



VOLUME 63 • NUMBER 18 • FRIDAY, MAY 20, 2016



PAGE 5

U.S. Air Force Chief Master Sgt. Steve Tarrance, 327th Airlift Squadron loadmaster, directs a container-delivery system into a C-130J on May 13 at Little Rock Air Force Base. See story and more photos on pages 5 and 8.

FAMILY DAYS SET FOR MAY 27

Most Team Little Rock offices and customer service activities will be closed May 27 for Air Mobility Command and Air Education and Training Command family days. Normal duty hours will resume May 31.

MEMORIAL DAY RUN

Team Little Rock will mark the start of the Memorial Day holiday with a formation run May 26. Squadrons will meet and form up at 2:40 p.m. on Fire Lane Drive beside the Airman Leadership School and the run will start at 3 p.m. The run will affect traffic on portions of Sixth Street, Thomas Avenue, Vandenberg Boulevard and Lachemund Drive.

URGENT CARE PROGRAM STARTS

The Urgent Care Pilot Program for TRICARE Prime beneficiaries starts Monday. This program allows Prime enrollees two visits per fiscal year to a network or TRICARE authorized provider without a referral or prior authorization. This pilot program is for:

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- Active Duty Family Members enrolled in TRICARE Prime Remote and stationed overseas, but traveling stateside.

For more information, visit www.tricare.mil/urgentcareprogram.



POLICE WEEK

The Little Rock Air Force Base 19th Airlift Wing Security Forces Squadron partnered with the local police community to honor law enforcement officers during National Police Week held May 9-13 at Little Rock Air Force Base.

PAGES 10-11

May is Mental Health Awareness Month

Knowing when to reach out
for help takes courage



AF GRAPHIC

May is Mental Health Awareness Month in Air Force

By Prerana Korpe

Air Force Surgeon General Public Affairs

FALLS CHURCH, VA – Nearly one in five adults, or 43 million Americans, has a diagnosable mental disorder, according to the National Institute of Mental Health.

Contrary to many other brain disorders, effective treatments are available for mental disorders.

May is Mental Health Awareness Month, a time of year to bring awareness to mental health issues and available resources.

According to the U.S. Department of Health and Human Services, many factors can contribute to mental health issues. This includes biological factors, life experiences as well as family history of mental health problems.

Mental health affects us all. It influences our thoughts, feelings and actions. The state of our mental health can

determine how we make decisions, interact with others and cope with daily stressors. Mental health is a factor of our overall wellbeing, much like physical health.

Air Force mental health clinics are critical to the health and readiness of beneficiaries and family members. Services include mental health assessment, education, consultation and treatment through a variety of evidence-based therapeutic exercises. This includes both individual and group therapy.

AUTOMATED NEUROPSYCHOLOGICAL ASSESSMENT METRICS

The Automated Neuropsychological Assessment Metrics, or ANAM, is the Department of Defense mandated pre-deployment assessment and is adminis-

See Health, page 7



MSG CORNER

INFORMATIONAL

■ New Youth Program open recreation hours are as follows:

During School Hours:

Monday - Friday, 2:30 - 6 p.m.

Saturday, noon to 3 p.m. for teens only

Summer break hours:

Monday - Friday 1 - 6 p.m.

Saturday, noon to 3 p.m. for teens only

■ The 19th Force Support Squadron and AAFES host the inaugural Little Rock AFB Craft Beer Festival Friday from 6 - 9 p.m. at Hangar 1080. The festival features more than 100 craft beers, food and music. Cost is \$10 for members/\$15 for nonmembers.

■ The base pool opens for the season with a Summer Kickoff Party from noon - 7 p.m. May 27. The party will include food trucks, a live DJ and prizes.

CONSTRUCTION

■ Sidewalks and Vandenberg Boulevard construction projects continue.

■ The main entrance of the Youth Programs Office, (Bldg. 1992), will be closed for renovations. Enter the building using the entrance closest to Arnold Drive.

EDITORIAL POLICY

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Noon Fridays. Submit articles through e-mail.

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COMBAT AIRLIFTER OF THE WEEK

RANK/NAME

Tech Sgt. Ashley N. Brodnax
UNIT

189th Civil Engineer Squadron

POSITION

Emergency Manager

HOMETOWN

Little Rock

TIME ON STATION/TIME IN SERVICE:

9.5 Years

HOBBIES/GOALS:

CrossFit/To become a Command Chief
Master Sergeant

CORE VALUE

Brodnax is a dedicated Airman who exemplifies the core value of "Service Before Self" on a daily basis. Brodnax frequently steps up to volunteer for difficult tasks, additional duties and follows through with enthusiasm to complete the job. In addition to her responsibilities as an Emergency Manager, Brodnax is a Unit Fitness Program Manager and Squadron Physical Fitness Monitor, an AROWS Inactive Duty Administrator, a Sexual Assault and Response Coordinator facilitator, on the Wing Inspection Team and the Membership Chair for the Rising Six. She is also a coach at NewBreed CrossFit, Women's Foundation of Arkansas "Girls of Promise" program co-chair and active volunteer. Brodnax volunteered to speak at a recent veterans commemoration event at Clinton High School, and she has volunteered to serve as an escort and proffer at several recent retirement and promotion ceremonies.



