



COMBAT

AIRLIFTER

VOLUME 63 • NUMBER 27 • FRIDAY, JULY 22, 2016



NEW ARRIVAL

H21-B GAINS SECOND LIFE IN HERITAGE PARK

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U.S. Air Force Master Sgt. Matthew Tabor, 314th Maintenance Group quality assurance chief inspector, smashes a bottle to christen an H-21B helicopter in Heritage Park July 14, 2016, at Little Rock Air Force Base, Ark. Volunteers from the 314th Maintenance Group refurbished, transported and installed the H-21B static display.

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

48 GRADUATE FROM ALS

Congratulations to the newest Airmen Leadership School graduates.

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TRAINING MOBILITY AIRMEN

C-130 aircrews prepare for worst-case scenario through survival training with SERE specialists.

PAGES 10-11



MEAL CARD UPDATES

New regulations for dining facilities meal cards are in full effect.

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INTRAMURAL SOFTBALL UPDATES

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

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Balancing work, life strengthens identity

By Maj. Naomi Henigin
60th Force Support Squadron

TRAVIS AIR FORCE BASE, Calif. (AFNS) -- As the Air Force focuses on resiliency for our Airmen and their families, concepts like work-life balance are given renewed consideration.

The health benefits of maintaining a balance between our career identity and our “true self,” the one typified by the activities we engage in outside of work, has led to special attention on finding the happy medium.

Members of the military have one of the strongest work identities forged through shared experiences starting in basic military training and continuing through deployments, routine missions, daily life in a common uniform and speaking a common language.

For those who serve, our work identity is so closely tied to our “true self” that the lines between work and everything else become blurred. Our friends and our colleagues are one in the same; we live mere steps from the office and we devote so much of ourselves to the mission that its success becomes a singular driving force in our lives.

And we like it that way. We love our profession, and we are what makes us the world’s premier fighting force.

That love and that drive for the Air Force, however, can overtake our “true self.” When we lose what makes each of us unique and strong individually in the pursuit of our common mission, the entire organization will suffer. We all must find

a balance in how we pursue professional excellence, while remaining true to our other identities.

For many of us, that balance is in being a parent; for others, it’s being a friend, a sibling, a child. It might be connected to a hobby. For some, it’s all of those things -- and in the end it doesn’t matter. The “life” in work-life balance is whatever you do outside of work, and it’s important.

If there is any question as to the weight the Air Force places on work-life balance, consider the Diversity and Inclusion

and Force of the Future policy initiatives our Air Force leadership have implemented in the last year. Programs targeted at recruiting and retaining America’s best and brightest are demonstrating that there is more to being an Airman than just work. The life part of that balance is critically important to ensuring that we achieve and maintain a margin of excellence.

We will never attain a perfect 50/50 balance between work and home life, but we as Airmen should strive to find an equilibrium that allows us to perform at our best. The Air Force is making room for it. As hard as it may be to slow our own personal ops tempo down, it’s critical to the success of the mission.

For me personally, being a good mother, wife, friend and athlete takes time away from my squadron, but that side of my identity is an important source of strength and resiliency. By spending some time on those aspects of my life, I am undoubtedly a better Airman at work.

We all must find a balance in how we pursue professional excellence, while remaining true to our other identities.



MSG CORNER

CONSTRUCTION

- New sidewalks construction continues in the community support area.

- Vandenberg Blvd construction continues on the new phase! Thomas Ave. at Vandenberg Blvd. is closed to in-bound traffic. Inbound traffic can turn left onto Arnold Dr. or continue straight on Vandenberg Blvd. Outbound traffic can only access Vandenberg Blvd. via Arnold Dr.

- Maintenance to Fire hydrants in housing is almost complete. 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.

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COMBAT AIRLIFTER OF THE WEEK

NAME
Master Sgt. Maquel McRae

UNIT
189th Operations Support Squadron

POSITION
Unit Training Manager

HOMETOWN
Cheyenne, Wyoming

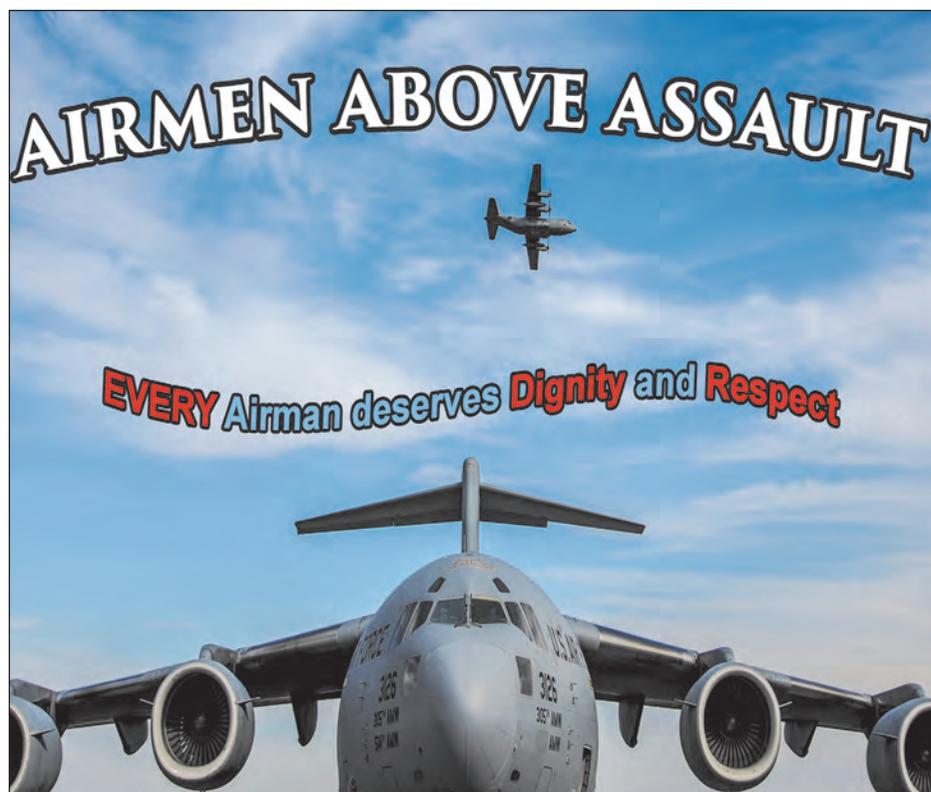
TIME ON STATION/TIME IN SERVICE
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CORE VALUE

McRae exemplifies Service Before Self by ensuring the Airmen are taken care of before her own needs. On several occasions, she worked after-duty hours to get last minute formal training request processed to meet short notice deadlines so that members would get a seat in formal training class. McRae would come in on her day off to schedule members for testing and provide the required testing forms so the deadline was met. Her efforts prevented service members from waiting an additional week to complete their test.



