



**42**

**DAYS UNTIL MILITARY EXPO**

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**DENTAL LAB: BEHIND THE SCENES**

Whenever U.S. Air Force combat airlifters need dental work, they often count on a small team of specialists at the 19th Medical Group Clinic. The unit works behind-the-scenes crafting unique dental prostheses as part of the 19th Aerospace Medicine Squadron dental laboratory element.

PAGE 6

**SHOWCASING PARTNERSHIPS**



**INTRAMURAL SOFTBALL UPDATES**

The 2016 intramural softball season is underway.

PAGES 14-15

Team Little Rock and community members showcased the Combat Airlift mission and assets to Altus Air Force Base, Okla., civic leaders on Aug. 2 at Little Rock Air Force Base. See more photos on page 7.

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

# Living with a mental illness

By Capt. Donald Williams  
5th Medical Group

MINOT AIR FORCE BASE, N.D. (AFNS) – Defective. Weak. Soft. Broken. Crazy. Compromised. Unfit. Career-ending.

These are just some of the words that people may associate with mental illness. Sadly, the sentiment behind labels like these can act as a barrier to help-seeking for many who face challenges in their lives. A further hindrance to those with mental health problems is that their suffering can go unrecognized or unacknowledged, even by those closest to them.

The fact is that most people do not recognize mental illness when they see it. People can readily see and empathize with a physical injury or illness but not everyone can relate to an injury of the brain or emotional difficulties.

Mental health professionals work hard to bring awareness to psychiatric problems and available treatments, but we need your help. I invite you, the reader, to join in the efforts to shed more light on this important issue. So, what are the signs, symptoms and indicators to look for? Maybe there is someone you know that has not been himself lately or “something” is different. Perhaps he is more withdrawn, overwhelmed and irritable or seems keyed up/on edge. These are some of the more common indicators that seeking help could be a good option. Sometimes, there are more subtle signs that someone may be experiencing some challenges, like loss of interest in things once enjoyed, a desire to be alone more often, loss of appetite, increased alcohol use, and having a more “gloomy outlook” on life.

Some people may think they do not need help or may not know when it is time to get help for a mental or emotional

issue. The military has made strides in bringing awareness to mental illness and addressing the stigma that comes with mental health, but we still have work to do. I would like to invite you to consider the many encounters and interactions you have on a daily basis with people. Do you really know the person with whom you are interacting? Have you considered that a loved one or friend may wear a mask to cover up problems and challenges for fear that others may discover they’re struggling? Have you considered the many pressures that one endures daily to present as if nothing is “wrong” or that they are “fit”? What about yourself?

**A mental illness is not a sign of weakness – they are disorders that affect your mood, thinking and your behavior and usually have more than one cause such as your family history, your current environment and lifestyle choices.**

The reality is that people are fearful of being called one of those labels mentioned earlier in this article. A mental illness is not a sign of weakness -- they are disorders that affect your mood, thinking and your behavior and usually have more than one cause such as your family history, your current environment and lifestyle choices. Let’s look past the labels and help those who are struggling.

According to the National Alliance on Mental Illness, one in five Americans will be affected by a mental health condition in their lifetime and every American is affected or impacted through their friends and family. As for the Air Force, one in 10 active-duty members reported untreated mental health problems.

If this article resonates with you in any way, please act on it – whether it’s checking in with a fellow Airman, looking out for a family member, or seeking guidance for yourself. Seek help early. Don’t wait. Please consider the impact of not taking that first step for yourself, your family and your career.



## MSG CORNER

### CONSTRUCTION

■ The new sidewalk construction project continues in the community support area.

■ The Vandenberg Boulevard construction continues into its next phase. Thomas Avenue at Vandenberg is closed to in-bound traffic and inbound traffic can turn left onto Arnold Drive or continue straight on Vandenberg. Outbound traffic can only access the Vandenberg gate via Arnold Drive. See Page 3 for a map of the changes.

■ Maintenance to Fire hydrants in housing is nearly complete. Iron deposits in the water mains may cause water to be temporarily discolored. If you see brown water in your faucet, please allow water to run until clear.

### INFORMATION

■ The Fitness Center now closes at 7 p.m. on Fridays; however, 24-hour fitness is available. Register at the Fitness Center Front Desk.