U.S. AIR FORCE PHOTO BY AIRMAN KEVIN E. SOMMER GIRON

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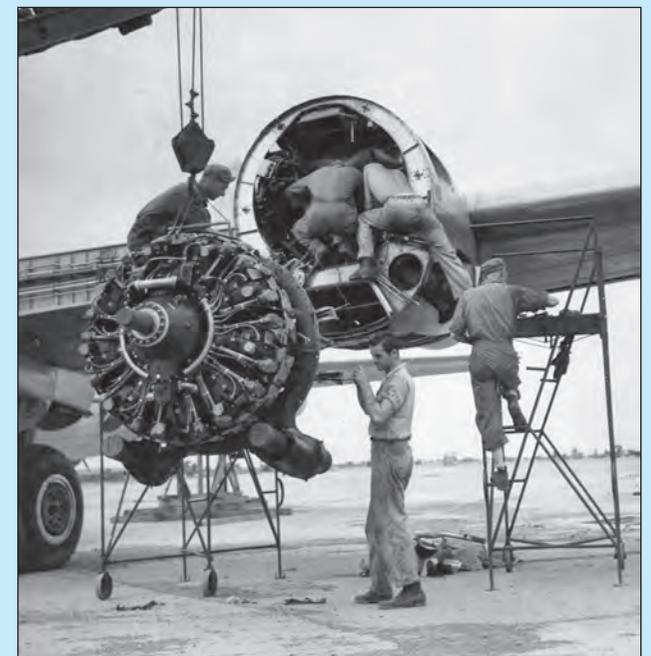
HELP IS WITHIN REACH

www.SafeHelpline.org

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

HISTORY FACT

Happy birthday to the 19th Aircraft Maintenance Squadron! On June 1, 1953, the 19th Aircraft Maintenance Squadron first activated as the 19th Periodic Maintenance Squadron at Kadena Air Base, Japan. The squadron activated in an effort to improve the aircraft-in-commission rates of the 19th Bombardment Group's B-29s. After three years of fighting in the Korean War, the 19th BG needed reliable maintenance to continue operations. During the war, the group relied on borrowed maintenance and logistics support from other units on Okinawa. However, with less support the aircraft-in-commission rate had deteriorated. Personnel assigned to the newly activated unit were dedicated to the periodic inspections of the wing's B-29s. Immediately after activation, the aircraft-in-commission rates improved greatly. Since activating 62 years ago, the squadron's name, location and specific duties have varied, but its basic mission has always remained the same: enabling the projection of air power.



COURTESY PHOTO



JUNE TRIPS

11 JUNE
DEPART:
9:30 AM



MAGIC SPRINGS

HOT SPRINGS, AR

Take a trip with ITT to Magic Springs Amusement and Water Park in Hot Springs. The cost is \$41.99 for active duty and \$56.99 for dependants. *Must have valid ID.* Price includes admission ticket, transportation and a lunch voucher. Need 15 to go by 6 June.

RETURN:
6:30 PM

25 JUNE
DEPART:
9:00 AM



LITTLE ROCK ZOO

LITTLE ROCK, AR

Join ITT on a trip to the Little Rock Zoo. The cost is \$12 per person and includes admission and transportation. Sign up in groups of 4 to receive a discount. Need 10 to go by 22 June.

RETURN:
1:30 PM

16 JULY
DEPART:
5:00 PM



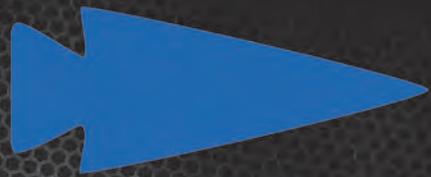
TAKE ME OUT TO THE BALL GAME

DICKEY STEPHENS BALL PARK

ITT is heading downtown to Dickey Stephens Ball Park to watch the Travelers play baseball. The cost is \$21 per person and includes ticket, reserved seating and all you can eat hotdogs/hamburgers. Register by 11 July to be able to attend.

RETURN:
9:30 PM

987-5105
Information Tickets & Travel


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YOUTH CENTER BLDG 1992

Turkey Shoot: Aircrews vie for bragging rights

By Staff Sgt. Jeremy McGuffin
19th Airlift Wing Public Affairs

Six aircrews representing their respective units took to the skies to determine who the best of the best is during the annual Turkey Shoot competition May 13 at Little Rock Air Force Base. The turkey shoot is a premier training exercise that challenges one flying unit against another in a friendly competition which aims to hone combat airlift fundamentals.