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



U.S. AIR FORCE GRAPHIC

HISTORY FACT



COURTESY PHOTO

Mrs. Preston handed her husband, Brig. Gen. Joseph J. Preston, his new hat after being promoted in September 1955. (Right) A C-45 similar to the aircraft first used in the flight training mission at Little Rock AFB.

On Aug. 1, 1955, the U.S. Air Force activated Little Rock Air Force Base under Strategic Air Command General Order No. 47. The order was actually dated June 24, but wasn't issued until August. The general order dissolved the 4225th Air Base Squadron, which had been responsible for overseeing base construction and served as the catalyst for the 825th Air Division. With the 825th Air Division now active, the Command appointed two of the 32 pilots to serve as instructor pilots for the C-45 flight training mission here. At the end of August 1955, 65 officers and 398 enlisted personnel were assigned to the base under the leadership of Col. Joseph J. Preston, nicknamed "The General."

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RETURN: 4:00 PM

20 AUGUST
DEPART: 4:00 PM

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RETURN: 9:00 PM

27 AUGUST
DEPART: 7:00 AM

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U.S. Air Force veterans and Team Little Rock leaders commemorate the H-21B helicopter static display July 14, 2016, at Little Rock Air Force Base, Ark. The assault helicopter was originally delivered to the Air Force in 1955 and was known as a tactical airlift workhorse.

Heritage Park's newest arrival

Photos and story by
Senior Airman Harry Brexel
19th Airlift Wing Public Affairs

A unique aircraft recently joined Little Rock Air Force Base's fleet. However, it's not a C-130J and it won't be taking off any time soon.

The H-21B assault helicopter stands out among the other static displays at Heritage Park. The helicopter is painted bright silver metallic and has two tandem upward-angled rotors that give the fuselage a distinct shape.

The H-21B airframe was originally delivered to the Air Force in 1955 and was known as a tactical airlift workhorse, similar to the present day C-130. The Air Force had 163 H-21s in its fleet and could carry 20 fully-equipped infantrymen, or 12 stretchers, plus space for two medical attendants during medevac missions.

This H-21B was initially assigned to the 314th Troop Carrier Wing at Sewart Air Force Base, Tennessee. The aircraft provided assault and airlift capabilities, along with the



U.S. Air Force Airmen from the 314th Maintenance Group walk alongside an H-21B helicopter while towing the aircraft to Heritage Park June 25, 2016, at Little Rock Air Force Base, Ark. The helicopter was restored by volunteers from the 314th MXG and will be the tenth static display aircraft to be placed in Heritage Park.

wing's C-119 aircraft, as simulated aggressor forces in Exercise Sagebrush in Louisiana.

Exercise Sagebrush involved 110,000 Army and 40,000 Air Force personnel in a simulated nuclear war. The training event resolved an ongoing Army-Air Force dispute over the role of helicopters on the battlefield.

As a result Exercise Sagebrush, the largest post-World War II training event, the Army proceeded with the development of assault helicopters, which had previously been strictly an Air Force troop carrier mission. Without an Army support mission, the 314th TCW's H-21B helicopters were switched to

See Arrival, page 6

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Arrival

Continued from page 5

Air Force support missions, such as resupplying radar sites, radiological testing, range support and rescue.

After several moves and a spending 15 years in the Military Aircraft Storage and Disposition Center, also known as the “Boneyard” at Davis-Monthan Air Force Base, Arizona., the H-21B finally made its way to The Home of Combat Airlift.

Volunteers from the 314th Maintenance Group refurbished, transported and installed the helicopter. Local community leaders and Team Little Rock members came together to commemorate the aircraft July 14, 2016.

U.S. Air Force Col. James Dryjanski, 314th Airlift Wing commander, and Mark Wilderman, 314th AW historian, led the dedication ceremony.

“History makes us smarter, but heritage makes us prouder,” Dryjanski said. “Airmen from the 314th maintained, supported and flew this aircraft. This is part of our heritage.”



Mark Wilderman, 314th Airlift Wing historian, explains the heritage of the H-21B to a group of Airmen and civic leaders July 14, 2016, at Little Rock Air Force Base, Ark. The H-21B is the newest static display aircraft to enter into the Little Rock AFB fleet at Heritage Park.

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Tips about heat-related illnesses

Heat and humidity have steadily reached levels where doing any type of physical activity outside can make people more susceptible to heat-related illness such as dehydration, heat exhaustion and heat stroke while exercising.

The Centers for Disease Control and Prevention has given some good suggestions for preventing heat related illness that are always helpful to review and follow as the temperatures continue to climb over the next few weeks and months.

Preventing heat-related illness.

Normally, body temperature is regulated by sweating. A number of factors can limit the sweat response, including exercise in high temperatures or high humidity, age, obesity, fever, dehydration, illness, medications and alcohol.

When a heat illness develops, it usually occurs after exertion and excessive sweating that leads, first to dehydration and then to electrolyte imbalances.

To prevent heat-related illness, follow these precautions:

Hydrate with the right fluids.

Finding the right amount of fluid to drink depends on a variety of individual factors including the length and intensity of exercise and other individual differences.

There are two simple methods for estimating adequate hydration:

1. *Monitor urine volume output and color.* A large amount of light-colored, diluted urine probably means you are hydrated; dark-colored, concentrated urine probably means you are dehydrated.

2. *Weigh yourself before and after exercise.* Any weight lost is likely from fluid so try to drink enough to replenish those losses.

3. *Replace lost electrolytes.* Sweat leeches salt and minerals from the body. It's important to maintain sodium and electrolyte levels if you're sweating profusely and exercising more than 90 minutes.

4. *Wear appropriate clothing.* Choose lightweight, light-colored, loose-fitting clothing. In the hot sun, a hat and sunscreen is helpful. Wear light, loose-wicking clothing so sweat can evaporate.

5. *Use sunscreen.* Sunburn decreases your ability to cool yourself and causes fluid loss. Use sun block with SPF 15 or higher. Wear a hat that provides shade and allows ventilation.