## EDITORIAL POLICY

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# COMBAT AIRLIFTER OF THE WEEK

**NAME**

Jonah Woods

**POSITION**

19th Operations Support Squadron  
 Airspace Manager/ Air Traffic  
 controller/ assault zone operations

**HOMETOWN**

Cypress, Texas

**TIME ON STATION/ TIME IN SERVICE**

9 years/24 years

**HOBBIES/GOALS**

Outdoor activities such as boating,  
 fishing and hunting

**CORE VALUE**

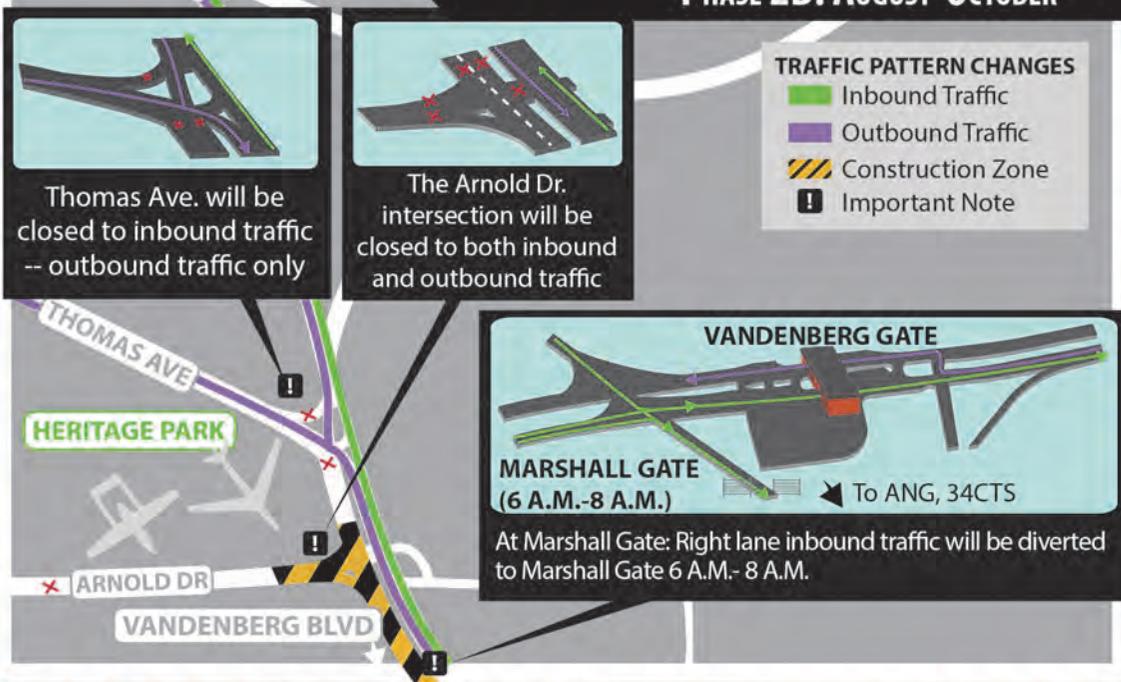
“You could never pick one core value to describe the dedication Jonah Woods has for his job. I’ve watched him work tirelessly to think up new ways to increase training opportunities while simultaneously saving the Air Force and the U.S. government money (Integrity First, Excellence in all we do). He’s never asked one of his assault/drop zone controllers to work in the brutal August heat if he wasn’t going to be right next to him doing the same work. (Service before Self) Jonah is an example of what all Airmen and civilian employees should strive to be.” – Maj. Christopher Acs, 19th OSS Weapons and Tactics Chief



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

## UPCOMING TRAFFIC CHANGES: HOW YOUR COMMUTE MAY BE AFFECTED

### PHASE 2B: AUGUST-OCTOBER



**Vandenberg Blvd Construction Considerations:**

- ▶ Gas station on Arnold Dr. will continue to be accessible
- ▶ Intersection at Arnold Dr. and Vandenberg Blvd. is closed for construction--No through traffic for inbound or outbound travelers
- ▶ Inbound drivers will be able to continue through Vandenberg Blvd
- ▶ Outbound traffic on Vandenberg will be accessible from Vandenberg Blvd. or Thomas Ave.
- ▶ 25 mph is the speed limit throughout work zone
- ▶ Be aware of pedestrians due to increased traffic
- ▶ To minimize congestion during the morning commute, drivers approaching the Vandenberg Gate in the right-hand lane will be forced to utilize the Marshall Gate between 6:00 A.M. and 8:00 A.M. Monday-Friday
- ▶ The Marshall Gate will be open to outbound traffic between 3:00 P.M. and 5:00 P.M. Monday-Friday