This year's competition gave the 48th Airlift Squadron, 714th Training Squadron, 41st Airlift Squadron, two crews from 61st Airlift Squadron and the 327th Airlift Squadron the ability to flex their skills and compete against each other. The previous turkey shoot was smaller scale, but the event has now gained traction among all of Team Little Rock and looks to become an integral part of our tradition.

"All traditions have a beginning," said U.S. Air Force Capt. Scott Branco, 314th Operations Group Chief of Weapons and Tactics and event coordinator. "The last time we executed a turkey shoot we only had participation from the 314th Airlift Wing. Our vision for the event is to hold it twice a year while continuing to grow with maintenance and mission support functions."

The turkey shoot is split into multiple events to test and evaluate all aspects of Combat Airlift such as high-level and low level time control, threat mitigation, simulating GPS-out, container delivery system airdrops, assault landings and loading/offloading Humvees. An evaluator was placed on each aircraft with the crewmembers to record their performances.

"Across the board we had great feedback from the aircrews" said Branco. "They were able to execute all of the events and we had them doing things not normal-



U.S. AIR FORCE PHOTO BY KEVIN SOMMER GIRON

A C-130J assigned to the 314th Airlift Wing takes off May 13 at the All-American Landing Zone at Camp Robinson in North Little Rock. The aircraft and crew competed in a "Turkey Shoot" tactical airlift competition versus other Airmen from the 19th Airlift Wing.

ly done on a daily basis. The crews earned great scores which shows our teamwork and training is top notch and we can achieve mission success in the face of challenging situations."

The combination of the events for each unit is tallied

and scored by judges. The winners are scheduled to be announced May 20, 2016, at 3 p.m. at Hangar 1080.

The award presentation itself aims to create traditions for Team Little Rock.

See Shoot, page 8

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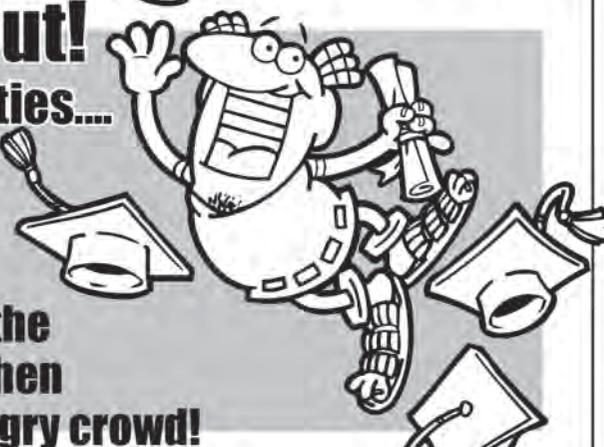
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CHIEF'S GROUP SHARP TROOP

Chief Master Sgt. Steven Roberts, 19th Logistics Readiness Squadron superintendent of operations, presents the sharp award to Senior Airman Sarah Smith, 19th Logistics Readiness Squadron aircraft service member, on May 3 at Little Rock Air Force Base. Smith was recognized for her dedication, positive attitude, and overall professional performance that exceeds standards.



U.S. AIR FORCE PHOTO BY AIRMAN KEVIN E. SOMMER GIRON



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The U.S. Uniformed Services Blended Retirement System

At a Glance

Saving with the New Blended Retirement System
 The Fiscal Year 2016 National Defense Authorization Act provides our military force with a modernized retirement plan built for retirement savings. Beginning in 2018, our service members can get **automatic and matching Thrift Savings Plan contributions** as well as mid-career **compensation incentives** in addition to monthly **annuities for life**. All service members under the current system are grandfathered into today's retirement system.

Today's Retirement System:

Annuity

$2.5\% \times \text{Years Served} \times \text{Retired Pay Base}$
after completing 20 years of service

- 1 Automatic and Matching Contributions**
Automatic contributions are seen immediately
- 2 Continuation Pay**
Received at the mid-career point
- 3 Full Retired Pay Annuity**
Received after completing 20 years of service

You Contribute	DoD Auto Contribution	DoD Matches	Total
0%	1%	0%	1%
1%	1%	1%	3%
2%	1%	2%	5%
3%	1%	3%	7%
4%	1%	3.5%	8.5%
5%	1%	4%	10%

The DoD automatically contributes 1% of your basic pay to your **Thrift Savings Plan after 60 days of service**.
 You'll see matching contributions at the start of 3 through the completion of 26 years of service, and...
You're fully vested—it's yours to keep—as of the beginning of 3 years of service and goes with you when you leave.

You may receive a **cash payment** in exchange for additional service. Calculate your **retired pay base** by averaging the **highest 36 months of basic pay**. You'll gain this monthly annuity for life after completing 20 years of service.

Options for Collecting Your Retired Pay

Active Component

Full retired pay annuity

Reserve Component

Full retired pay annuity beginning at age 60*

or

Lump sum with reduced retired pay

50% or 25% of monthly retired pay annuity bumps back up to 100% at full retirement age (67 in most cases).

