



COMBAT

AIRLIFTER

VOLUME 63 • NUMBER 23 • FRIDAY, JUNE 24, 2016



FINISHING THE FLEET

PAGES 5, 10-11

U.S. Air Force Gen. Carlton D. Everhart II, commander of Air Mobility Command, departs the 61st Airlift Squadron's newest C-130J with Little Rock Air Force Base leadership prior to the aircraft's delivery ceremony at Little Rock AFB on June 20. Everhart delivered the final C-130J to the 19th Airlift Wing.



PRIDE TRIVIA EVENT

A LGBT Pride Trivia event will be held from 2-4 p.m. June 29 at the Crossroads Café. Trivia categories will range from LGBT history to other general categories.

A&FRC CLASSES

The Airman and Family Readiness Center offers the Team Little Rock community classes on topics including Deployment, Employment/Career Focus, Family and Spouse, Money Matters, Moving/PCSing, Professional Development, Separation/Retirement and Volunteering.

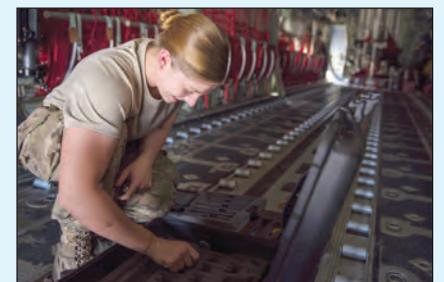
Upcoming classes include:

- How to Become a Millionaire - at 11:30 a.m. Wednesday.
 - Car Buying - from 11:30 a.m. -1:30 p.m. Tuesday.
 - Interview 101 - from 9 -11 a.m. Tuesday
- All classes are held at the Walters Community Support Center unless otherwise noted. For more information or to sign up for classes, call 987-2667.

BLENDED RETIREMENT

Online training to educate Airmen on the new Blended Retirement System is now available.

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455TH EAMXS:

KEEPS SAFETY IN MIND

Members of the 455th EAXMS work to ensure aircraft are prepared for flight and return them to a mission-ready state once they land.

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

Coping with stress through healthy thinking

By Prerana Korpe

Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. — Stress. Even mention of the word can increase anxiety for some. Everyone deals with stress differently, but how you cope with daily stressors can have great impacts on your quality of life and overall health.

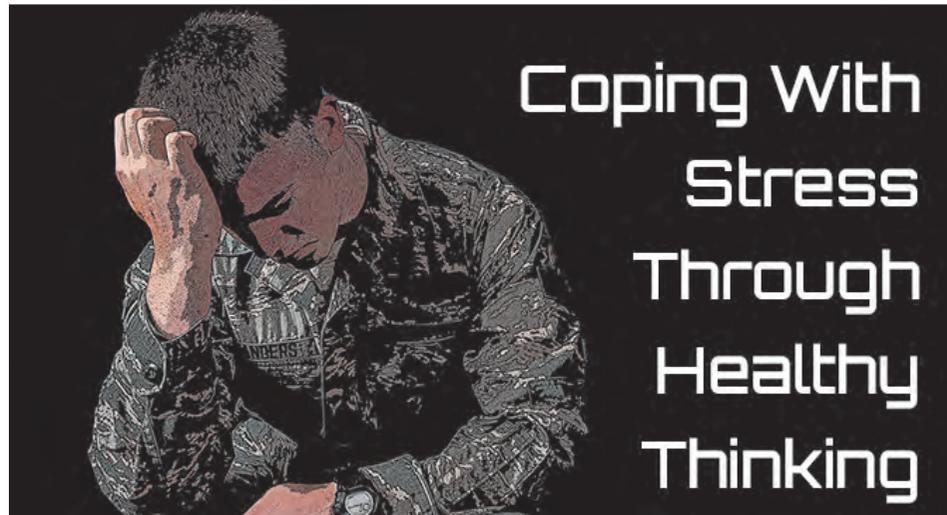
Stress is actually the body's response to any demand, including change. According to the National Institute of Mental Health, there are at least three types of stress which can create risks to physical and mental health. These include routine stress, stress brought about by a sudden negative life event and traumatic stress, which can be experienced after a distressing or life-threatening event. Routine stress incorporates stress related to daily pressures.

Not all stress is bad. The Centers for Disease Control and Prevention reports that stress can help people develop coping and adaptation skills to deal with new or potentially harmful life situations. Stress is a natural phenomenon which helps us develop the ability to deal with challenges, obstacles and even failures.

Maj. (Dr.) Joel Foster, chief, Air Force Deployment Mental Health, explains that coping with daily stressors in a healthy way and getting the right care can help put problems into perspective, and reduce the negative impact of stressful feelings. Just like practicing a sport improves agility and strength, actively managing stress day-to-day can help build adaptive resistance to the negative effects of stress.

"Life is full of challenges. It is important to recognize and embrace this," said Foster. "If you have expectations that things are going to be easy, you are setting yourself up to experience a lot of frustration. It is important to have realistic expectations of how things will be."

"Everyone faces daily stressors," Foster said. "Experiencing this stress does not mean there is something wrong with you and the avoidance of problems should not be the ultimate goal." Foster emphasizes that embracing the fact that challenges are part of life is key.



The Air Force is actively engaged in social norming campaigns that provide information to help people feel more comfortable about seeking and receiving care, in an effort to promote healthy lifestyle behaviors. There are healthy ways to manage stressors and people are encouraged to seek appropriate care as needed. The emphasis is that healthy people seek the help they need. "We are not intended to manage these stressors alone," said Foster. "Reaching out for help is a sign of strength, not weakness."