# LRAFB SOCCER TOURNAMENT

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# OPERATION NIGHT HOOPS

26 AUGUST • 7 - 9 PM  
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AGES 9 - 18

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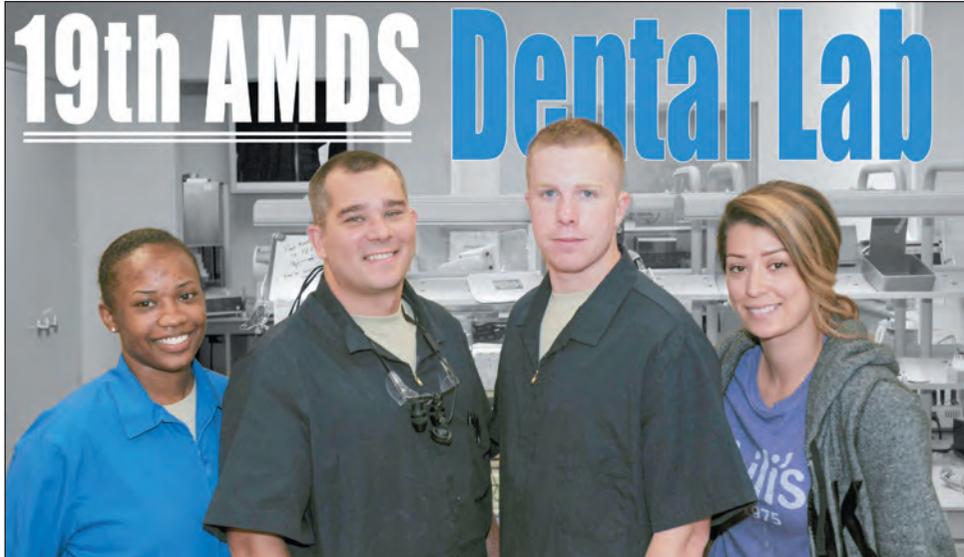


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U.S. AIR FORCE GRAPHIC AND PHOTOS BY SENIOR AIRMAN HARRY BREXEL

(Above) The 19th Aerospace Medicine Squadron dental laboratory ensures Little Rock Airmen are ready to deploy by creating a variety of dental prostheses, such as dentures, crowns and night guards. The team utilizes the latest in dental technology such as computer aided-design and computer aided manufacturing.

(Right) Sierra Aguilar, a 19th Aerospace Medicine Squadron dental laboratory technician, casts impressions to create 3D models for patients July 27 at Little Rock Air Force Base. Cast impressions are used for diagnostics, treatment planning and fabrication of custom trays, dentures, crowns and orthodontics.



(Above) U.S. Air Force Staff Sgt. Lekaya Williams, 19th Aerospace Medicine Squadron dental laboratory technician, examines a patient's dentition prior to crafting dental prostheses July 27 at Little Rock Air Force Base. 19th AMDS dental lab technicians ensure Airmen are ready to deploy by creating a multitude of dental prostheses.

(Left) U.S. Air Force Staff Sgt. Robert Thompson, 19th Aerospace Medicine Squadron dental laboratory noncommissioned officer in charge, creates porcelain teeth July 27 at Little Rock Air Force Base. 19th AMDS dental lab technicians ensure Airmen are ready to deploy by manufacturing corrective devices and replacements for natural teeth.



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# 19th AMXS Airmen advance skills in Alaska

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



U.S. Air Force personnel from the 19th Aircraft Maintenance Squadron remove a damaged propeller on a C-130J on July 21 at Joint Base Elmendorf-Richardson, Alaska. Replacing a propeller can take approximately five hours. The 19th AMXS participated in Exercise Arctic Anvil where 41st Airlift Squadron C-130J aircrews conducted training in mountainous terrain. Aircraft maintenance is crucial in ensuring C-130Js are safe and certified to conduct missions.