*Could be earlier based on credited active service

Effective Date of the New System

January 1, 2018

- After December 31, 2017: You'll be automatically enrolled in the Blended Retirement System.
- After December 31, 2005 but before January 1, 2018: You'll have the choice to enroll in the Blended Retirement System or remain in today's current retirement system.
- Before January 1, 2006: You'll be grandfathered and remain in today's current retirement system.

Your Retirement System
 If you joined the service...

Additional information coming soon.
Sources: Sections 631, 632, 633, 634, and 635 of the Fiscal Year 2016 National Defense Authorization Act. Created: 12/2015

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Health

Continued from page 2

tered to all service members within 12 months of deployment.

The assessment establishes a neurocognitive baseline. This is used to measure potential cognitive changes in individuals exposed to a concussive event.

In the event of a traumatic brain injury, the baseline is used to determine changes in cognitive functioning for assessment of a service member's return to duty status.

AIR FORCE FAMILY ADVOCACY PROGRAM

The Air Force Family Advocacy Program implements programs to prevent and treat domestic abuse, child abuse and neglect. AF FAP provides training, consultation services and program and policy development.

BEHAVIORAL HEALTH OPTIMIZATION PROGRAM

While nearly 50 percent of people with a treatable behavioral health disorder do not seek care from a behavioral health professional, 80 percent visit their primary care manager at least once annually.

The Air Force is changing primary care teams to better address behavioral health needs. Behavioral Health Optimization Program, or BHOP, is a primary care behavioral health program. Through BHOP, behavioral health personnel are integrated into primary care clinics to provide "the right care, at the right time, in the right place." BHOP is available to all active duty service members, retirees and their family members.

Stay tuned as AFMS continues the month-long series on mental health.



The Only Officially Sanctioned Newspaper at Little Rock Air Force Base

U.S. Air Force Staff Sgt. Samuel Wise, 19th Logistics Readiness Squadron aircraft services supervisor, fastens a container delivery system as part of the "Turkey Shoot" competition May 13 at Little Rock Air Force Base. The "Turkey Shoot" is an annual event where flying squadrons of the wings compete against each other to determine who the best is.



U.S. AIR FORCE PHOTO BY KEVIN SOMMER GIROU

A C-130J assigned to the 19th Airlift Wing takes off at the All-American Landing Zone competing in the assault landing portion of the "Turkey Shoot" May 13 at Camp Robinson. Six units from Team Little Rock participated in this iteration with the overarching objective to hone combat airlift fundamentals.



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

Shoot

Continued from page 5

"With a nod to the Arkansas Razorbacks, we got our hands on a miniature "pig trophy" for the turkey shoot awards" said U.S. Air Force Capt. Nick Hainsfurther, 314th OG Weapons and Tactics deputy chief.

For this iteration of the competition, the judges will award the front half of the "pig trophy" to the aircrew with the best assault landing and the rear half of the pig to the crew with the fastest engine running on load/off load time.

"A new trophy we are implementing is a real stuffed turkey which will go the squadron of the overall best crew that Staff Sgt. Bruchwalski from the 48th Airlift Squadron donated from his personal collection," Hainsfurther said. "We also have a plaque that we plan

to hang in a prominent spot that will bear the winners of this and each subsequent turkey shoot."

The turkey shoot is more than just fun competition, but also a lead into the new Mobility Guardian Exercise being conducted by Air Mobility Command planned for July 30 – Aug. 12, 2017 at Joint Base Lewis-McChord, Washington.

"We envision the turkey shoot as a stepping stone to Mobility Guardian," Hainsfurther said. "Whether or not the winning crew from the turkey shoot represents Little Rock at Mobility Guardian, the overarching objective of the turkey shoot is to hone combat airlift fundamentals which we expect to improve Team Little Rock's performance not only at Mobility Guardian, but here at Little Rock Air Force Base and abroad."

To view last year's competition visit <https://afpims.dma.mil/Site/ManagerView.aspx?URL=http://newpreview.afnews.af.mil/littlerock/news/story.asp?id=123457026>.

SOUTHERN Oaks
Country Club

Doug Wilkinson Memorial 4-Ball
June 3rd - 5th, 2016
Entry Fee \$100 per person

- 2 Person Best Ball Format
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- Shoot-Out Friday Night 5:30 pm (\$50 per team)
- Skins Game each day

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314th AW restores H-21 helicopter

By Senior Airman Stephanie Serrano
19th Airlift Wing Public Affairs

Approximately 20 volunteers from the 314th Airlift Wing are bringing back a little piece of history to Little Rock Air Force Base by restoring a Piasecki H-21 Workhorse helicopter to be placed in Heritage Park near the end of June.

Mark Wilderman, 314th Airlift Wing historian, came up with the idea of restoring the helicopter when he discovered that the 314th flew them in the late 1950s while stationed at Ching Chuan Kang Air Base, Taiwan.

After a year and a half of coordination and planning, the H-21 arrived to Little Rock Air Force Base on April 5. Within a week, volunteers had assembled, ready

to begin restoring the historic helicopter.