Healthy coping is about aligning our thoughts with reality, explains Foster. "Many people do not align thinking with reality and distortions in thinking can lead to depression and anxiety."

According to Foster, distortions in thinking are thoughts just below the surface of our awareness. We usually do not say them out loud, but they guide our behavior. These distortions influence the way we feel and behave. Part of healthy thinking is to examine these distortions and make corrections to align our thoughts with reality.

Take for instance, striving for excellence. While this is a positive goal, it is important to remember that we all fail at some time. The process of learning from those mistakes and failings and realistically assessing the situation is critical to maintaining healthy thinking. Making mistakes or failing at some point is expected and this is part of the

journey towards excellence. When you make a mistake, quickly bounce back rather than going down the path of cognitive distortion. For example, instead of fixating on the mistake or failure, accept that everyone makes mistakes. Part of healthy thinking and adapting to stress is to recognize when distorted thinking may arise. It is important to recognize this and make an active effort to put the stressful thought into perspective.

Adaptive coping is a healthy strategy for everyone, explained Foster. Healthy thinking helps to avoid cognitive distortions, or mistakes in thinking.

ABCs of emotion:

"A" stands for activating event.

"B" stands for belief system.

"C" stands for consequence, which is an emotion or behavior resulting from the belief system.

Maj. Foster says it is important for people to understand the relationship between these three variables.

Let us take for example, making a mistake at work. This would be considered the activating event. If you consider the consequence, you might feel depressed or sad. It is important then to examine the belief system, through which everything is filtered.

A, making a mistake at work, filters through B, the belief system, to get to C,

See Stress, page 13



MSG CORNER

INFORMATIONAL

■ The 19th Forces Support Squadron Manpower and Personnel Flight, including the ID card section, will be minimally manned from 12:30-4:30 p.m. on June 28 to support the Air Mobility Command director of manpower, personnel and services.

CONSTRUCTION

■ The Vandenberg Boulevard construction project has entered Phase 2, and now inbound traffic is required to detour on Thomas Avenue rather than continuing straight on Vandenberg Boulevard. Personnel can access areas east of Thomas Avenue via Sixth Street.

■ Fire hydrants between Arkansas Drive and Texas Boulevard in base housing are currently undergoing preventive maintenance. Iron deposits in the mains may cause water to be temporarily discolored. If you see brown water in your faucet, please allow water to run until clear.

■ Construction of new sidewalks continues from Arnold Drive to Cannon Drive and Bldg. 940.

■ Construction along Arnold Drive will begin next week between Chief Master Sgt. Williams Drive and Sixth Street to replace an 8-inch water main. Please use caution, and stay alert for construction traffic in this area.

EDITORIAL POLICY

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Deadline

Noon Fridays. Submit articles through e-mail.

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COMBAT AIRLIFTER OF THE WEEK

NAME

Senior Airman Derik Shannon

UNIT

19th Maintenance Squadron

POSITION

Nondestructive Inspection shift lead

HOMETOWN

Pataskala, Ohio

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

“I am the most proud of progress I have made as an individual. Joining the Air Force has been a great decision, and I have no doubt it has made me a better person both professionally and personally. Moving into more of a leadership role has also been a great experience and I am proud of the team I am a part of.”



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

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U.S. AIR FORCE GRAPHIC

HISTORY FACT

On July 1, 1986, the Arkansas Air National Guard received its first C-130E. The arrival of the “Herc” signified the beginning of a mission change from KC-135 in-flight refueling to training C-130 aircrews. In the mid-1980s, the Air Staff decided to involve Air National Guard units in flight training due to Air National Guard and Reserve units possessing more than half of all Air Force airlift aircraft. Within three months of the conversion, the 154th Tactical Airlift Training Squadron began C-130 Phase I initial flight crew training. Since 1998, the 189th Airlift Wing has been home to the only schoolhouse for C-130 aircrews to become instructor pilots in their respective crew positions. Today, the 189th AW conducts entry-level loadmaster and flight engineer training while also providing initial and instructor aircrew qualification training for the Department of Defense and more than 20 allied nations.



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Little Rock AFB modernizes fleet with final C-130J

By Senior Airman Harry Brexel
19th Airlift Wing Public Affairs

A brand new C-130J aircraft delivered to Little Rock Air Force Base on June 20 marks the beginning of a modern legacy of global reach capabilities.

With this aircraft delivery, which is the final C-130J to arrive from the Lockheed Martin facility in Marietta, Ga., the 19th Airlift Wing is the third U.S. Air Force active-duty unit to complete its transition from the H-model to the newer J-model aircraft.

Known as “The Home of Combat Airlift,” the 19th Airlift Wing began transitioning from older C-130H cargo aircraft to newer C-130J models in 2004. The ongoing airframe conversion enables Airmen to improve tactical airlift abilities.

“The C-130J brings combat power and modernization to the forefront against our adversaries,” said Gen. Carlton D. Everhart II, Air Mobility Command commander, who personally delivered the commemorative C-130J. “The

capabilities this aircraft brings is truly amazing.”

The new J-model cargo airframe offers a longer fuselage with additional pallet positions for added airlift capacity, an updated cockpit with digital avionics, more efficient engines and propellers, which increase range and speed and many other improvements.