6. *Acclimate to the heat.* You will have a greater tolerance for exercise in the heat if you become accustomed to it slowly over one to two weeks. Avoid exercise during the hottest time of day, or train closer to sunrise or sunset.

7. *Use common sense.* Avoid hot foods, alcohol and heavy foods that increase your core temperature. If you feel any headaches, fatigue, irritability or notice your exercise performance decreasing, stop exercising and cool off.

(Information courtesy of the Little Rock Air Force Base Health and Wellness Center)



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Congrats ALS graduates

*Note: * signifies the Levitow Award recipient and • represents the distinguished graduates.*

Forty-eight Airmen graduated from Airman Leadership School July 21, 2016, at Little Rock Air Force Base, Arkansas:

- Senior Airman Debra Benward, 19th Communications Squadron
- Senior Airman Patrick Brault, 19th Contracting Squadron
- Senior Airman Kyle Bryan, 19th Aircraft Maintenance Squadron
- Senior Airman Stephen Carey, 19th Civil Engineer Squadron
- Senior Airman Chant Clark, 314th Aircraft Maintenance Squadron
- Senior Airman Rachel Clark, 913th Force Support Squadron
- Senior Airman Kelsey Cook, 19th Aircraft Maintenance Squadron
- Senior Airman Tyler Crisp, 19th Maintenance Squadron
- Senior Airman Joshua Daigle, 41st Airlift Squadron
- Senior Airman Phillip Dicesare, 19th Civil Engineer Squadron
- Senior Airman Tyler Dollar, 19th Aircraft Maintenance Squadron
- Senior Airman Torrez French, 189th Force Support Squadron
- Senior Airman Brad Gaskins, 314th Aircraft Maintenance Squadron
- Senior Airman Amanda Gordon, 189th Medical Group
- • Senior Airman Jeffrey Hegstrom, 19th Aircraft Maintenance Squadron
- Senior Airman Philip Hernandez, 19th Logistics Readiness Squadron
- Senior Airman Sarah Hubert, 19th Airlift Wing
- *Senior Airman Christopher Jakacki, 61st Airlift Squadron
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314th Aircraft Maintenance Squadron

- Senior Airman Eric Mangham, 314th Aircraft Maintenance Squadron
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- (Information courtesy of the 19th Force Support Squadron)*

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U.S. AIR FORCE PHOTO BY SENIOR AIRMAN ERICKA ENGBLOM

Members of the 82nd Airborne Division leap from a C-17 Globemaster III aircraft during a mass tactical parachute jump onto Sicily Drop Zone at Fort Bragg, N.C., July 12, 2016. During mass-tactical week the Army and Air Force units work together to improve interoperability for worldwide crisis, contingency and humanitarian.

Mobility Air Force remains committed to Army airborne mission

By Jodi Ames

Headquarters Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. – Air Mobility Command aircrews participated in the 82nd Airborne Division’s Battalion Mass Tactical Week at Fort Bragg, North Carolina July 11-15, 2016.

The joint readiness exercise, also referred to as MASS TAC, illustrated the Mobility Air Force’s ongoing commitment to support the Army and airborne training requirements at Fort Bragg.

During the exercise, U.S. Army paratroopers executed mass tactical parachute jumps from C-130 Hercules and C-17 Globemaster III aircraft. This gave both Army and Air Force units the chance to practice large-scale airdrop missions for personnel and equipment. It also provided an opportunity to enhance interoperability for worldwide crisis, contingency and humanitarian response missions.

For AMC’s aircrews, the week focused on providing efficient and productive training for all Army and Air Force personnel involved, said Lt. Col. William McDonald, who served as mission commander for BMTW 16-07.

In total, six AMC aircraft flying in three-ship formations made roughly 96 passes over Fort Bragg’s Sicily Drop Zone, airdropping over 4,700 paratroopers, six howitzer artillery combos, two Humvees and several other pieces of heavy equipment and cargo, McDonald said.

“We had double the number of aircrews normally used for this type of exercise,” McDonald said. “This highlights our commitment to the 82nd Airborne and their mission.”

“We usually only bring one crew per aircraft,” he explained. “For this exercise we brought two crews per aircraft, which allowed us to offer an additional three lifts and 1,377 jumpers per day.”

While AMC conducts airdrop exercises each month, this iteration was unique as participants of MASS TAC were thrown a curveball that required them to rapidly

shift their focus to an Emergency Deployment Readiness Exercise.

“We are doing some type of airdrop exercise every month,” McDonald said. “However, this is the first time we have rolled a BMTW into an EDRE in order to test our ability to plan and the Army’s ability to support a large exercise inside of 96 hours.”

Planning for the EDRE began July 12 while MASS TAC was still underway, and aircraft began launching on July 16, said Lt. Col. Ben Russo, 18th Air Force deputy chief of combat operations.

The transition was significant because it doubled the teams’ work and required them to plan a larger exercise while still running another, which is no easy feat according to McDonald.

“There is a lot of training that takes place in the Mission Planning Cell,” he said. “These folks start planning the exercise days before the crews arrive. It is a great change for them to work with the Army and gain a greater understanding of how we, as MAF Airmen, fit into the bigger operational picture.”

The merging of the two exercises provided a wealth of experience for teams in the Mission Planning Cell and aircrews alike, but the relationship building is the most important aspect from McDonald’s perspective.

“The biggest thing is that it helps us make connections with people we will be working with for a real-world event,” he said. “Having those contacts to reach out to makes a huge difference.”

“Learning how the other services think and communicate really helps us understand what’s important for their mission and ensures that we provide the best support available,” McDonald concluded.

Each of these exercises represent a touchstone for Air Mobility Command. By training as a cohesively integrated global response force, mobility forces are better prepared to provide combatant commanders with the critical options necessary to respond to rapidly evolving international crises.

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

U.S. Air Force Tech. Sgt. Jarrod Mink is a survival, evasion, resistance and escape specialist for the 19th Operations Support Squadron. SERE specialists train high-risk personnel how to survive and evade the enemy until rescue.



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

U.S. Air Force Tech. Sgt. Jarrod Mink, 19th Operations Support Squadron survival, evasion, resistance and escape specialist, directs U.S. Air Force Capt. Nicholas Bonner, 41st Airlift Squadron C-130J pilot, to friendly forces during a training exercise June 22, 2016, at Little Rock Air Force Base, Ark. SERE specialists teach critical skills to aircrew members during the Code of Conduct continuation training. Airmen are tested on their survival skills through various simulations.



