

# COMBAT

## AIRLIFTER

VOLUME 63 • NUMBER 39 • FRIDAY, OCT. 14, 2016

# BLACK KNIGHTS PROVIDE SUPPORT FOR HAITI



AFRC

THE ROCK

85684

PAGES 10-11

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

Supplies housed at Joint Base McGuire-Dix-Lakehurst, N.J., are offloaded from a Little Rock Air Force Base C-130J on Oct. 8 in Port-au-Prince, Haiti. By using airlift capabilities, the two Air Mobility Command bases partnered together to quickly and safely deliver relief to the people of Haiti.



### PROGRAM PROVIDES SUPPORT

Little Rock AFB continues to strive toward improving quality of life for 400 Team Little Rock families enrolled in the Exceptional Family Member Program.

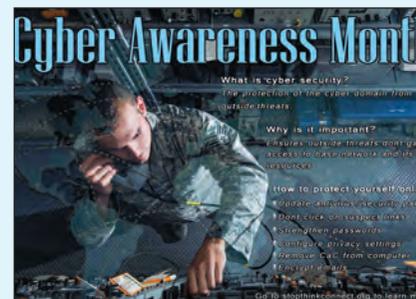
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### CFC Kicks Off

The annual Combined Federal Campaign officially kicked off Oct. 7 at Little Rock Air Force Base.

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### EVERY AIRMAN'S RESPONSIBILITY

More than ever before the world is connected to a vast cyberdomain. The internet touches most aspects of daily life. With one click of a mouse or swipe of a finger, people can access volumes of information available to all users.

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# Congratulations to newest 31 ALS graduates

Thirty-one Airmen graduated from Airman Leadership School on Oct. 13 at Little Rock Air Force Base, Arkansas:

■ **John L. Levitow Award:** Senior Airman Jayson Foster, *19th Civil Engineer Squadron*

■ **Leadership Award:** Staff Sergeant Caine Nielsen, *19th Civil Engineer Squadron*

■ **Academic Achievement:** Senior Airman Bodin Rasbeck, *19th Civil Engineer Squadron*

■ **Distinguished Graduates:**

■ Senior Airman Christopher Hood, *19th Maintenance Squadron*

■ Staff Sergeant Caine Nielsen, *19th Civil Engineer Squadron*

**Graduates:**

■ Senior Airman Babatunji Abass, *19th Contracting Squadron*

■ Senior Airman Jill Anderson, *314th Aircraft Maintenance Squadron*

■ Senior Airman Christopher Brooks, *19th Aircraft Maintenance Squadron*

■ Senior Airman Josheb Chance, *314th Aircraft Maintenance Squadron*

■ Senior Airman Vincent Chandler, *19th Logistics Readiness Squadron*

■ Senior Airman Shaun Craghead, *189th Operations Support Squadron*

■ Senior Airman Timothy Cutberth, *195th Wing*

■ Senior Airman Shannon Cooper, *913th Operations Support Squadron*

■ Senior Airman Stephen Denbleyker, *19th Civil Engineering Squadron*

■ Senior Airman Edward Garcia, *314th Aircraft Maintenance Squadron*

■ Senior Airman Joshua Hawkins, *19th Aircraft Maintenance Squadron*

■ Senior Airman Kaillie Helart, *19th Force Support Squadron*

■ Senior Airman Jared Housel, *19th Maintenance Squadron*

■ Senior Airman Troy Iversen, *19th Logistic Readiness Squadron*

■ Senior Airman Christopher Jackson, *19th Aircraft Maintenance Squadron*

■ Senior Airman Albert Johnson, *19th Civil Engineer Squadron*

■ Senior Airman Tim Koenigseder, *188th Intelligence Squadron Reconnaissance Group*