The C-130J routinely enables 19th Airlift Wing Airmen to quickly supply humanitarian airlift relief to disaster victims and airdrop supplies and troops into the heart of contingency operations in hostile areas of Central Asia, South America and the Horn of Africa.

“Little Rock Air Force Base Airmen are leading the force on C-130J total integration,” said Maj. Justin Hinrichs, 41st Airlift Squadron assistant operations officer. “The J-model is simultaneously utilized by four different U.S. Air Force Major

Commands here. The Team Little Rock family is made up of units representing the Air Mobility Command, Air Education and Training Command, Arkansas Air National Guard, Air Force Reserve Command and Air Combat Command.”

New C-130J aircraft will continue to be delivered to other units in the U.S. Air Force as well as to international coalition partners. Modernizing NATO air mobility fleets will enable American armed forces to continue to deploy anywhere in the world at any time, and keep them supplied.

“We are the force provider of choice because we will be anywhere, anytime, and at any part of the world in a moment’s notice,” Everhart said. “This is the sheer power Air Mobility Command brings to our nation.”

See more on pages 10-11.



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Blended retirement system training now available

By Tech. Sgt. Bryan Franks

Secretary of the Air Force Public Affairs Command Information

WASHINGTON (AFNS) — Online training designed to educate Airmen about the new Blended Retirement System, the Defense Department system with changes on the current military retirement system, is now available via Joint Knowledge Online course number P-US1330. The course is also available to those without a Common Access Card — to include family members — via an alternate website.

The BRS was enacted into law in the Fiscal Year 2016 National Defense Authorization Act, and will go into effect Jan. 1, 2018. All currently serving members are grandfathered into the current military retirement system. However, those with fewer than 12 years of service as of Dec. 31, 2017, or Air Force Reserve component members with fewer than 4,320 retirement points may choose to “opt in” to the BRS during the designated opt-in period from Jan. 1, 2018, through Dec. 31, 2018.

“The BRS is a major change for our Airmen,” said Brig. Gen. Brian Kelly, the Military Force Management Policy director. “Although the majority of Airmen serving today will not fall under BRS, it is important for all Airmen, either as leaders today, or as leaders tomorrow, to understand the changes that will impact Airmen in the future.”

The BRS Leader Training is a 30-minute course designed to provide basic familiarity with the key components of the upcoming retirement system and the timeline for implementation. It is designed primarily for Air Force leaders at all levels, but is also open to all Airmen and others who wish to learn more about BRS.

“Education is key in providing Airmen the information they need in order to make informed decisions about the BRS,” Kelly said. The Defense Department is on track to provide three additional courses with more detailed information within the next 18 months.

An “opt-in” course is targeted at those eligible to opt into the new system. This course will provide eligible active and reserve component members an understand-

ing of both the current and new systems. The course will be available in January 2017.

A “train the trainer” course for personal financial managers, counselors and retirement services officers is targeted at those experts who serve in an advisory role to commanders, Airmen and their families. This course should be ready by fall of 2016.

A new accessions course targets individuals who enter military service on or after Jan. 1, 2018. It is intended to provide those members who enter service under the BRS an understanding of their blended retirement benefits and personal options.

The Air Force is taking a comprehensive approach to BRS education. “Online courses are designed to provide basic knowledge and understanding,” Kelly emphasized. “In addition to the aforementioned courses, Airmen will receive in-person education at various points in their career, starting in basic training, and professional counseling will also be available.”

To learn more about the Blended Retirement System, visit militarypay.defense.gov.

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Blended Retirement talking points

There is no need to be anxious about the blended retirement system in the current FY2016 NDAA. Everyone who is currently serving as well as those who enter the force on or before Dec. 31, 2017, is grandfathered under the current military retirement system. Additionally, the FY2016 NDAA repeals the COLA-1% formula that would adjust future retired pay calculations. As a result, both retirees under the current system and under the blended retirement system will be protected against inflation in their retirement years

■ Any member who has fewer than 12 years of service on Dec. 31, 2017, has a choice and may elect either to remain under the current military retirement or choose to opt into the new system. Only members who join on or after January 1, 2018 will automatically be covered by the blended retirement system.

■ Currently, approximately 81 percent of those members who join leave with no

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retirement benefit. Under the blended military retirement system, approximately 85 percent of those who join will receive a retirement benefit, even if they leave before qualifying for full retirement. Of those 19 percent who currently stay until retirement,

they have the opportunity to do better than under the current system.

■ The blended retirement system provides automatic government contributions of one percent into a member's Thrift Savings Plan account plus will provide up

to an additional four percent in matching contributions. Even with a slightly lower retired pay benefit, the member has the opportunity to do as well or even better than the current system.

Military members will be provided financial education instruction and training to assist them in making a decision whether or not to opt into the new system. The DoD is already working on those products and delivery strategies so that they are ready and fielded well in advance of the opt in period in 2018.

MILITARY RETIREMENT BACKGROUND

■ The current military retirement system is a defined benefit retirement plan. A member who serves on active duty for twenty years is vested in the current retirement system and will receive retired pay upon retirement.

■ For members who entered on or after September 8, 1980, military retired pay

See Retirement, page 12

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455th EAMXS: Keeps safety in mind

Senior Airman Ashley Frey, 455th Expeditionary Aircraft Maintenance Squadron crew chief, grabs tools to replace a safety valve in a C-130J Super Hercules on June 15 at Bagram Airfield, Afghanistan. Members of the 455th EAMXS ensure that aircraft are prepared for flight and return them to a mission-ready state once they land. The 455th EAMXS is responsible for repairing and maintaining military aircraft, as well as performing preventative maintenance inspections. Crew chiefs advise on problems for maintaining, servicing and inspecting aircraft and use technical data to diagnose and solve maintenance problems on aircraft systems.