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

U.S. Air Force Tech. Sgt. Jarrod Mink, 19th Operations Group survival, evasion, resistance and escape specialist, prepares for a high-altitude low-opening jump June 29, 2016, at Little Rock Air Force Base, Ark. SERE specialists train Airmen tactics to survive and evade the enemy until rescue.

By Senior Airman Harry Brexel
19th Airlift Wing Public Affairs

A typical week of work for a survival specialist can include free-falling from the back of a C-130J, dangling from a hoist beneath a helicopter, trekking through woods eating insects or swimming between inflatable life rafts while instructing Airmen.

U.S. Air Force Tech. Sgt. Jerrod Mink is a survival, evasion, resistance and escape specialist for the 19th Operations Support Squadron.

From building shelters and finding potable water to land navigation and avoidance techniques, SERE specialists teach necessary skills for Airmen to survive on their own while evading the enemy until rescue.

Mink helps provide training to Little Rock Air Force Base C-130 aircrew members teaching them to survive on their own in any environment, should their aircraft go down.

"You have to be extremely self-sufficient and competent to run the intricate, high-risk operations that we do to ensure Little Rock aircrews get the most realistic training possible," Mink said. "We train nearly 2,600 personnel annually."

An avid hunter, Mink enjoys his on-duty time outdoors conducting survival training. Most of his instruction time

provides Code of Conduct Continuation Training.

Mink manages the 19th Airlift Wing's personnel recovery operational support programs as well as performing military jumpmaster duties for free-fall parachute operations.

"Our SERE training schedule runs Monday through Friday year-round, to keep up with demands for deployment rotations," Mink said. "Each year, our SERE team conducts 126 CoCCT events which total approximately 660 hours of training."

Mink, along with other 19th OSS SERE personnel, prepare C-130 aircrews for the worst-case scenario in order for them to execute the combat airlift mission at their best knowing they have the knowledge to overcome any possibility.

"We tailor our program to Airmen based on the C-130 airframe and tactical airlift mission," Mink said. "Then we take equipment aircrew members use downrange and build potential scenarios that put them in a position where they are required to apply their knowledge and hone their skills."

As long as Little Rock AFB C-130s are flying overhead, Mink will be preparing Airmen for forest, aquatic, urban, tropical and desert survival situations.

For more information about SERE operations or to become a SERE specialist, visit www.goSERE.af.mil.



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

U.S. Air Force Tech. Sgt. Jerrod Mink, 19th Operations Support Squadron survival, evasion, resistance and escape specialist, center, instructs C-130J aircrew members how to properly use inflatable single-person life rafts June 24, 2016, at Little Rock Air Force Base, Ark. Along with floatation devices, the C-130J is equipped with helmets, oxygen masks and survival kits in case of emergencies.



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

U.S. Air Force Tech. Sgt. Jerrod Mink, 19th Operations Group survival, evasion, resistance and escape specialist recovers after conducting hoist training June 27, 2016, at Little Rock Air Force Base, Ark. Air Mobility Command SERE specialists underwent training on how to load personnel to a UH-72 Lakota rescue hoist seat.



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

U.S. Air Force Tech. Sgt. Jerrod Mink, 19th Operations Support Squadron survival, evasion, resistance and escape specialist, prepares to land June 29, 2016, at Blackjack Drop Zone in Beebe, Ark. Mink, along with others, performed a high-altitude low-opening military free fall from approximately 12,500 feet.



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

U.S. Air Force Tech. Sgt. Jerrod Mink and Master Sgt. Justin McCaffrey, 19th Operations Support Squadron survival, evasion, resistance and escape specialists demonstrate apprehension avoidance tactics to C-130J pilots from the 41st Airlift Squadron June 21, 2016, at Little Rock Air Force Base, Ark. Apprehension avoidance provides skills Airmen can use to maintain or regain their freedom.

Pokémon, oh no

By Russell Dye

19th Airlift Wing legal office

Watch out! Everyone's favorite game from the 90s is back, this time in form of a mobile phone application. That's right, with the release of the new Pokémon Go mobile game, people across America are catching Pokémon fever again.

Pokémon Go uses your mobile phone's GPS to spot virtual Pokémon on a game map that is pinned to real world locations. When you find a Pokémon on your game map, whether it be in a supermarket or your bathroom, your smartphone camera opens up, giving you a view of the virtual Pokémon in the real world. You then flick a Poké Ball toward the creature to capture it. As you move around playing the game, different types of Pokémon will appear on your game map depending on where you are and what time it is. The more Pokémon and items you collect, the better chance you have at beating your friends.

As you can imagine, the game has caused people to venture into many different locations in order to catch Pokémon. For instance, it's been reported that people have caught Pokémon in places like: their neighbor's backyard, at schools, at funerals and even at hospitals (reportedly while a gamer's wife was in labor). However, military members playing the game must remember a few certain rules:

Don't play Pokémon Go while walking in uniform.

According to AFI 36-2903, Dress and Personal Appearance of Air Force Personnel, dated 18 July 2011, paragraph 6.3.3.2, it is unacceptable to walk in uniform and use any personal electronic media devices, earpieces, or speakerphones unless it is an emergency situation or notifications are necessary. Since Pokémon Go requires gamers to walk around in order to play the game, it is not crazy to believe that military members may try and search for their next big catch while walking around in uniform. At last check, catching your first Squirtle outside of the BX while in uniform does not constitute an emergency situation.

Don't trespass while playing Pokemon Go.

Since the game's release, numerous people across America have already been disciplined for trying to catch a Pokémon in unauthorized areas. In Washington, for instance, law enforcement officials apprehended several eager Pokémon Go players for trespassing at a local police station while playing the game. On a military installation, it would be extremely wise to not visit an unauthorized area in order to catch the nearest Charizard. Catching even the most powerful Pokémon is not worth the risk of disciplinary action. Jumping the fence to visit an unauthorized area on base can trigger emergency alerts across base and cause you to lose all of your Pokémon Go playing rights.

Be mindful of your pictures.

One of Pokemon Go's features allows you to see Pokemon in the real world around you by utilizing your phone's camera. While capturing that elusive Eevee, you even have the option of taking a picture or a screen shot of the encounter. While taking pictures of your dog making new best friends with Squirtle and posting them to social media is all good fun, taking pictures of classified areas, privileged information or any number of other confidential, privacy act, or for official use only information, is not.

Don't stop your car in the middle of the road to catch a Pokémon.