"It's a little known, but significant piece of our history," said U.S. Air Force Master Sgt. Matthew Tabor, 314th Airlift Wing quality insurance chief inspector. "Everyone sees the 314th and automatically thinks C-130s, but we've been in the troop carrying business for a long time and this is a big piece of that."

Once completed, the helicopter will be placed in Heritage Park between the C-130 and the Communication Squadron building. The estimated completion date for the project is June, with a dedication ceremony to follow.

"It's a cool experience to take a little known piece of our history and restore it to its glory, to be put on display for everyone," Tabor said.



U.S. Air Force Airmen from the 314th Aircraft Maintenance Squadron paint a finishing coat on a Piasecki H-21 Workhorse helicopter May 12 at Little Rock Air Force Base. The 314th Airlift Wing received the helicopter from Kirtland Air Force Base and plan to display it in Heritage Park toward the end of June.

CHURCH DIRECTORY

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Church Office: 835-2201

Contemporary Worship.....9:00 a.m.
Sunday School.....10:00 a.m.
Sanctuary Worship.....11:00 a.m.
Wednesday Chapel Service.....6:30 p.m.
Children/Youth.....6:30 p.m.
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Worship.....10:30 a.m.

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Sundays at 8:30, 10:00 & 11:30 A.M.
Sunday Nights at 6:00 P.M.

Wednesdays
Midweek Service at 7:00 P.M.
Reality Student Ministry
Middle School at 6:30 P.M.
High School at 7:30 P.M.

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Sunday School: 9:30 AM
Morning Worship: 10:45 AM
Mid Week Bible Study
Wednesday: 7:00 PM
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Little Rock AFB honors Police Week 2016

STORY AND PHOTOS BY SENIOR AIRMAN MERCEDES TAYLOR
19TH AIRLIFT WING PUBLIC AFFAIRS

The Little Rock Air Force Base 19th Airlift Wing Security Forces Squadron partnered with the local police community to honor law enforcement officers during National Police Week held May 9-13 at Little Rock Air Force Base.

In 1963, President John F. Kennedy established May 15 as the Peace Officers Memorial Day; the week in which that date falls is National Police Week. The annual observance commemorates law enforcement officers who've fallen in the line of duty.

This year, 19th SFS Defenders began the week with a formation run. Other events throughout the week included a two-day jail-n-bail, 24-hour ruck march, military working dog competition and a capability demonstration. Local police agencies such as Jacksonville Police Department and the Pulaski County Sheriff Department

participated in several of these base events as well.

"Police Week went really well this year," said U.S. Air Force Staff Sgt. April Berry, a 19th SFS military working dog handler. "The support we received this year was enormous, especially from the local community. We had multiple organizations come out and support the event."

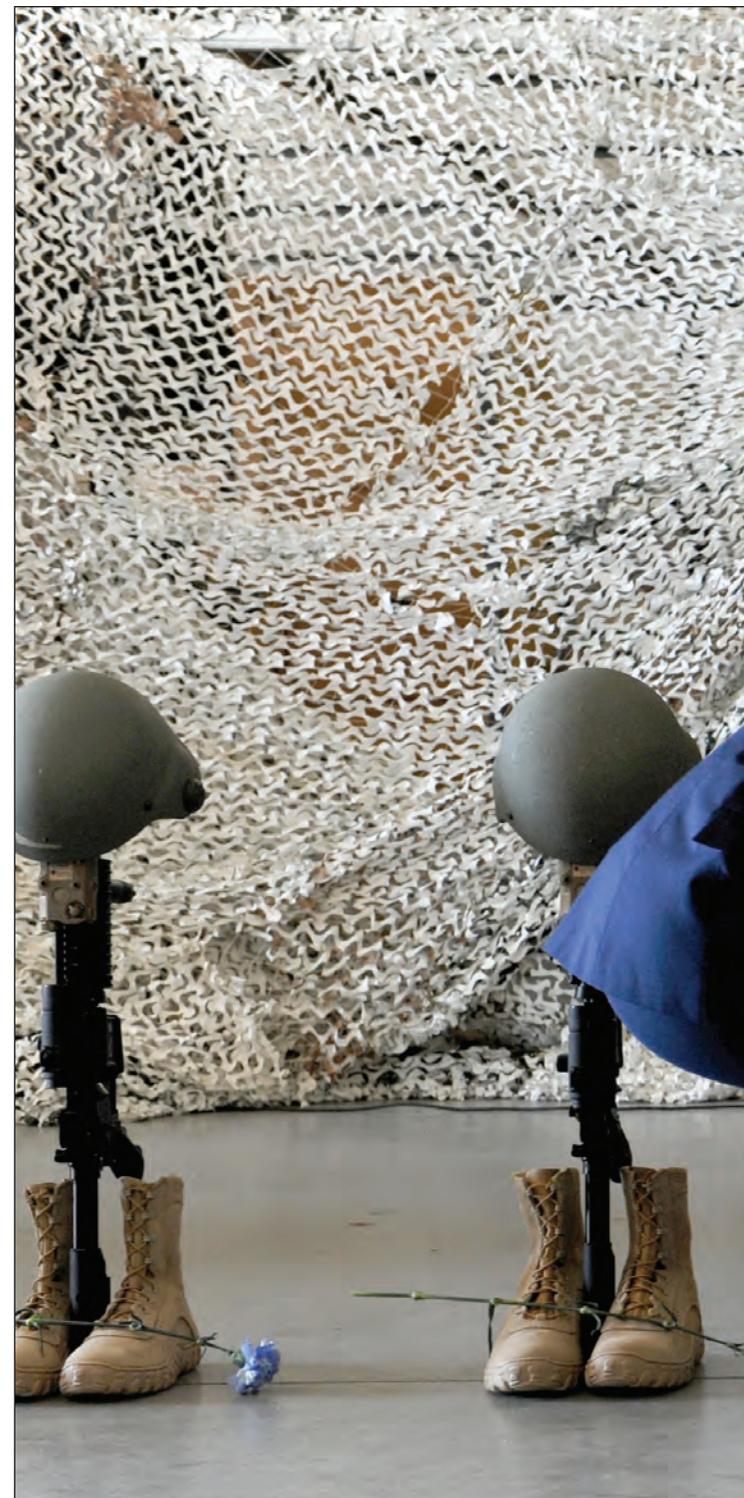
The week ended with a somber closing ceremony where the base Honor Guard fired three volleys and played Taps for fallen police officers.