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Nutrition seminar

The 19th Medical Group Health Promotion office offers seminars on Whole 30 Nutrition at noon June 30 and at 8 a.m., noon and 4 p.m. July 7. The Whole 30 Nutrition Challenge is a 30-day commitment to clean eating.

The first official day of the health promotions sponsored challenge July 11.

The seminar will cover program "rules," provide supportive resources and a question and answer session with the base dietitian. For more information or to register for the class, call 501-987-7288.

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Morning Worship: 10:45 AM
Mid Week Bible Study
Wednesday: 7:00 PM
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19th AW's last C-130J delivered

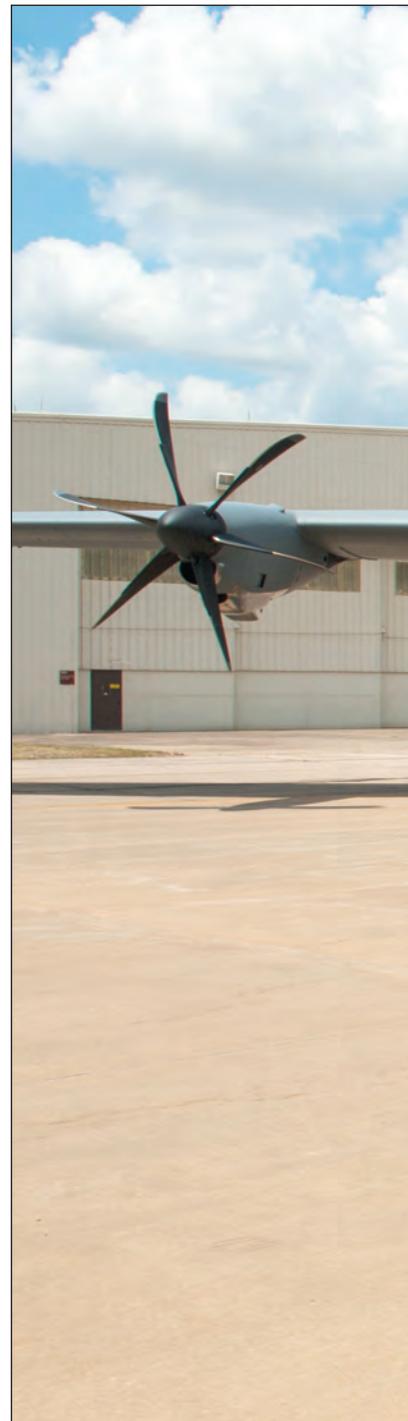
U.S. AIR FORCE PHOTOS BY SENIOR AIRMAN HARRY BREXEL



U.S. Air Force Gen. Carlton D. Everhart II, commander of Air Mobility Command, speaks to Airmen from the 19th Airlift Wing during the final C-130J delivery ceremony at Little Rock Air Force Base on June 20. Everhart delivered the last C-130J to the 19th Airlift Wing.



U.S. Air Force Gen. Carlton D. Everhart II, Air Mobility Command commander, (center) stands with a crew of Airmen who delivered a C-130J to the 19th Airlift Wing at Little Rock Air Force Base on June 20. The aircraft was the final C-130J to be delivered from Lockheed Martin and marks the end of an airframe transition that lasted more than a decade at Little Rock AFB.





(Above) U.S. Air Force Senior Airman Christopher Edgington, 19th Aircraft Maintenance Squadron C-130J crew chief, marshals a new C-130J aircraft prior to a welcoming ceremony held at Little Rock Air Force Base on June 20. The aircraft was the final J-model delivered to the 19th Airlift Wing from Lockheed Martin.

(Left) U.S. Air Force Gen. Carlton D. Everhart II, Air Mobility Command commander, presents a ceremonial C-130J key to U.S. Air Force Tech. Sgt. James Kowalski, 19th Aircraft Maintenance Squadron C-130J crew chief, on June 20 at Little Rock Air Force Base. The final C-130J completed the H-model to J-model transition for the 19th Airlift Wing's fleet.

(Right) Jacksonville Mayor Gary Fletcher presents a key to the city to U.S. Air Force Gen. Carlton D. Everhart II on June 20. Everhart visited Little Rock AFB to deliver the final C-130J to the 19th Airlift Wing from Lockheed Martin.



Retirement

Continued from page 7

under the current system is calculated as 2.5 percent times the number of years the member served times the average of the highest-36 months of basic pay the member received. For example, a member who served 20 years would receive 50 percent of the average of the highest 36 months of basic pay.

■ The Fiscal Year 2016 National Defense Authorization Act (NDAA) contains a new retirement system (“blended military retirement system”). This system combines a reduced defined benefit, like the current retirement system, with a defined contribution component (automatic plus matching contributions to a member’s Thrift Savings Plan account) and continuation pay. The blended retirement system uses a 2.0 percent rather than 2.5 percent multiplier in calculating military retired pay. Thus, a member who served 20 years would receive 40 percent of the average of the highest 36 months of basic pay, a Thrift Savings Plan account that contained government and optional member contributions, as well as continuation pay at the 12th year of service.