Even though you may spot a Jigglypuff in a busy intersection, you may not stop your car in the middle of the road unless it is an emergency situation. If you think this is far-fetched, a woman in Australia was seen the other day playing the game in a busy intersection during rush hour. Trust us, Jigglypuff is not worth getting a ticket anyways.

In the end, Pokémon Go may be the hottest game on the market, but it's important that military members use common sense when playing the game. No game, or Pokémon, is worth putting your career in jeopardy. Nonetheless, enjoy competing against your friends, enjoy acting like a child again and catch them all (when legally acceptable).

For more information, Call the base legal office at (501) 987-7786.

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Little Rock AFB implements new meal card regulation

Story and infographic by
Airman Kevin Sommer Giron
19th Airlift Wing Public Affairs

Changes to the dining facilities meal card regulations are in full effect as of May 2016, and have sparked an array of questions from meal card holders.

The Air Force Services Agency introduced a new food service operation, referred to as the Food Transformation Initiative, beginning in 2010. Originally, six stateside bases were selected as test bases, with Little Rock AFB being one.

Key differences between FTI operations and legacy food service is Airmen who hold a meal card are now entitled to have the benefits of campus dining and to eat at all FTI contract force support facilities. FTI dining facilities on base include the Hercules Dining Facility, the Hungry Herc, the Healthy Herc, golf course, bowling center, Hangar 1080 and Wally's Java.

A Professional Executive Chef has also joined the staff at the Hercules Dining Facility under the FTI contract. The chef provides oversight of menu production and hands-on training to military chefs.

Along with offering healthier menu items, FTI has also increased the hours of operations by providing a Grab-n-Go station that is available in-between normal hours of meal periods.

The FTI contract has also opened the



military dining facilities to be used by all military personal regardless of rank, civilians, and retirees on a daily basis without meal card access.

However, most frequently asked questions come from meal card holders.

A valid meal card holder is authorized three meals per day; this has not changed from the legacy food service operation. Meals per day are not the same as how many times a customer is authorized to swipe their card within the same meal period. A meal is considered a reasonable amount of food that can typically be

consumed in one sitting, which can be dine-in or carryout.

If the customer finds themselves still hungry after enjoying their meal, they are welcome to go through the line and get "seconds" or "thirds," and swipe their card again. It is important to remember that all additional items must be enjoyed in the dining facility.

"Seconds do not count toward the three meals a day only if the meal card holder decides to dine in at any essential station mess facility on base," said U.S. Air Force Chief Master Sgt. Kenneth

Carter, 19th Airlift Wing command chief. "Seconds are considered a part of that meal and service members can get seconds at every meal, for a total of six registered transactions; and that is okay."

The main difference in the new regulation is: meal card holders dining in at any 19th Force Support Squadron dining facility will not be permitted to obtain two entrees within the same transaction anymore.

Airmen are still allowed their second entrée, but will be rung up two separate times in order to meet the ration/portion requirements in accordance with Air Force Instruction 34-239, Food Service Program Management.

Carry-out meals, on the contrary, will count as part of the three meals a day. In other words if an Airmen gets a carry-out meal and comes back for a second carry out meal within the same meal period, it will not be considered the same meal and will be rung up as such.

The purpose for these new rules is to enforce accountability and better appropriation of funds.

"We must keep this information fresh and share it with our peers," Carter said. "Through better messaging, we can help everyone to understand the process for allowing for that second entrée and how they can get more than three swipes when using the dining facility during breakfast, lunch and dinner hours."

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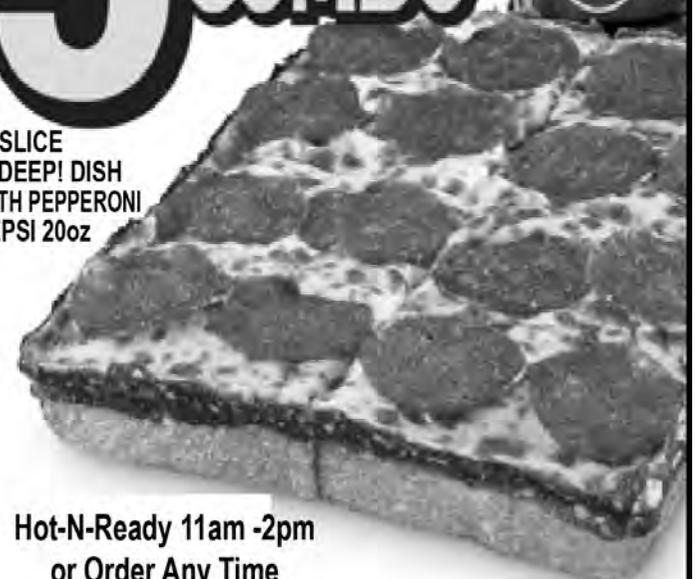
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INTRAMURAL SOFTBALL



U.S. Air Force Senior Airman Tyler Wakefield from the 19th LRS2 intermural softball team clears a softball into left field bringing his teammates in for a run against the 19th MXG team July 20, 2016, at Little Rock Air Force Base, Ark. The 19th LRS2 team upset the undefeated 19th MXG with a win of 14 to 13.



U.S. Air Force Tech. Sgt. William Kisner from the 19th MXG intermural softball team instructs teammate Tech. Sgt. Benny Goddard to continue on towards 2nd base after a hit against the 19th LRS2 team July 20, 2016, at Little Rock Air Force Base, Ark. The 19th LRS2 team upset the undefeated 19th MXG with a win of 14 to 13.

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

AMERICAN LEAGUE

SCHEDULE

Field 1				Field 2			
DATE	TIME	HOME	AWAY	DATE	TIME	HOME	AWAY
July 25	6 p.m.	19th MDG	19th MXG	July 25	6 p.m.	48th AS	19th CPTS
	7 p.m.	19th FSS	19th LRS 2		7 p.m.	19th CES	19th OSS
July 27	6 p.m.	19th MDG	48th AS	July 27	6 p.m.	19th MXG	19th OSS
	7 p.m.	19th CPTS	19th FSS		7 p.m.	19th LRS 2	19th CES

TEAM STANDINGS

Team	Wins	Losses
19th MDG	4	0
19th MXG	3	1
19th FSS	2	2
19th OSS	2	2
48th AS	2	2
19th CES	1	3
19th CPTS	1	3
19th LRS 2	1	3

NATIONAL LEAGUE

SCHEDULE

Field 1				Field 2			
DATE	TIME	HOME	AWAY	DATE	TIME	HOME	AWAY
July 26	6 p.m.	ARNG	189th AW	July 26	6 p.m.	19th MXS	314th AMXS
	7 p.m.	19th LRS 1	19th SFS		7 p.m.	FIRE DEPT	19th AMXS
July 28	6 p.m.	19th LRS 1	19th MXS	July 28	6 p.m.	19th SFS	19th AMXS
	7 p.m.	314th AMXS	ARNG		7 p.m.	189th AW	FIRE DEPT

TEAM STANDINGS

Team	Wins	Losses
189th AW	1	1
ARNG	1	1
19th AMXS	1	1
FIRE DEPT	1	1
19th SFS	1	1
314th AMXS	1	1
19th LRS 1	1	1
19th MXS	1	1

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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 Base Chapel

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

* Classes for all ages available

PMOCnoon

(Wednesday)

PWOC 6 p.m.