"Police Week allows us to showcase our capabilities to the community while raising morale," Berry said. "However, it's not just a week of events. It's a ceremony of people we've lost; when you read the names of people who have given the ultimate sacrifice in the line of duty it's very humbling."



(Above) U.S. Air Force Senior Airman Christopher Allen, 19th Security Forces Squadron Defender, and Shane Freestone, 19th Force Support Squadron federal policeman, salute during Reveille while participating in the 24-hour ruck march for Police Week on May 13 at Little Rock Air Force Base. A two-man team carried an additional 30 pounds each around Heritage Park.

(Right) U.S. Air Force Maj. Gregory Bodenstein, 19th Security Forces Squadron commander, salutes a ceremonial wreath during a 2016 National Police Week closing ceremony May 13 at Little Rock Air Force Base. The ceremony commemorated law enforcement officers who have died in the line of duty.





(Above) U.S. Air Force Senior Airman Desire White, 19th Security Forces visitor's center clerk, places flowers on battlefield crosses during a 2016 National Police Week closing ceremony May 13 at Little Rock Air Force Base. The 19th SFS and local police agencies honored law enforcement officers and security forces service members who have died in the line of duty.

AMC to kick off Critical Days of Summer

By Air Mobility Command Safety Office
Headquarters Air Mobility Command

SCOTT AIR FORCE BASE, Ill. — The Air Force will launch its annual Critical Days of Summer campaign May 27 with the theme “Decisions Matter,” in response to a typical spike in accidents, injuries and deaths during the summer months.

Last year, 14 Air Force members lost their lives during the campaign. Two of those deaths were Air Mobility Command members, both of which were alcohol related. These numbers are nearly identical to the command’s five-year average.

“Every year, we lose Airmen to preventable mishaps that could have been avoided by making better decisions,” said Air Force Gen. Carlton D. Everhart II, AMC Commander. “We don’t want to lose a single one of you, especially to a situation that could have been prevented.”

In the process of grilling, driving, skydiving, swimming, etc., people expose themselves to more risks, which equates to more accidents, said Ronnie W. Bendall, AMC Occupational Safety and Health manager. Of course, most people are confident they’re not going to be an accident victim.

“In a nutshell, that’s exactly the problem—they fail



to recognize the hazard,” Bendall said. “Without that, we can’t take appropriate actions to limit or remove the risk. It happens all the time. Decisions matter.”

“A common thread is the fact that we lose more Airmen on our nations’ roadways than anywhere else,” said Bendall. “Recurring factors continue to be speed,

alcohol, fatigue and making poor personal risk management decisions. In other words, our Airmen continue to die for the same decisions they make.”

Water sports are the second leading cause of accidental death to Air Force members, with the most common factors being alcohol and fatigue, according to statistics maintained by the Air Force Safety Center. Many times swimmers overextend themselves when they exceed their physical capabilities. The hazard is compounded when alcohol is involved. Together, water and alcohol form a deadly mix.

“In addition to the two AMC fatalities, we also had 110 non-fatal accidents last summer, 78 percent of which were off-duty,” said Bendall. “The primary source of those activities included motor vehicle operations, backyard cookouts, water sports, etc. The majority of summer mishaps result from poor decisions and are preventable.”

“The ball is in your court,” he continued. “You have to value your own safety and well-being. You also must think of your family and loved ones. How will your loss impact them?”

