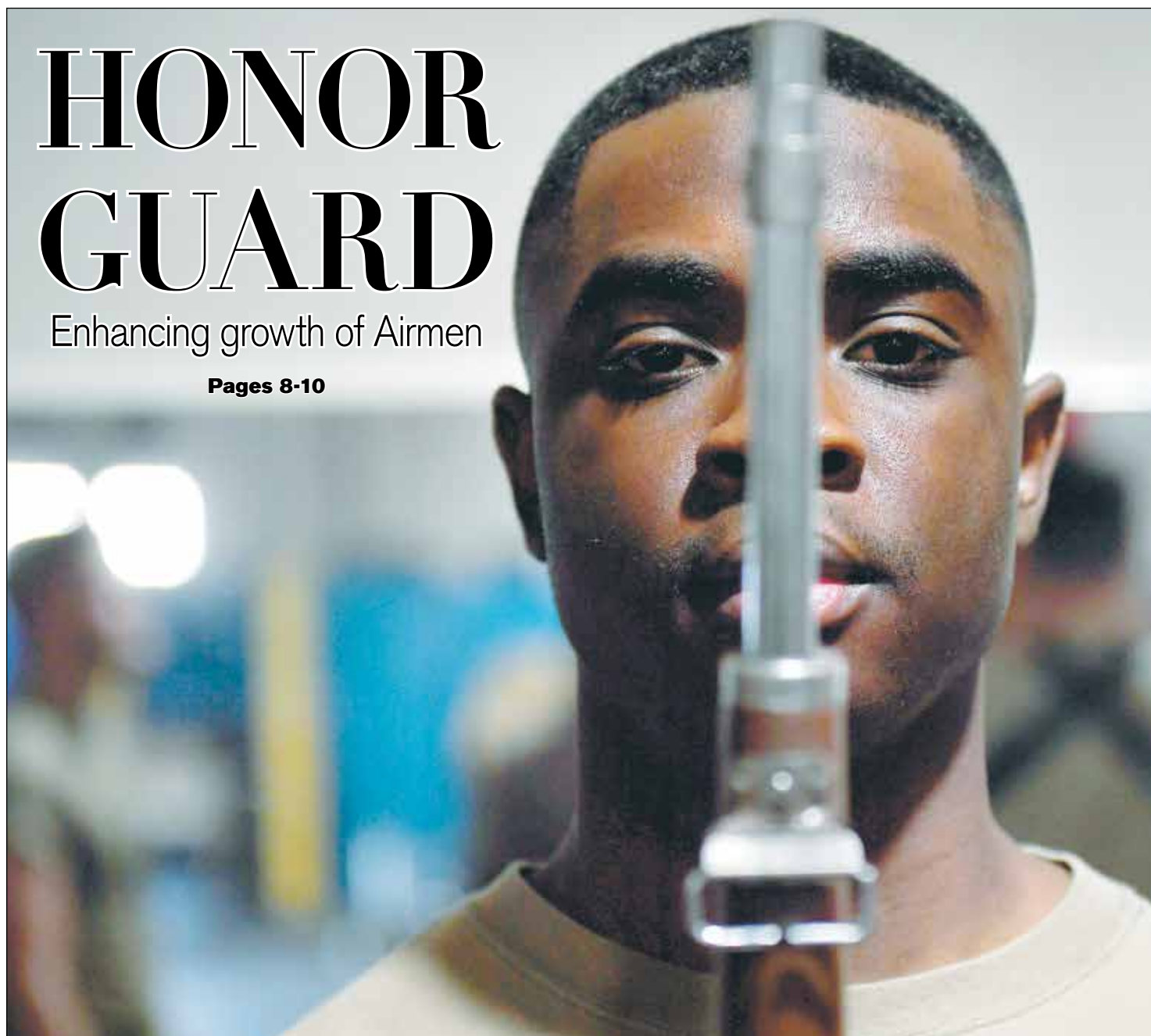




Combat Airlifter

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HONOR GUARD

Enhancing growth of Airmen

Pages 8-10

U.S. Air Force Airman 1st Class Ian Cleveland, ceremonial guardsman from the 19th Logistics Readiness Squadron, practices a rifle procedure at Little Rock Air Force Base on Dec. 12. The base honor guard program provides a venue for Airmen who are looking for another way to serve their community while learning a new skill set.

U.S. AIR FORCE PHOTO BY SENIOR AIRMAN KRISTINE M. GRUWELL



BRIG. GEN. COLLINS VISITS

TEAM LITTLE ROCK

U.S. Air Force Brig. Gen. Roy Collins, U.S. Air Force Security Forces director, and Logistics, Engineering and Force Protection deputy chief of staff visited Little Rock Air Force Base on Dec. 19.