U.S. Air Force personnel secure a damaged C-130J propeller on July 21 at Joint Base Elmendorf-Richardson, Alaska. The de-ice boot on the propeller failed an inspection, making it unusable. The 19th AMXS supported Exercise Arctic Anvil where 41st Airlift Squadron aircrews conducted training to ensure combat airlift can be executed in a multitude of environments.

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U.S. Air Force Staff Sgt. Kyle Chambasian, left, and U.S. Air Force Senior Airman Aaron Swible, 19th Aircraft Maintenance Squadron aerospace propulsion journeymen, fasten a bolt to remove a propeller July 21 at Joint Base Elmendorf-Richardson, Alaska. Airmen from the 19th AMXS participated in Exercise Artic Anvil where 41st Airlift Squadron C-130J aircrews conducted training missions in unique mountainous terrain. C-130J aircraft maintenance is crucial in ensuring C-130Js are safe and certified to conduct missions.



U.S. Air Force Staff Sgt. Kyle Chambasian, left, and U.S. Air Force Senior Airman Aaron Swible, 19th Aircraft Maintenance Squadron aerospace propulsion journeymen, secure a damaged C-130J propeller onto a stand July 21 at Joint Base Elmendorf-Richardson, Alaska. The de-ice boot of the propeller failed, which is a critical piece of equipment when flying at high altitudes and in Alaska.

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# CHANGE OF COMMAND

U.S. Air Force Col. Dawn Brooks assumes command of the 19th Medical Group at Little Rock Air Force Base on June 14.



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

U.S. Air Force Lt. Col. Angela Ochoa assumes command of the 61st Airlift Squadron at Little Rock Air Force Base on June 20.



U.S. Air Force Maj. Presland assumes command of the 19th Communications Squadron at Little Rock Air Force Base on July 7.



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

U.S. Air Force Lt. Col. Joseph Bonner assumes command of the 34th Combat Training Squadron at Little Rock Air Force Base on July 8.



U.S. Air Force Lt. Col. Elizabeth Beal assumes command of the 19th Medical Operations Squadron at Little Rock Air Force Base on July 13.



U.S. AIR FORCE PHOTO BY KEVIN SOMMER GIRON

U.S. Air Force Col. Michael Miller assumes command of the 314th Operations Group at Little Rock Air Force Base on July 15.





U.S. AIR FORCE PHOTO BY KEVIN SOMMER GIRON

U.S. Air Force Maj. Daniel Werner assumes command of the 19th Civil Engineer Squadron at Little Rock Air Force Base on July 1.



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



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

U.S. Air Force Maj. Mark Chapa assumes command of the 19th Maintenance Squadron at Little Rock Air Force Base on July 11.



U.S. AIR FORCE PHOTO BY KEVIN SOMMER GIRON



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

U.S. Air Force Col. Daniel DeVoe assumes command of the 314th Airlift Wing at Little Rock Air Force Base on July 18.



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

# Taking back their health

By Jeff Vaughn

19th Aerospace Medical Squadron

We want to introduce you to Airmen who've taken back their health through physical training and eating right, men and women who've overcome physical adversity and used it to make themselves stronger. One such Airman is Master Sgt. Jeff Clouse, 19th Medical Support Squadron noncommissioned officer in charge.

**So Master Sgt. Clouse what happened that made you make a conscious decision to really get fit and healthy?**

*I failed a PT test at a point in my career that really opened my eyes.*

**What did your typical preparation look like when preparing for a fitness assessment prior to your failure?**

*Typically two months out I would begin running 3 times per week and would utilize squadron PT.*

**Since that failure a couple of years ago how has your preparation changed?**

*Training year round would be the most significant change. I utilize the tools and training I learned while attending Vital 90. In addition, I constantly evaluate my diet.*

**What's the most important fitness lesson you've learned through the process?**

*Fitness and health are a balance of exercise and diet. You can't forget about your diet.*

**Which battle is most important when tackling fitness? Is it the Physical battle or Mental Battle?**

*The Mental battle is definitely the tougher challenge. Food is an addiction we eat out of habit. I had eaten poorly for 35 years before it caught up with me. Learning how to better fuel my body has been a real challenge. In addition, pushing through physical challenges takes mental toughness that requires a person to reach outside their comfort zone into*

*places that are both physically and mentally uncomfortable, but that's how you improve.*