(1st, 2nd, and 3rd Tuesday at Base Chapel)

Catholic Classes

Sunday (Sept. - May at Base Chapel)..... 11 a.m.

RCIA Classes & Adult Bible Studies Available

Catholic Women of the Chapel 6 p.m.

(1st & 3rd Wednesday at Base Chapel)

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.

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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: 321

C-130J: 190

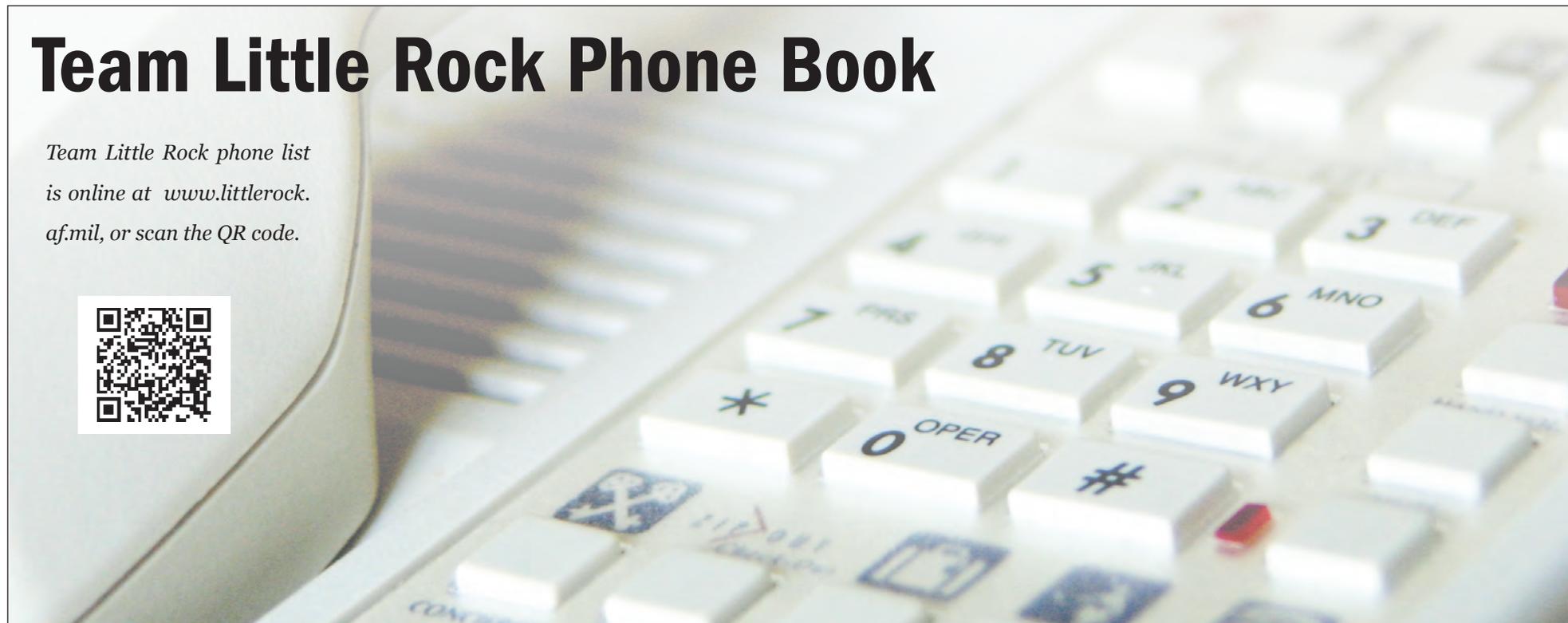


Military Expo Sept. 17

The 2016 Arkansas Military Expo is Sept. 17, 2016, from 10 a.m. to 4 p.m. on the flightline at Little Rock Air Force Base, Arkansas. Don't miss this chance to learn about Little Rock AFB and the great things their service members accomplish each and every day! For more information go to <http://rockinattherock.com/arkansasmilitaryexpo.com>.

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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RENTALS**FOR RENT CABOT****3 BD 2 BA - \$875-\$1000****JACKSONVILLE****1 BD 1 BA - \$300****2 BD 1 BA - \$450-\$650****3 BD 2 BA - \$695-\$1350****SHERWOOD/NLR****3 BD 2 BA - \$1260-\$1395**

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LAWN & FARM EQUIPMENT

1981 WINNEBAGO Brave 32' RV, interior updated, everything works & runs, some mechanical work needed, perfect hunter special, \$3,150 obo. Please email: hercrocket130@msn.com, subject RV.

1993 CLASS A Fleetwood Flair 31', 59k miles, new roof 2004, good tires, new battery, kept in carport, \$11,000 obo. (501) 412-8435.

1991 AQUA Patio Pontoon 24', 115 hp Nissan outboard motor, Yacht Club trailer, new carpet & upholstery, \$2,500 obo. (501) 412-8435.

2006 CROSSROADS Zinger, 29', 5th wheel, 1 slide, lots of storage, excellent condition, \$7,500. 291-5519, Jax., No calls after 8 pm please.

2014 KAWASAKI Ninja 300, 1300 miles, upgraded Two Brothers exhaust, ABS, includes gloves & new Arai helmet, \$3,999. 606-1455.

SEAR'S MOWER, 46" cut, good condition, \$150. 843-5475.

1999 CRAFTSMAN riding mower, 17 hp, 42" cut, needs batter. Best offer. (501) 843-7570, leave msg.

CRAFTSMAN RIDING mower, 38", 15.5 Briggs, runs great, \$350. (501) 796-3901 or (501) 580-9950, Vilonia.