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AF RESERVE RELAYS RESILIENCE

TO LOCAL MEDICAL RESIDENTS

Lt. Col. Charlotte Appleton, 913th Aerospace Medicine Squadron commander, shared best practices and discussed resiliency to anesthesiology residents during weekly education presentations on Dec. 10 at the University of Arkansas Medical School in Little Rock.

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2020 LITTLE ROCK AIR FORCE BASE COMPATIBLE USE STUDY

The purpose of the Compatible Use Study is to encourage local governments, together with the state, to work closely with Little Rock AFB to implement measures that promote compatible development in the areas surrounding our military installations, but that also preserve the public health, safety, and welfare of those living and working near Little Rock AFB.

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Brig. Gen. Collins visits Team Little Rock

PHOTOS BY AIRMAN 1ST CLASS JAYDEN FORD

U.S. Air Force Brig. Gen. Roy Collins, U.S. Air Force Security Forces director, and Logistics, Engineering and Force Protection deputy chief of staff, meets with members of the 19th Contracting Squadron and the 19th Security Forces Squadron during his visit to Little Rock Air Force Base on Dec. 19. Collins was shown first-hand the new capabilities being brought about with the construction of a new military working dog kennel.



(Above) U.S. Air Force Tech. Sgt. Caleb McDaniel, 19th Security Forces Squadron kennel master, gives a tour of the construction site of the military working dog kennel to U.S. Air Force Brig. Gen. Roy Collins, U.S. Air Force Security Forces director, and Logistics, Engineering and Force Protection deputy chief of staff during his visit at Little Rock Air Force Base on Dec. 19. The construction of the kennel allows for more space for military working dogs to train in order to better carry out the mission.

(Left) Airmen from the 19th Security Forces Squadron gather with U.S. Air Force Brig. Gen. Roy Collins, U.S. Air Force Security Forces director, and Logistics, Engineering and Force Protection deputy chief of staff, and Chief Master Sgt. Tamala Hartz, Security Forces career field manager, after a combat arms demonstration during their visit to Little Rock Air Force Base on Dec. 19. During their visit, defenders from the 19th SFS had the opportunity to showcase some of their facilities.

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COMBAT AIRLIFTER OF THE WEEK



U.S. AIR FORCE PHOTO BY MAJ. ASHLEY WALKER

NAME AND RANK

Senior Airman Alexis Baker

UNIT

913th Aerospace Medicine Squadron

DUTY TITLE

Aerospace medical technician

HOMETOWN

Maumelle

TIME IN SERVICE

2 years

TIME AT LITTLE ROCK

2 years

GOALS

To be accepted into nursing school.

HOBBIES

Outdoor activities, coaching a high school volleyball team and playing with her dog.

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2020 Little Rock Air Force Base Compatible Use Study

The 2020 Little Rock Air Force Base Compatible Use Study is a cooperative planning effort conducted as a joint venture between Little Rock AFB and Pulaski County, White County, Lonoke County, Cabot, Jacksonville, Sherwood, Lonoke, Maumelle, North Little Rock and other jurisdictions and stakeholders in proximity to the base. In addition to the Little Rock AFB, the Study also includes lands near Camp Robinson and Blackjack Drop Zone, which are used by the Air Force, as well. The City of Jacksonville is the Compatible Use Study project sponsor and coordinating office.

The purpose of the Compatible Use Study is to encourage local governments, together with the state, to work closely with Little Rock AFB to implement measures that promote compatible development in the areas surround-

ing our military installations, but that also preserve the public health, safety, and welfare of those living and working near Little Rock AFB. The Compatible Use Study will also evaluate ways to enhance communication and coordination among local, regional, and state stakeholders.

The Compatible Use Study project team is using a

short survey to gain insights into community perceptions and opinions relating to the presence and activities of Little Rock AFB, Camp Robinson, and Blackjack Drop Zone.

We appreciate your input and request that you do not complete this survey more than once. While you are always welcome to provide your input on the 2020 Little Rock AFB Compatible Use Study by going to www.littlerockafb-cus.org, we will only accept survey responses until at 5 p.m. March 6.

For a hard-copy of the survey and instructions for submitting a response in writing instead of online, please email tsmith@planningandlaw.com.

Email addresses will not be made public and will be used only once to verify completed surveys.