■ All members who enter military service on or before Dec. 31, 2017, are grandfathered under the current system. Those members who, on Dec. 31, 2017, have served fewer than 12 years will have the option to remain under the current military retirement system or choose to change to the new, blended military retirement system.

Q&As

Does the Department support the Congress’s military retirement modernization recommendation?

The Department is committed to protecting the long-term viability of the All-Volunteer Force, and we support the objective of modernizing the military retirement system.

■ *The Congress’ proposal of a blended retirement system in the NDAA is similar in some ways to what exists in the private sector and has merit in that it will help more of our troops save for retirement.*

■ *DoD’s proposal is also similar in most ways to the recommendation made by the Congress, with adjustments that the Department believed are necessary to promote retention.*

Under a blended retirement system, would the Department favor reduced annual cost-of-living adjustments such as the so-called COLA-1%, or would it favor “full COLAs”, like those under the current retirement system?

The DoD favors a blended system with a full COLA and the Congress reinstated the full COLA as part of a comprehensive retirement reform.

How much does the Department think this will save over the long-run?

The Congress’s proposal will achieve real tangible savings to DoD over 10 years (approximately \$4.8 billion, FY17-26) and annual DoD budget savings in steady state (2048) are projected to be \$1 billion.

How many people would receive some type of retirement with this plan?

Vesting occurs upon the beginning of three years of service. This would ensure that approximately 85 percent of service members would receive some measure of retirement benefit. About 15 percent of service members attrite between enlistment and the completion of two years of service.

How is this good for service members when the Department saves money?

This policy allows for the power of compounding interest, and informed financial decision making. This is about modernizing our retirement policy.

Additionally, we believe this proposal will help ensure that approximately 85 percent of service members will be started on their way to long-term retirement savings.

Secretary Carter’s public comments (excerpt of March 30, 2015 speech):

“We’re looking down the road for you as you think about how long you’re going to be in and what life will be like for you afterwards. So we’re looking, for example, I’m looking very hard right now at blended retirement plans that would be similar to the 401(k) mechanism that is widespread in civil society. Because 80 percent of our troops leave service before 20 years are up, of service.

And in the current system, if they leave before 20 years, they leave with nothing. So we want to look at that and see if we can create a choice that opens up opportunity and is — allows us to be more similar to other institutions and therefore competitive with them in getting people join us and stick with us.”

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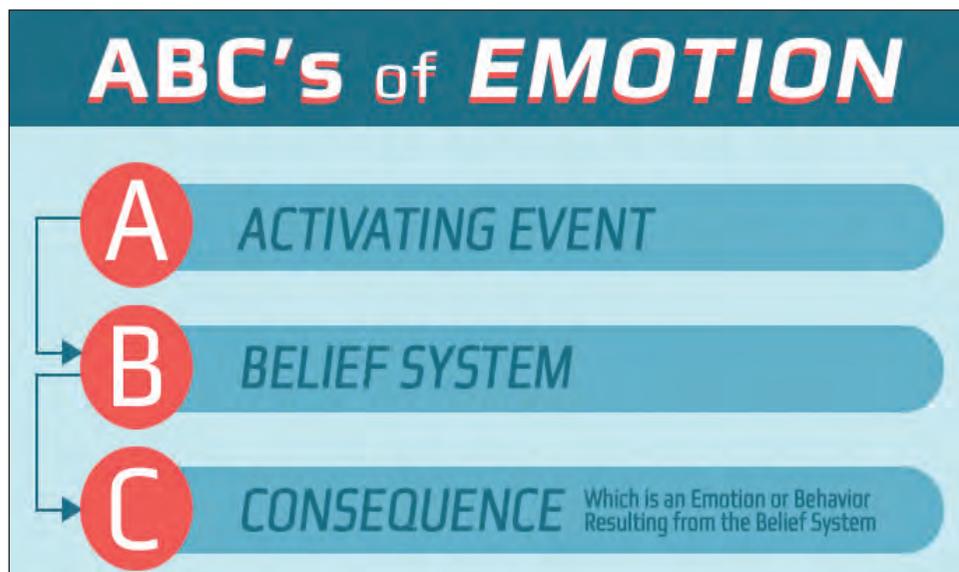
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Stress

Continued from page 2

the consequence, which is the emotion or action resulting from A processed through B.

If for example, you believe you have to be perfect and that it is a terrible thing to fall short of perfection, then, a mistake can result in distorted thinking and adverse emotions or actions may ensue. It is important to adjust the belief system, in order to process activating events in a healthy way and avoid mistakes in thinking.

A healthy alternate involves replacing the maladaptive irrational thought with an adaptive, rational thought.

Irrational thought: I have to be perfect all the time.

Replace with rational thought: I would like to be perfect all the time but it is alright to make mistakes. I can learn from making mistakes. I will achieve excellence only by learning from my mistakes.

1. Identify your thought

Can you see recurring thoughts or themes?

2. Challenge the thought

Evaluate the thought and look for evidence for or against it. Does the thought make sense? Is it an irrational thought which is not consistent with evidence and reality? Would this thought be supported in a court of law? Is there any evidence that disputes this thought?

3. Replacement

Replace the thought with something more reality based. Replace the maladaptive irrational thought with more adaptive rational thoughts.

Thinking, emotions and behaviors are inter-correlated. The more you make an active effort to engage in healthy thinking and the more realistic your thoughts, the more positive your thoughts and you will be engaged in the positive feedback loop.