**Do you have a favorite training method?**

*I prefer the style I learned in Vital 90. It challenges me and forces me to break through mental barriers that I wouldn't get to with just running or lifting weights. It's the combination and variety that challenges my body both physically and mentally.*

**Do you have a diet strategy and if so explain?**

*I limit the things that aren't healthy for me like sodas and sugar and I try to follow balanced diet with healthy snacks. I've learned to keep poor food choices out of my house, if they aren't available I won't eat them. If you keep poor choices in the house you will eventually have a weak moment and fall back into bad habits.*

**What is the most significant thing you've changed about your diet?**

*I quit drinking sodas and removed the creamer and sugars from coffee. Just cutting those two alone allowed me to lose my first 10 pounds.*

**How has getting fit changed your life?**

*It's allowed me to enjoy a much more active life and reduced the amount of stress leading into fitness assessments. Before I changed my habits I constantly feared the PT test. I no longer fear the test because I prepare my body every day to be strong and healthy which keeps me ready for any test that comes my way.*

**What advice do you have for Airmen who are struggling with their fitness assessment and weight?**

*Make a plan and stick to it. Use the resources the Little Rock Air Force Base has to offer. Attend the Vital 90 classes as they are free and they will push you beyond your normal limits. However, the biggest advice I can give Airmen today is not to give up. We all fall short on our goals at times. Pick yourself up and keep pushing forward, you only fail when you quit.*



COURTESY PHOTOS

U.S. Air Force Master Sgt. Jeff Clouse (center), 19th Medical Support Squadron TRICARE operations and patient administration noncommissioned officer in charge, runs with the Vital 90 class March 2014. Clouse joined Vital 90 after failing a PT test.



Clouse (center) celebrates with Vital 90 staff after passing his PT test September 14. From March to September, Clouse lost 27 pounds, 5 inches and 3 minutes from his total run time.

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**SCHEDULE**

Field 1				Field 2			
DATE	TIME	HOME	AWAY	DATE	TIME	HOME	AWAY
Aug. 8	6 p.m.	19th CES	19th CPTS	Aug. 8	6 p.m.	19th MDG	19th LRS 2
	7 p.m.	48th AS	19th MXG		7 p.m.	19th OSS	19th FSS
Aug. 10	6 p.m.	19th LRS 2	48th AS	Aug. 10	6 p.m.	19th MXG	19th CES
	7 p.m.	19th FSS	19th MDG		7 p.m.	19th CPTS	19th OSS

**TEAM STANDINGS**

Team	Wins	Losses
19th MDG	5	2
19th FSS	5	2
19th OSS	5	2
48th AS	4	3
19th MXG	3	4
19th CES	2	5
19th CPTS	2	5
19th LRS	1	6

**NATIONAL LEAGUE**

**SCHEDULE**

Field 1				Field 2			
DATE	TIME	HOME	AWAY	DATE	TIME	HOME	AWAY
Aug. 9	6 p.m.	FIRE DEPT	314th AMXS	Aug. 9	6 p.m.	19th AMXS	ARNG
	7 p.m.	19th MXS	19th SFS		7 p.m.	19th LRS 1	189th AW
Aug. 11	6 p.m.	ARNG	19th LRS 1	Aug. 11	6 p.m.	19th SFS	FIRE DEPT
	7 p.m.	189th AW	19th MXS		7 p.m.	314th AMXS	19th AMXS

**TEAM STANDINGS**

Team	Wins	Losses
19th MXS	5	1
19th LRS 1	4	2
189th AW	3	3
FIRE DEPT	3	3
314th AMXS	3	3
19th AMXS	3	3
19th SFS	2	4
ARNG	1	5

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Members of the 19th Maintenance Squadron and the Arkansas Army National Guard face off in an intramural game Aug. 2 on base. The 19th MXS took home the win 25-9.

U.S. AIR FORCE PHOTOS BY AIRMAN GRACE NICHOLS



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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

PMOC .....noon  
 (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.

### 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: 354

C-130J: 212



## Military Expo Sept. 17

The 2016 Arkansas Military Expo will be held from 10 a.m. to 4 p.m. Saturday, Sept. 17 on the flightline at Little Rock Air Force Base. 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](http://www.littlerock.af.mil), or scan the QR code.