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COMBAT AIRLIFTER




U.S. AIR FORCE RESERVE PHOTO BY MAJ. ASHLEY WALKER

U.S. Air Force Reserve Lt. Col. Charlotte Appleton, 913th Aerospace Medicine Squadron commander, shared best practices and discussed resiliency to anesthesiology residents during weekly education presentations on Dec. 10 at the University of Arkansas Medical School in Little Rock.

Resilience

Continued from page 5

look for ways to create a work culture that accepts failure while still focusing on prevention and harm reduction.

“There are very strong correlations between our professions regarding high stress and unpredictability,” said Dr. Riley Lide, UAMS anesthesiologist and associate program director. “We are incredibly fortunate have Charlotte as our presenter to address this serious topic from her experience in both the medical and military perspective.”

Appleton is a practicing, board-certified doctor of internal medicine and medical director in her civilian status at the Nacogdoches Medical Center, Texas. She has completed four deployments during her active duty and reserve career. While deployed to Iraq, she provided expeditionary trauma care and evacuated wounded warriors. In 2011, she trained Afghan Army doctors in intensive care and trauma medicine, increasing Afghan capability to care for their own wounded warriors. Additionally, she served as the first NATO subject matter expert on Afghanistan medical operations. Lastly, she deployed as a flight surgeon support the combat search and rescue squadron based out of Turkey.

"I truly enjoyed sharing my experiences, both medical and military," said Appleton. "Normalizing the emotional response to traumatic events will hopefully foster help seeking behavior we need to see in both professions."

HONOR GUARD

Enhancing growth of Airmen

Story and photos by Senior Airman 1st Class Kristine M. Gruwell

Airmen have many opportunities to further develop in the operational Air Force through special duties — one such duty is the base honor guard. The 19th Force Support Squadron Base Honor Guard teaches Airmen to uphold a deep sense of dignity and respect when paying tribute to the Air Force, Airmen and their families during the many ceremonies they perform.

It's important for guardsmen to hold themselves to the highest standard — guardsmen of any rank represent the Air Force as a whole.

"We are entrusted by leadership to perform at the high standard," said U.S. Air Force Airman 1st Class Justin Gibson, ceremonial guardsman from the 19th Maintenance Squadron. "On details, our team leader ensures we uphold the specifications required for the specific type of ceremony. They know what level we're performing at and continue to enhance our development."

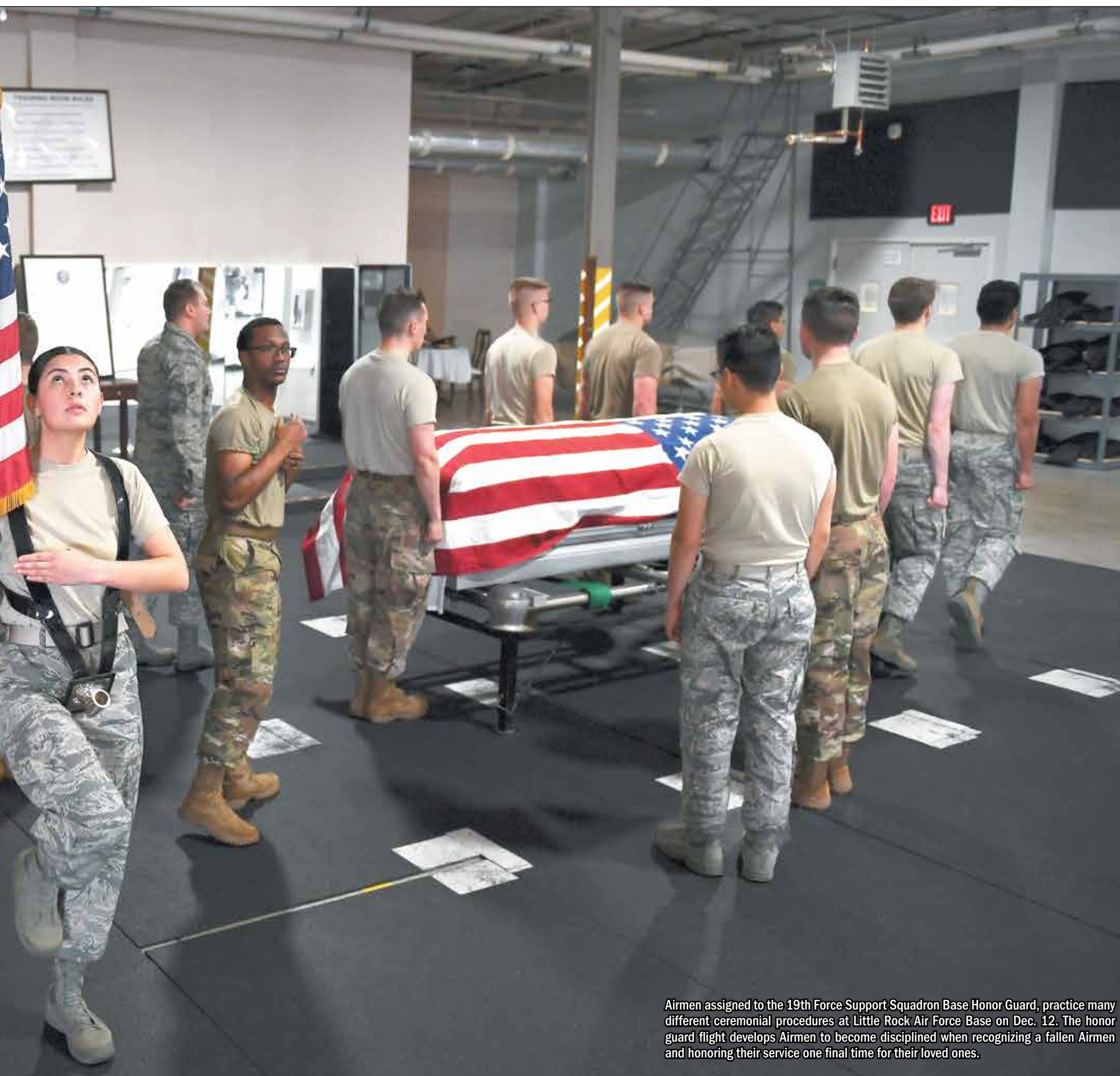
The base honor guard covers the state of Arkansas and western Tennessee, representing the Air Force during active-duty, retiree and veteran funerals. They also participate in events such as military retirements, Veterans Day events and sporting events, as requested.