RENTALS**LAWN & FARM EQUIPMENT**

CRAFTSMAN GAS powered leaf/lawn vacuum, \$225. (501) 940-0359.

ITEMS FOR SALE

PANTHER CREEK Carports - 10x20x7 Factory direct, \$598. Offer good through July 31st. Call 1-501-835-7222, OD Funk Manufacturing Inc. Sherwood, AR | Since 1976 Rated for 90 mph winds & 20 lbs snow loads.**

RESMED C-PAP machine, good condition, 6' hose, face mask, \$179. (501) 749-8667.

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

BRAND NEW Grand Peak Roadmaster men's bike, 26" w/extras, \$115 obo.; several other children's bicycles, different sizes, make offer. (501) 843-4890.

TWIN-SIZE, BRAND new Invacare hospital bed, \$1,995. (501) 749-8667.

COMMERCIAL SUCTION pump, \$125. (501) 266-3220 **BURN BARRELS**, 55 gal. without tops, \$10 ea., off Hwy. 107 in Vilonia. (501) 796-3901 or (501) 580-9950.

BABY SWING, Fisher Price, electric/battery, lots of options, has mobile, excellent condition, \$65 obo. (501) 516-3810.

ITEMS FOR SALE

GOLF CLUBS: King I2 irons, Taylor woods, Golfsmith putter, Hogan bag, \$635; Diabetic shoes, 1 pr. black, size 12/13, \$99 each. 749-8667.

CHILD'S BOOSTER/CAR seat, \$25 & a free Dora bigwheel. (501) 590-9758.

FULL-SIZE INVOACARE electric wheelchair, medium sized, perfect condition, \$400. 982-0098.

FLOWER VASES, all sizes, picture frames, glassware & whatnots, VHS & DVE, 50¢-\$1, white toilet w/tank, good condition, \$50. (501) 843-4890.

FOOT-CONTROLLED 5-SPD. trolling motor, \$100. (501) 266-3220.

REFRIGERATOR RECLAIM kit, \$200. (501) 266-3220.

NEW COMMERCIAL Shoemaker battery charger, floor model, \$150. (501) 3220.

SMALL CABINET, 28"x22"x13" deep w/roosters painted on doors, \$45 cash; rooster casserole bowl w/lid, \$8; rooster pitcher, \$8; 3 rooster canisters, \$15. rooster metal shelf w/hooks, \$10. (501) 983-4168, Jax.

LADIES' & MEN'S clothing: orchid picture, black picture frames, wrought iron cookbook holder, Christmas ornaments, dishes & wreaths, lamps, end table. (501) 983-4571.

ITEMS FOR SALE

MEN'S BOXER type swimsuit/shorts, sm., med. & lg., \$2.50 ea.; men's shoes, 7 1/2 W to 8 1/2 W, \$3 pr. (501) 985-9991.

BRAND NEW blood pressure cuff, Life Source \$27; new metal walking cane, good condition, \$29; backpack, new, \$30. 749-8667.

PURPLE STEMWARE glasses, \$12; 32" TV, \$30. (501) 843-0121.

WHIRLYBIRD FOR roof ventilation, new, still in box, \$50. Pics avail. (501) 941-8573, afternoon only.

SALON EQUIPMENT: backwash shampoo bowls, hair dryer chairs, massage table, facial chair. 425-7200.

SAMSUNG GALAXY Tab 4, excellent condition, 10" screen, 16 GB color, white w/protective case, \$150 obo. (501) 291-9556.

LG CELL phone, great condition, \$100 obo. (501) 291-9556.

BROTHER EMBROIDERY/SEWING machine, SE400, perfect cond., embroidery hoops, books & CD included, \$175. Text: (501) 259-9027.

NEW HANDMADE purses, table runners, make-up purses, etc. Text: (501) 259-9027.

SHOPSMITH RADIAL arm saw, band saw, planer, table saw & pneumatic tools, great bargains. (501) 940-4648, Lonoke/Austin/Cabot.

FREE LOWERY 88 electric organ, (501) 743-7087.

ONE TON engine hoist w/load lever, used once, \$120 cash. (501) 983-4168, Jax.

6' PICNIC table, treated wood on metal frame, \$50. (501) 940-0359.

50 PINE trees, call about cutting, (501) 676-2952.

3-WHEEL WORKMAN'S cycle, \$250; 2 seat bicycle, made in France, \$300 obo. 882-2142.

250 GALLON butane tank, 3/4 full, \$450 obo. Can be seen at 2940 Peyton St., Ward. (501) 628-4620.

GARMIN VIVOFIT fitness watch w/4 small & 1 large band, \$70 obo. (901) 487-9670.

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SHOPSMITH WOODWORKING tool, all accessories, vacuum, manuals, project plans, \$850 cash. (501) 412-3494.

F-SHARP BRONZE bell by Marlmark (Pennsylvania), sells for \$350, asking \$250 obo. (501) 882-2142.

SINGER FEATHERWEIGHT, excellent condition, \$375 firm. (501) 681-9263.

NAUTICA SHORTS, gray, sz. 42, great condition, \$32. (501) 749-8667.

LADDER-TYPE DEER stand w/seat atop, heavy duty, \$85. (501) 983-1445.

CATALPA WORMS 658-0767.

DRAGON COLLECTION, Windstone Edition, pewter, ceramic & jade. (501) 983-4168, Jax.

HUFFY GREEN Machine, 20", \$40; Huffy Turbulent, 16", \$30; Murray Climber, 24", \$30; Kent Flatliner, 18", \$30. (501) 843-4890.

FURNITURE

BLACK FRIGIDAIRE front loading washer & dryer, both on bases, \$450 for pr. (501) 266-3220.

TABLE W/6 chairs; gun cabinet w/glass shelves; china cabinet; pie cabinet. (501) 941-8732, Cabot.

SIDE-BY-SIDE REFRIGERATOR, \$150. (501) 398-7060.

FREE TV w/remotes, 4'x4'x6" deep, on wheels. (501) 835-8534.

LOVELY OAK dining set, table expands to 91", w/4 chairs, \$180; Wardrobe w/clothes rack, shelves, drawers, doors, \$180. (501) 605-2541, Cabot.

2 REFRIGERATORS, Frigidaire & GE, \$100 & \$150. 982-1183, Joe.

2 TVS w/built-in DVD players, can text pics. (501) 941-8573, after noon only.

WASHER & dryer, \$100 cash. (501) 413-7366.

WOODEN BUNK beds w/mattresses, like new, \$50. (501) 288-2305.