Another way you can help is by being a really good

See Summer, page 15

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INTRAMURAL VOLLEYBALL



U.S. AIR FORCE PHOTO BY AIRMAN KEVIN SOMMER GIRON

U.S. Air Force Master Sgt. Christopher Gilmore, 314th MXG/AMXS volleyball team member, spikes over the net to the 19th CPTS during an intramural volleyball game on May 19 at Little Rock Air Force Base. The 314th MXG/AMXS volleyball team beat the 19th CPTS 2-0 to remain the league's only undefeated team.

TEAM STANDINGS

Team	Wins	Losses
314th MXG/AMXS	9	0
41st AS	8	1
19th CES	8	2
19th MDG 2	8	2
19th OSS	6	4
NAVY	5	5
19th CPTS	4	4
19th SFS	4	5
19th LRS 1	4	5
19th MXG	3	7
19th LRS 2	3	7
ARNG	2	5
19th FSS	1	8
19th MDG 1	0	10

SCHEDULE

DATE	TIME	HOME	AWAY
May 23	5:30 p.m.	19th MDG 1	19th SFS
	6:30 p.m.	19th CPTS	NAVY
	7:30 p.m.	19th LRS 2	41st AS
May 24	5:30 p.m.	19th FSS	314th MXG/AMXS
	6:30 p.m.	19th LRS 1	ARNG
	7:30 p.m.	19th OSS	19th CES
May 25	5:30 p.m.	19th MDG 2	19th SFS
	6:30 p.m.	19th CPTS	19th MXG
	7:30 p.m.	19th MDG 1	41st AS
May 26	5:30 p.m.	19th FSS	NAVY
	6:30 p.m.	19th LRS 2	ARNG
	7:30 p.m.	19th LRS 1	314th MXG/AMXS



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Welsh releases 2016 reading list

By Staff Sgt. Alyssa C. Gibson
Secretary of the Air Force Public Affairs
Command Information

WASHINGTON (AFNS) – The Air Force chief of staff published his 2016 professional reading list May 13.

“This year’s reading list addresses every Airman on our total force team,” said Gen. Mark A. Welsh III. “The profession of arms, Air Force heritage, and developing Airmen are topics that apply to all of us.”

This year’s list contains books, TED Talks, a film, work from Air Force photojournalists, journals, and, for the first time, military-themed blogs.

One of this year’s books recommended by Chief Master Sgt. of the Air Force James A. Cody, “At All Costs,” was written by Air Force reservist Chief Master Sgt. Matt Proietti.

“I’m delighted the book was included in the reading list because it means more people will hear about Chief (Master Sgt. Richard) Etchberger’s life,” Proietti said.

“He was a remarkable GI, one worthy of emulation well before he performed heroic actions at the end of his life.”

A TED Talk on this year’s list, given by cultural innovator Verna Myers, is a compelling presentation about unconscious bias.

“With thoughtful leadership, General Welsh has put together a powerful list of diverse content that will challenge each Airman to expand her or his worldview,” Myers said. “With this valuable information, Airmen will be equipped to break down stereotypes, to understand the life experience of people different from themselves, and to foster a more inclusive, fair and high-performing Air Force. I’m honored to be part of this important list.”

Print selections of the books will be arriving in base libraries in the coming weeks, but Airmen can find many of the works available electronically through Air Force Libraries’ OverDrive system.

The complete 2016 reading list can be found online.

In addition to the video, the AMC Safety Office will provide facilitator guides for units to use and help spark discussions in small group settings, with the hope the discussions will help participants make better decisions regarding their own safety and the safety of their families, friends and co-workers.

AMC’s goal for the Critical Days of Summer, which runs through September 6, is zero fatalities,” said Bendall. “We can only achieve this goal if everyone makes better decisions.”

To view the 2016 Critical Days of Summer message from Gen. Carlton Everhart and Command Chief Master Sgt. Shelina Frey, visit the AMC YouTube channel here.

Summer

Continued from page 12

Wingman, according to the AMC Occupational Safety and Health manager.

“A really good Wingman can always be trusted to do the right thing every time without worrying about hurting feelings or losing friends,” said Bendall. “Failure to step up and be a really good wingman could result in the catastrophic loss of a friend or loved one.”

Similar to other years’ campaigns, the AMC commander and command chief master sergeant will kick the campaign off with a video discussing their views about safety.

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Civilians and Military Welcome

SAVES: Week of May 16
SAVES Level 1

Past 60 Days

(Rollback date: 18 March 2016)

■ This month, the SAVES signs are proudly maintained by:
 41st Airlift Squadron

Type:

DUI/DWI	2
Underage	0
Drunk/Disorderly	0
Duty-Related Incident	0
Public Intoxication	3
Accident Injury/Death	0
DV/Maltreatment	1
Contributing	0
Crimes Against Property	0
Open Container	0
Other - ARI	0
Drug +	2

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): 83.3%

Aircraft availability

C-130J: (standard 8.4): 8.7

C-130 SCHOOL GRADUATES

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

C-130H: 209 C-130J: 142

Chapel 987-6014

WORSHIP OPPORTUNITIES

Protestant Services

Sunday 11 a.m.