The goal of the ABC model is not to go from negative thinking to positive thinking, explained Foster. "It is about making subtle changes in irrational

distorted thoughts. It is important to bring thoughts more in line with reality," he said. "Making small changes can have a huge impact on quality of life." Something like changing a thought from "I must be perfect all the time," to "I would like to be perfect all the time," can make a huge impact. The outcome is not that you do not feel any negative emotions, but they are less intense, do not last as long, and do not lead to extreme behaviors. Foster emphasizes that it is important to work within the context of life. The goal is not to avoid problems, but to embrace challenges and work through them with rational, adaptive, reality-based thoughts. This is the basis for healthy thinking.

Rational thinking is very much in line with the Comprehensive Airman Fitness model which includes four pillars: physical, spiritual, mental and social. Attending to each of these four pillars is more likely to help a person lead an adjusted and well-balanced life. Maintaining a good balance in these areas leads to more healthy outcomes, explained Foster.

For example, physical exercise reinforces good mental functioning because of changes within your brain resulting from exercise. These changes have mood elevating effects. Social relationships can influence the way you think about yourself. The spiritual domain encompasses an awareness of your values. This involves contributing to the world in a meaningful way. Leading a life that is full of purpose and meaning is an important factor that contributes to people's sense of wellbeing. Improving the way you think decreases cognitive distortions and allows people to bounce back from disappointment, overcome adversity and maintain a sense of meaning and purpose throughout life's challenges.

"Most of the research that has been conducted in the area of psychotherapy — particularly psychological disorders — demonstrates that cognitive behavioral therapy is probably the most effective form of intervention for people with psychological distress and disorders," Foster said.

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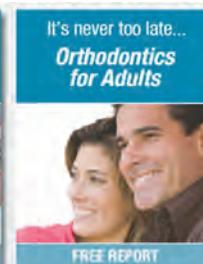
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SPORTS DAY 2016



U.S. AIR FORCE PHOTO BY STAFF SGT. REGINA EDWARDS

The 19th Aircraft Maintenance Squadron's dodgeball team scurries to the line against the 19th Civil Engineer Squadron's team on June 17 during Sports Day.

19th CES takes CC trophy

Team Little Rock units competed for the Commander's Trophy and base bragging rights at the day-long Sports Day held June 17. The 19th Civil Engineer Squadron claimed the top prize for the day's events.



U.S. AIR FORCE PHOTO BY SENIOR AIRMAN MERCEDES TAYLOR

U.S. Air Force Tech. Sgt. Nicholas Miller, 19th Civil Engineer Squadron water and fuels systems maintenance non-commissioned officer in charge, flips a tire to show his strength during the strong man challenge at the base's Sports Day event on June 17.



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

U.S. Air Force Col. Charles Brown Jr., installation commander, gives opening remarks Sports Day on June 17 at Little Rock Air Force Base.



U.S. AIR FORCE PHOTO BY SENIOR AIRMAN KAYLEE CLARK

Senior Airman Kalab Foster, a 19th Comptroller Squadron financial analyst, dives to keep the ball in play during base's Sports Day.



U.S. AIR FORCE PHOTO BY SENIOR AIRMAN STEPHANIE SERRANO

The 19th Civil Engineer Squadron claimed the top prize for the day's events.

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Protestant Services

Sunday 11 a.m.

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Catholic Services

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

Sunday Mass9:30 a.m.

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

RELIGIOUS EDUCATION

Protestant Classes at Walters Community Center

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

* Classes for all ages available

PMOCnoon

(Wednesday)

PWOC6 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.

SAVES: Week of June 20

SAVES Level 1

Past 60 Days

(Rollback date: 15 April 2016)

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

714th Training Squadron

Type:

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

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): 74.0%

Aircraft availability

C-130J: (standard 8.4): 8.5

C-130 SCHOOL GRADUATES

Number of combat aircrew members sent to the

fight beginning Jan. 11, 2016:

C-130H: 291 C-130J: 177

Team Little Rock Phone Book

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



North Little Rock Gun & Knife Show

June 25-26

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FREE SUBSTITUTE TEACHER TRAINING SEMINAR, SUBTEACHUSA eoe White County Area Schools. Thurs., June 23rd, 9a -12p, WCC High School Commons Area (3259 Hwy 157, Judsonia) Go to the HS and park in the last parking lot on the left. Applicants Required: 1. 21 yrs old min. 2. HS Diploma (min.) 3. Pass FBI background chk. Bring DL, SS Card, Proof HSD or College Transcript. INFO: 1-800-641-0140. Unable to attend? Apply online: SubTeachUSA.com.**

AUCTIONS

HUGE CONSIGNMENT AUCTION! 107 Auctions, Sat. June 25, 10am - 27010 Hwy 107, Cabot, AR, 7202. NEW and Used items, VW convertible, ATV's, Tools, antiques and collectibles more! Concessions by Smokin' Buns! Details/Pics: auctionzip.com ID #35576 107auctionblock.com Cory Nicholson, AR lic #2447 • 501-985-SOLD Terms: 10% Buyer's Premium up to \$10,000. 5% Buyer's Premium over \$10,000.**

YARD SALES

YARD SALE, 6/25, 8 am-2 pm, Hwy. 294 & John Shelton Rd., Jax.

BARN SALE, 6/24, 8 am-noon, Davis Ranch Rd., off of Batesville Pike.

YARD SALE, 6/26, 7 am-2 pm, 688 Lemay Lp., Austin. Lots of kid's clothes, toys, mini baby crib & other stuff.