See Growth, 10



An Air Force veteran strikes up a conversation with a Little Rock Air Force Base Honor Guard member May 28, 2018, at Garland County Veterans Memorial and Military Park, Hot Springs National Park. The LRAFB Honor Guard presented the colors during a Memorial Day service honoring those who paid the ultimate sacrifice.





Airmen assigned to the 19th Force Support Squadron Base Honor Guard, practice many different ceremonial procedures at Little Rock Air Force Base on Dec. 12. The honor guard flight develops Airmen to become disciplined when recognizing a fallen Airmen and honoring their service one final time for their loved ones.

Growth

Continued from page 8

This program provides Airmen another way to serve their community while also learning a new skill set. Before Airmen are entrusted with this high honor, they must be selected in their unit and then complete 10 days of intense training focused on drill movements and teamwork.

“I’ve learned through my time developing here, the mission isn’t just about you — it’s about the team,” said U.S. Air Force Senior Airman Cameron Wood, 19th FSS ceremonial guardsman. “You rely on your entire team to complete the ceremony to the best of your ability.”

The training period determines if Airmen will continue to serve as a ceremonial guardsman for the following six months or return to their original duty section. Some Airmen yearn for the opportunity to represent the Air Force in the most honorable sense and find the honor guard a perfect fit.

“Honor guard was what I originally wanted to do when I joined the military, but I didn’t meet the requirements for the Air Force Honor Guard,” Gibson said. “When I was given the opportunity to volunteer for a base-level honor guard, I wanted to and have come to love it. It is humbling and an honor to pay the proper respects to families who have lost their loved ones.”

By joining the honor guard team, Airmen develop a deeper understanding of the importance of teamwork and connectedness when striving toward excellence — a lesson they can take with them for the remainder of their Air Force career.

“We don’t just make the Airmen a part of the team, they become part of the honor guard family,” said U.S. Air Force Master Sgt. Christ Willingham, 19th FSS base honor guard program manager. “Since they are being taken out of their work centers, we give them a new perspective of what the Air Force stands for and how we take care of our own. They build connections with Airmen across the base that they may never have experienced otherwise. Ultimately, we give our Airmen



U.S. Air Force Senior Airman Cameron Wood, ceremonial guardsman from the 19th Maintenance Squadron, adjusts U.S. Air Force Airman 1st Class Justin Gibson’s, 19th FSS ceremonial guardsman, rifle during honor guard ceremony practice at Little Rock Air Force Base on Dec. 12. The base honor guard performs a myriad of details such as posting the colors, pre-posting, two-man and six-man flag folds, and executing rifle movements during a number of ceremonies.




A ceremonial guardsman assigned to the 19th Force Support Squadron practices folding a flag at Little Rock Air Force Base on Dec. 12. Guardsmen can have an array of details, such as retirements, ceremonies, parades and more.