*Children's church during the service.

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 Classes at Walters Community Center

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

* Classes for all ages available

PMOC noon

(Wednesday)

PWOC 6 p.m.

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

Catholic Classes

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

RCIA Classes & Adult Bible Studies Available

Catholic Women of the Chapel 6 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.

Team Little Rock Phone Book

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



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YARD SALES

MOVING SALE, 5/21, 13218 Hwy. 31 N., Ward. Everything must go! Washer/dryer, furniture, clothes, hunting supplies, tools, little bit of everything.

COMMUNITY WIDE yard sale, 5/21, 8 am-5 pm, all LRAFB housing.

GARAGE SALE, 5/20 and 21, 7 am-? 210 Heritage St., Jax. Right off Graham Rd. Moving, everything must go! Great chance for gently worn petite clothing.

MULTI-FAMILY CARPORT sale, 5/20 and 21, 8 am-2 pm, 312 Lassiter Ln., Cabot, off Hwy. 89 S.

MOVING SALE, 5/21, 7 am-noon, 13 Buck Ridge Cv., Cabot.

YARD SALE, 5/21, 7 am-1 pm, 20 G St., Cabot. Furniture, home accessories.

YARD SALES

YARD SALE, 5/20 and 21, 8 am-1 pm, 1110 Oakridge Dr., Austin. Living room and office furniture, other household items.

MULTI-FAMILY GARAGE sale, 5/20 and 21, 7 am-1 pm, 124 Castle Heights, Cabot, off Mt. Carmel Rd. Lots of misc. items, household, cow collection, etc.

YARD SALE, 5/21, 7 am-6 pm, 28 Krooked Kreek, Cabot. Dining room table, 8 chairs, washer/dryer set, chair and ottoman, crib bedding set, kid's clothes, 28" tires, etc.

HUGE MOVING sale, 5/20 and 21, 7 am-? 9609 Del Ray, Sherwood. Home decor, jewelry, clothes and toys.

GARAGE SALE, 5/20 7 21, 7 am-? 3701 Sioux Tr., Jax. Tools, toys and household goods.

2-FAMILY YARD sale, 5/20 and 21, 7 am-? 867 Bowen Rd., Lonoke. Lots of glassware, tools, fishing poles, couch and much, much more.

YARD SALE, 5/21, 7 am-? 59 Willow Lake Dr., Ward.

YARD SALE, 5/20 & 21, 833 Mahoney Rd., Cabot.

AUCTIONS

AUCTION - SAT., JUNE 4, 2016 Real Estate (11 am) & Personal Property (10 AM) \ 111 Crestview Dr. Pangburn, AR 72121. 13 ACRES M/L, w/2300 SQ Ft. Double wide apx. 2 mi fr. Little Red, APX. 17 mi. N. of Searcy, TO SEE PICS, Personal Property listing, DETAILS, TERMS, INFO: www.nealdavisauctioneers.com or auctionzip.com ID 19078, 501-940-2138 or Jason at 501-454-3382. NEAL DAVIS AUCTION & REALTY CO. PB6564, AALB.**

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BED COVER for Ford Ranger, burgundy, free. 628-1225.

FORD RANGER, 1999, A/C, green, excellent condition, 4-speed, \$4,500. 628-1225.

SPARE TIRE for 1992 F-350 dually, \$20. (501) 952-1997.

'97 DODGE 3/4 ton van, new brakes, new tires, new ball joints, \$1,100 obo. (501) 882-6645.

2007 KIA Sportage EX, front wheel drive, 97,000 miles, \$5,850. (573) 217-5510 or (573) 217-5511.

4 NISSAN factory chrome-plated wheels, 6 holes, \$25 ea. 882-2142.

2003 HYUNDAI Accent, 4-door, new rebuilt transmission, runs good, \$600; 2000 Buick Century 4-door, runs good, \$600. (501) 288-0186, after 5 pm.

2002 DURAMAX rear end out of a 3500, 8-bolt pattern w/brake assembly, \$500 obo. (501) 352-8484, Jim.

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MURRAY RIDING lawnmower, 12 hp., 30" cut, used little, like new, \$550. (501) 983-1445.

L120 JOHN Deere riding mower, 20 hp., 48" deck, \$600. (501) 412-2178.

JOHN DEERE riding lawnmower, 42" cut, model #125, \$500. (501) 288-1414.

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BOX OF misc. books, record albums, Tim McGraw clock, large clock, 2 men's sweat shirts, floral arrangements, \$25. (501) 983-4168.

HELP WANTED

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CHUCK NORRIS total gym, Bodyrise exercise cycle, Welslo Strider, all like new. (501) 891-0206.

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