YARD SALE, 6/24, 8 am-4 pm, 2 Kings Rd., Cabot. Household/kitchen items, camping, leaf vac & more.

YARD SALE, 6/25, 7 am, 68 Pear St., Cabot. Women's plus size clothes, boy's clothes 8-16, Knickknacks, household & much more.

BIG YARD sale, 6/25, 7 am-2 pm, Cornerstone Assembly, 13 Brewer, Ward. Proceeds used for new furn. for new sanctuary, (501) 605-8111 or www.cornertone-wardar.org.

YARD SALES

MULTI-FAMILY YARD sale, 6/25, 6:30 am-noon, 60 Seminole Cir., Austin. Boy's clothes 5-7, women's lg.-22W, name brand purses/comforters, etc.

HUGE YARD sale, 6/24 & 25, 7 am-noon, 2100 Cherry Rd., Cabot. Everything must go!

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

FORD RANGER, 1999, A/C, green, excellent condition, 4-speed, runs like new, (just spent \$2,000 on engine), \$4,500. 628-1225.

'08 SATURN Vue, loaded, w/sunroof, exc. cond., low miles, burgundy w/ gray interior, orig. \$28,000, asking \$10,000. (843) 957-5068, Cabot.

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60S MODEL body & chassis, Volkswagen Bug, 70 model chassis, \$1,200 for all. '73 ski boat & trailer, 6-cyl., Volvo motor inboard, \$800. (501) 658-6008.

TRUCK BED cover, Undercover brand, F150, 2005-2008 years, short-bed, good condition, \$550. (501) 837-7225.

4 FACTORY steel wheels for Toyota, \$100 obo. (501) 882-2142.

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HARLEY DAVIDSON '08 Anniversary FLHTCU, \$13,500 & '04 FLSTC1, white, \$8,700. Low miles & 1 owner. (501) 941-9857.

RV TOW bar, Blue Ox BX7445 Aventa Lx, class IV, tow capacity up to 10,000 lb., motorhome mounted, fits 2" receivers, quick release, extending arms, \$200. (501) 605-2712, leave msg.

LAWN & FARM EQUIPMENT

YARD MACHINE riding mower, needs work, \$150. (501) 286-7568, Ward.

8N FORD tractor. (501) 743-6299.

SNAPPER RIDING mower, 2-cylinder w/drive shaft, \$325. (501) 983-1445.

CLEANED OUT barn, 2 truckloads of cow manure, \$25 for a bed full. (501) 983-1445.

FREE HAY for the cutting, approximately 70 acres, 2990 Mt. Tabor Rd., Cabot. (501) 743-0225.

RENTALS**LAWN & FARM EQUIPMENT**

STOCK/HORSE TRAILER, 14', Ponderosa goose neck, \$1,800 obo. (501) 837-5798.

DECK FOR Sears mower, 46" cut, good condition, ready to go, \$150. (501) 843-5475.

ITEMS FOR SALE

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

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RENTALS**ITEMS FOR SALE**

COMPLETE SCUBA diving equipment, med. size, full wet suit, BCD & tank, \$600. (501) 515-9632, Jax.

RELAX AND SAVE! SAVE \$1500 on a new WALK IN TUB. Heated Seat, Hand held Shower, Aromatherapy, 26 Massage jets, Vantage Therapeutic Walk-In-Baths. Call NOW! 1-888-376-4323.**

C-PAP MACHINE, Resmed, good condition, \$259. (501) 749-8667, Bob.

METAL BURN barrels, \$8; w/lids, \$10; w/brand & lid, \$12. (501) 322-1989 Or (501) 322-6894.

WANTED: OLD silver dollars & half dollars. 628-1225.

LARGE BOX of boy's summer clothes, size 8, \$30; medium box of boys clothes, size 5/6, \$25; train table, 2 drawers & track on it, \$35; box of women's clothes, sz. 20-22, \$30. 843-0997.

ROLLING ROCK neon beer sign, \$130 obo.; Nikkon camera lens, several to choose from, best offer. (501) 776-1242.

JAPANESE DOLL cases, glass enclosed, assembly instructions included, 10" - \$6, 14" - \$20 & 16" - \$30. (501) 882-6591.

32" TV, \$30; side burner gas grill, \$100; Bing Crosby doll, \$30; 30-pc. porcelain china set, \$60. (501) 843-0121.

DELL 20" flat panel monitor, DVI cable, 4 USB ports, manual, disc, setup chart, like new, \$30 cash. (501) 988-1325.

SMOKER W/OFFSET wood/charcoal firebox, used twice, \$100 cash. (501) 988-1325.

AREA RUG, brown, rust burgundy, clean & new cond., 10' 9" x 7' 7", includes cushioned underpad, \$115. (501) 259-8838.

CALLAWAY XHOT drv., lft. 9.5, rt. hand, reg. flex, wrench & hd. cvr. incl., \$55. 941-1345, Cabot.

WORKMAN'S CYCLE, late '70s, front & rear brakes, \$250. 882-2142.

RENTALS**ITEMS FOR SALE**

ALL NATURAL fed, cage free, brown & colored eggs. Duck eggs available too. (501) 798-0032, Cabot area.

FIGUS TREE, \$20. (501) 941-8573, afternoon only.

LARGE BOX of items for your flea market booth: books, record albums, bird feeder, large sunburst wall clock, metal rooster trivet, 2 floral arrangements, Treasure Craft pitcher, lg. musical snow globe, other Xmas items, \$35. (501) 983-4168.