NEW CAMO recliner, \$100 firm. (501) 982-5261.

WANTED: USED 15"-16" heavy duty floor buffer w/brushes. Call/text: (501) 416-0394.

RENTALS

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.

HOUSES FOR SALE

3 BEDROOM, 2 bath home in Cabot Schools, newly remodeled, 1 acre, great neighborhood, some handicapped modifications, \$177,000. Call or text (870) 930-6441, Kristen. Ready to sell!

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MOBILE HOMES with acreage. Ready to move in. Seller Financing (subject to credit approval). Lots of room for the price, 3Br 2Ba. No renters. 501-588-3300.**

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3308 North Ridge, Jacksonville, 4 Br, 2.5 Ba, \$1,400/mth
229 Weathering Circle, Austin, 4 Br, 2 Ba, \$1,000/mth
38 G Street, Cabot, 3 Br, 2 Ba, \$1,050/mth
3509 South Ridge, Jacksonville, 4 Br, 2 Ba, \$1,375/mth
103 Foxcrest, Jacksonville, 4 Br, 2.5 Ba, \$1,375/mth
3700 Longstreet St., Jacksonville, 4 Br, 2 Ba, \$1,150/mth
912 Mesquite Trail, Jacksonville, 4 Br, 2 Ba, \$1,100/mth
1927 Linda Lane, Jacksonville, 3 Br, 2 Ba, \$900/mth
1016 Richard, Jacksonville, 3 Br, 2 Ba, \$795/mth
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GREAT STARTER HOME! 2 bedroom 1.5 bath with approx. 1,073 sq. ft. Cozy eat in kitchen, huge living room with fireplace & built-ins. Screened in porch & fenced backyard sitting in a cul-de-sac. 625 Brookhaven Ct., Jacksonville ~ \$79,500.



BE NIMBLE, BE QUICK, jump into this charming 3 BR, 3 BA home w/over 2,200 sq. ft. This one has a lot to offer, a great living rm w/gas fireplace, bonus rm great for the kids, kitchen/dining/living area. Master BR is downstairs, huge laundry rm has a full BA & lots of closet space for storage. Outside is a shop, yard is fenced & is sitting on a great corner lot. 202 E 6th ~ \$158,000.



LOOKING FOR A GREAT HOME WITH LOTS OF SPACE & LAND? Then look no further than this 3 bedroom, 2 bath w/over 1,700 sq. ft. Large living rm has hardwood floors & gas fireplace. Eat-in kitchen, separate dining area, breakfast bar, built-ins & pantry. 2 large closets for extra storage & large laundry rm. Outside is a great deck & 16x32 shop, sitting on 2.24 acres. 10040 Hwy 31 N ~ \$143,900.

REDUCED!



ONCE YOU COME IN YOU WON'T WANT TO LEAVE this wonderful 3 BR 2 BA w/over 1,600 sq. ft. Split floor plan, living rm w/cathedral ceiling, hardwood floors & wbp w/gas starter. Kitchen w/tile counter tops, backsplash & pantry. Lg. master BR w/tray ceiling, master BA w/jetted tub, his/her sinks & sep. shower. Fenced backyard has patio, deck & 12x20 storage bldg. Completely remodeled in 2008 & new windows in 2013. 23 Broadmoor Cir., Cabot ~ \$155,900.



GREAT FAMILY HOME w/3 spacious bedrooms, 2 baths approx. 2,154 sq. ft. Open floor plan, cathedral ceiling in living rm, kitchen has breakfast bar, lots of cabinets & huge den. Master bath has his/vanities & closets. Outside is a patio for BBQs & extra landscaping. 6 Ponderosa Drive ~ \$164,900.



GREAT COMMERCIAL/INDUSTRIAL PROPERTY! 2,000 sq. ft. office space ~ 4,500 Sq. Ft. warehouse space. Set of new scales, billboard sign, just outside city limits, easy access to I-40 & visible from I-40 sitting on 8 acres. 301 Frontage Road ~ \$600,000.

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19 LAKESIDE DR. - \$159,900

WARD



STUNNING 4 BR home w/dabl. sunroom/office!! You couldn't ask for a cleaner home! Split floor plan w/big master suite, master bath has 2 sinks, Jacuzzi tub & walk-in shower, along w/HUGE walk-in closet! Kitchen is open into living rm for great entertaining. The sunroom/office addition is a great extra space for this house. The backyard will AMAZE you.

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Fabulous custom antiques brick home w/rock arched entry, beautiful solid wood double doors, open floor plan, handscraped hardwood floors, decorative tile, tons of high-end crown molding & decorative finishes, black granite, stainless appl., walk-thru laundry to closet to master bath, custom built-ins incl. "locker area", upstairs 4th bedroom or huge bonus rm - a must see!

820 GROSVENOR DR. - \$214,000

SHERWOOD



Are you looking for a home w/street appeal? Love a front porch? Want 2 living areas? Need master on main level? Check this home out! Starts w/convenient location close to interstate. All brick w/gutters & new roof '09. Kitchen w/wow factor incl. tumbled marble backsplash! Storage galore - all BD w/2 closets. Fully

805 TIMBERWOLF DR. - \$174,900

JACKSONVILLE



Fabulous well-maintained very spacious home w/beautiful wide-planked hardwood floors in 17x18 living area & dining, extra crown molding & trim, solid granite countertops added in 2014, tile shower & tile floor added in 2013, French drain in backyard, storage vinyl utility building on concrete slab in backyard. Handy location to air-base, Sherwood &

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 MLS #16010704, \$219,800.

Call/Text Rhonda Williams: 501-590-6598

108 Dartmouth Cv. - Jacksonville



Brick home on quiet Cul-de-sac corner lot in Stonewall. 3 BR/2 BA with BONUS! Ceiling fans, energy efficient windows, & turbine attic vents reduce utility costs. New Roof! Patio overlooks fenced backyard. Side-load 2 car garage. SELLER TRANSFERRED...NEED OFFER!!! MLS #16010507, \$114,600.

Call Ray Jackson: 501-680-1420

112 Essex Ct. - Jacksonville



Beautiful residence nestled on large level lot in tranquil cove. Open living space featuring beamed ceiling perfect for entertaining or cuddling by the fire. Kitchen has loads of counter space & unique BARREL CEILING. NEW Gutters, Fence, Roof, Fixtures, Ceiling Fans, Water Heater, and Stove. New washer/dryer/refrigerator remain. Warranty provided.
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