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## ANNOUNCEMENTS

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**31ST AR Book & Paper Show** August 6-7, Sat. 9 am - 5 pm, Sun. 9 am - 4 pm. Jacksonville Community Center, 5 Municipal Drive, Jacksonville. Rare & Collectible Books Postcards, Maps, Documents & Photo Admission \$5.00, Students \$2.00. email [mcintrcoll@aol.com](mailto:mcintrcoll@aol.com) for more info.\*\*

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## YARD SALES

**YARD SALE**, 8/6, 8 am-2 pm, 1208 Eastview Dr., Jax. Clothing, shoes, jewelry, church hats & all articles for ladies - all from New York.

**GARAGE SALE**, 8/5 and 6, 14 Highpoint Dr., Cabot, off Mt. Springs Rd., follow signs. Rain or shine. (501) 658-0543.

**LARGE SALE**, 8/5 and 6, 7 am-? 2227 W., Main, Jax., Plantation Plaza.

**4-FAMILY YARD sale**, 8/5 and 6, 406 N. Cedar St., Beebe. Tools, hunting clothes, furniture, appliances, too much to list, good prices, don't miss out. Cancel if rain.

## LOST & FOUND

**FOUND: PART** of engagement ring, approx. 6/9 or 10 in front of Shopette. Contact Sgt. Carter @ (501) 987-5351.

**LOST: BLACK** male cat and gray male Tabby cat, 7/1, Sunshine Ln., North Pulaski County area. (501) 988-0062.

**LOST: 7/2**, female black Lab, named Onyx, last seen Hwy. 107 and Gen. Samuels, Jax. (501) 259-2046 or (501) 412-9699.

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

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

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**'98 MUSTANG**, red, V6, cold A/C, leather seats, 5-speed, very good car, \$2,800 obo. (501) 348-5845.

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**5'X16' SINGLE** axle trailer w/gate, needs work, axle in good condition w/new tires, \$150. Call/text: (501) 772-7728.

**2000 FORD** Ranger, 4-cyl., 5-spd., A/C, Stepside, runs good, \$1,850 cash. (501) 952-3937.

**1995 MERCURY** Cougar XR7, good motor and trans., \$950 (Kelly Blue Book value) obo. (501) 239-1131.

**'08 DODGE** Ram 1500, century shell, 1 owner, 54,670 mi. (501) 422-0354.

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**2005 BASS** Tracker 175, 50 hp. 2-stroke Mercury motor, 46 lb. thrust, electric trolling motor, fish finder, trailer, good condition, ready to fish, \$6,300. (501) 286-7268.

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

## HELP WANTED

## RECREATIONAL VEHICLES

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

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1999 KAWASAKI Concourse motorcycle, one owner, 28k miles, excellent condition, \$2,300. 605-2935 or 941-7340.

36' ARCTIC Cat motor home, 32,000 miles, good condition, \$12,500. (501) 882-7192.

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**ITEMS FOR SALE**

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

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

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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.

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

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

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PORTER CABLE 3 gal., 150 psi. air compressor, construction site ready, \$150. Call/text: (501) 772-7728.

**ITEMS FOR SALE**

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PORCELAIN INDIAN dolls, ranging in sized from 2" to 3' tall, also, Victorian-style dress dolls. (501) 286-4100.

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SOFA, ARM chair, ottoman, off white, micro-suede, great condition, \$325. (501) 834-0985.

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**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!

3 BEDROOM, 2 bath home, 2-car garage, new floors, in Ward. \$126,500, very motivated seller. Call or text (808) 726-0950.

1825 SQ. ft. brick, 3 bedroom, 2 bath, Vilonia schools. Large lot, double steel gate, cement pad for RV/boat. 4 miles east of Conway, \$162,500. (501) 504-6643.

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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  
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 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!  
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 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  
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 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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**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-da-sac. 625 Brookhaven Ct., Jacksonville ~ \$79,500.  
**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.  
**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 ~ \$155,500.  
**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.  
**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 ~ \$137,900.  
**PERFECTION PLUS IN THIS WONDERFUL 3 BEDROOM 2 BATH HOME** w/over 1,800 sq. ft. Open floor plan, great for entertaining. Kitchen has new appliances & breakfast bar. Master bath has dbl. vanities, jetted tub sep. shower & his/her walk in closets. Step out in the backyard to the in-ground pool, screened in sitting area & a deck for grilling. So many extras in this home it is a must see. 145 Kayla Lane ~ \$189,500  
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