9'X18'X48" POOL w/salt water pump, \$150. (501) 628-1450.

(2) 5 hp. single-phase pumps, 230 volts, 60 hz., \$300 ea. (501) 837-7225.

ELECTRIC JAZZY wheelchair, pd. \$2,100 new, never used, \$500. Crutches, \$10. (501) 985-9991.

LIBBEY 14 pc. Moderno punch bowl set, used once, new condition, \$45 cash. (501) 983-4168, Jax.

4 IRON wood stove legs, \$50; Front iron door to same stove, \$50. Stove came from Nashville, TN. 882-2142.

GOLF CLUBS: King I2 irons, Taylor woods, Golfsmith putter, Hogan bag, \$665. Diabetic shoes, brown & black, size 12/13, \$139 each. 749-8667.

4-WHEEL ROLLATOR walker with seat, never been used, \$75 cash. (501) 843-3829, leave msg.

SINGER SEWING machine, \$70; 4-place settings fine china, Easterling, \$30; Elite cooker, \$40. (501) 241-0469.

SEVERAL BIKES for ages 5+, conditions vary; 4 big bags of toys, baby-4 yr. olds. (501) 613-7588.

CROCKS, WOODEN boxes, cast iron, lots of misc., \$5 & up. (501) 837-5798.

32' HEAVY duty extension ladder, \$150; heave duty ladder rack, fits a long-wide pickup bed, \$200. (501) 580-1941, Don.

IPAD 2, works great, no problems, replaced w/newer model, \$100. (501) 941-4905.

RENTALS**ITEMS FOR SALE**

JIM SHORE collectibles, 18" yellow cat, \$20 cash; Halloween collectible "Wicked Ride", \$25 cash. (501) 983-4168, Jax.

DESIGNER "SASHA" black evening bag w/metal cat handle, \$15; Beatles handbag, new condition, never used, \$10; Fiestaware cobalt blue pitcher, new condition, \$20 cash. (501) 983-4168, Jax.

BABY ITEMS: breast pump, \$50; bouncy seat, \$20. (501) 941-3559.

ICE MAKER, portable, stabilizer support to 5th wheel. 843-6769.

NEW WHITE drop leaf table & chairs, \$100; glass top outdoor table & chairs, \$100; self-clean drop-in glass top stove, \$100; blower, \$35. (501) 882-6493.

2016 TRIKE, 3-speed, Schwinn, barely used, blue, \$300 obo.; 1963 Huffy Cronbrook, 26", boys, \$75. 551-0250, Jim.

VEGETABLES, (501) 322-1989 or (501) 322-6894, Buttrville area.

2 TVS w/built-in DVD players. Must see to appreciate. Can text pics. (501) 941-8573.

TV, MAGNAVOX tube floor model, enclosed, light brown wood case, 30"x37"x21", very good picture, \$50. (501) 882-6591.

GE STAINLESS elec. range, like new, self-clean, touch controls, power cord, more, \$300 cash. (501) 988-1325.

SMALL AMANA top-load washer, \$300; small Rival microwave, \$25. Both white & only used 4 month. (501) 230-1640, before 6:30 pm.

UPRIGHT FREEZER, Kenmore, 4 settings, \$250. (501) 605-3773.

KENMORE 80 series super capacity 4-cycle dryer; AMANA, extra large capacity washer, stainless tub, 2-speed, 9 cycles, \$80 ea. or \$150 for pr. (501) 605-2712.

FRIGIDAIRE REFRIGERATOR, 18.32 cu. ft., black, like new, has ice maker, \$275. (501) 681-9263.

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3 BR/2 BA

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BASSET, SMALL sectional, beige, like new, \$800. (501) 941-8573, afternoon only.

SOFA & love seat, huge cushions, plush ribbed velour, chocolate brown, 6 matching throw pillows, like new, \$750. (501) 259-8838.

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SHERWOOD BUILDING Lot - 101' wide x 140' deep. Established neighborhood, mature trees, all utilities available. Arbor Oaks Addition, 19 Sheraton Oaks, \$18,000. Just minutes from the West air base entrance. Real Estate Agent owned. Cell (501) 593-5316.

RENTALS

CABOT: BEAUTIFUL 3 bedroom, 2 bath, 2-car garage. Great location, close to everything. Split bedroom plan. Wood flooring in large living room w/cathedral ceiling. Must see. \$1,025 dep., \$1,025 mo. No smoking. (501) 628-1225.

2 BEDROOM, 1 or 2 bath, 5 miles north of back gate on Hwy. 107, utilities paid, no mowing or weed eating. (501) 988-5187, ask for Ed.

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2 BD 1 BA - \$450-\$650

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 Well maintained home on 4.75 acres. Separate office space, dining/kitchen combo, wood burning fireplace, connections for natural gas heaters, tile, carpet & laminate wood flooring. Lg. master, 3 addl. BRs adding to comfortable living space. Covered carport, multiple storage bldgs. & fenced backyard. MLS #15028488, \$185,000.
Call Kenny: 501-590-5498
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9541 JOHNSON - \$356,000
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 Custom built home w/many extras on extra huge lot. High-end crown molding & trim, custom designed ceiling, beautiful cabinetry, upgraded stainless appl., huge laundry, extra huge mstr w/hidden FEMA approved safe rm, custom 16 x 20 theater rm (easily converted to 4th bdrm), central vac, walk-up attic storage & much more!
18 TARA MOUNT DR. - \$304,900
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