Little Rock Air Force Base Honor Guard members post the colors during the 19th Airlift Wing change of command ceremony at Little Rock Air Force Base on June 27. During the ceremony U.S. Air Force Col. Gerald Donohue relinquished command of the 19th AW to U.S. Air Force Col. John Schutte.

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A LETTER TO AIRMEN

Be the Hero Someone Needs You to Be

By Senior Airman Jash Ancheta
19th Contracting Squadron

Everyone here has their own reason for doing what we do. Whether it be a sense of duty, a pursuit of professional development, or a place of belonging. I joined for one simple reason – to fight the bad guys.

Growing up, all I wanted was to be was a hero. At the time, I thought it meant beating up the individuals who intended to harm others. As time went on and I matured, I started to understand reality and what truly defines our heroes.

Hardships, passion and commitment develop the men and women who dedicate their lives to a greater cause – those men and women who sacrifice their freedom for the sake of others. Something as simple as a teacher who is willing to spend time with their students after hours can be interpreted as a hero.

For service members, regardless of the reasons behind what we do, someone is always going to see us in a different light. Somewhere out there, someone is going to look at us as symbols of heroism.

They will see Airmen as a symbol of freedom for our nation regardless of our roles in the mission. When we joined, we may not have had intentions of filling the “hero role,” however, it is our responsibility to play the role and to play it well.

Freedom is the absence of necessity, coercion, or constraint in choice or



Senior Airman Jash Ancheta, 19th Contracting Squadron contract specialist, reads a speech he wrote during his Airman Leadership School graduation at Little Rock Air Force Base on Dec. 12.

action. At times, we take freedom for granted and lose sight of why we wear this uniform. We fall into our routines, do as we are told, and continue on with our lives. In this complacent state, it is difficult to remind ourselves that, to someone in the world, we are heroes.

So I challenge you, in times you find yourself unmotivated and undisciplined, dig deep and think about what you represent. Think about those overseas

who live a life of oppression and pray for change. Think about your brothers and sisters in arms who are waiting to come back to freedom after a long tour.

Think about those who are fighting within our own nation – fighting for their health, justice, and think about how without your contributions they would never have the opportunity to do so in the first place. Think about the community that you reside in and how

maybe there is one kid out there who sees you and wants to be a hero.

We all come from different walks of life, we have our own purpose, but as long as we wear the uniform, we represent something bigger than ourselves. So go fulfill your duty, get your education, be a family, and fight the bad guys.

Just remember, even though you may not feel like a hero, someone out there is counting on you to be one.

THIS WEEK IN HISTORY

By Jeffrey Pryor, 19th Airlift Wing Historian

■ 1923 – Four years after the end of World War I, President Warren G. Harding orders U.S. occupation troops stationed in Germany to return home.

■ 1942 – German U-boat attacks officially started against merchant ships along the Eastern Seaboard of North America. From then until early August, Nazi U-boats dominated the waters off the East Coast, sinking fuel tankers and cargo ships with impunity and often within sight of shore.

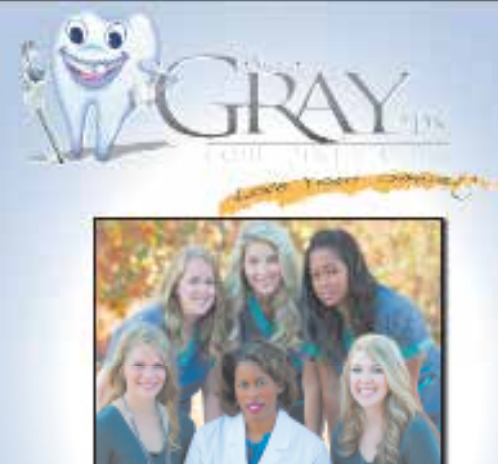
■ 1957 – Three United States Air Force B-52

Stratofortress bombers make the world's first round-the-world, non-stop flight by turbojet-powered aircraft. They complete the flight in 45 hours 19 minutes, at an average speed of 534 mph.

■ 1991 – Persian Gulf War: Allies start Operation Desert Storm with air attacks on Iraq. Iraq fires 8 Scud missiles into Israel in an unsuccessful bid to provoke Israeli retaliation. The coalition flew over 100,000 sorties dropping 88,500 tons of bombs.



MARCH AIR FORCE BASE, Calif. — Three B-52Bs of the 93rd Bomb Wing prepare to depart for Castle Air Force Base, Calif., after their record-setting round-the-world flight in 1957. (U.S. Air Force photo)



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