■ Senior Airman Justin Lyles, *48th Airlift Squadron*

■ Senior Airman Corey Malone, *913th Maintenance Squadron*

■ Senior Airman Jedcharles Martin, *19th Maintenance Squadron*

■ Senior Airman Dalton Nielsen, *19th Maintenance Squadron*

■ Senior Airman Christine Norman, *189th Force Support Squadron*

■ Senior Airman Charles Romero, *314th Aircraft Maintenance Squadron*

■ Senior Airman Sammy Ray Skeans Jr., *19th Maintenance Squadron*

■ Senior Airman Niall Spradley, *19th Operations Support Squadron*

■ Senior Airman Nicola Vincent, *19th Comptroller Squadron*

■ Senior Airman Sean Zeringue, *48th Airlift Squadron*

(Information courtesy of the 19th Force Support Squadron)



## MSG CORNER

### CONSTRUCTION

■ The Vandenberg Boulevard construction project continues its last phase. Traffic is two ways and the speed limit is 25 mph. Inbound traffic must continue on Vandenberg to Sixth Street and cannot turn onto Arnold Drive or Thomas Avenue. Outbound traffic may access the main gate via Thomas Avenue or Vandenberg. The right hand turn from outbound Vandenberg Boulevard onto Thomas Avenue is open.

■ Roof repairs on the fitness center continue this week. Vehicle access and the main sidewalk from the parking lot to the facility will remain open. Portions of sidewalks near the parking lot may be closed for a short duration for safety.

## EDITORIAL POLICY

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# COMBAT AIRLIFTER OF THE WEEK

**NAME**

Staff Sgt. Gregory J. Lishman

**UNIT**

19th Logistics Readiness Squadron

**POSITION**

Vehicle Operations Control Center Supervisor

**HOMETOWN**

Denver, Colorado

**TIME ON STATION/ TIME IN SERVICE**

3 years 10 months/ 7 years 5 months

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**WHY IS SERVING IN THE AIR FORCE IMPORTANT TO YOU?**

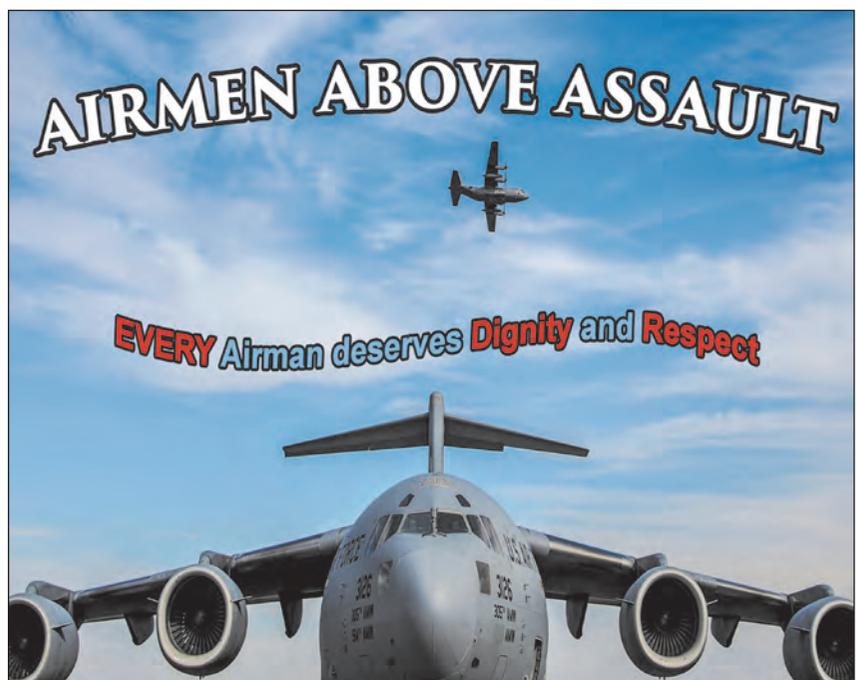
“Serving is important to me because I want to provide a free and wonderful childhood to my child and others as it was provided to me by our service men and women.”

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

“The accomplishment I’m most proud of is graduating Airmen Leadership School and receiving the John Levitow Award because it shows that the hard work and dedication I’ve spent in service is paying off.”

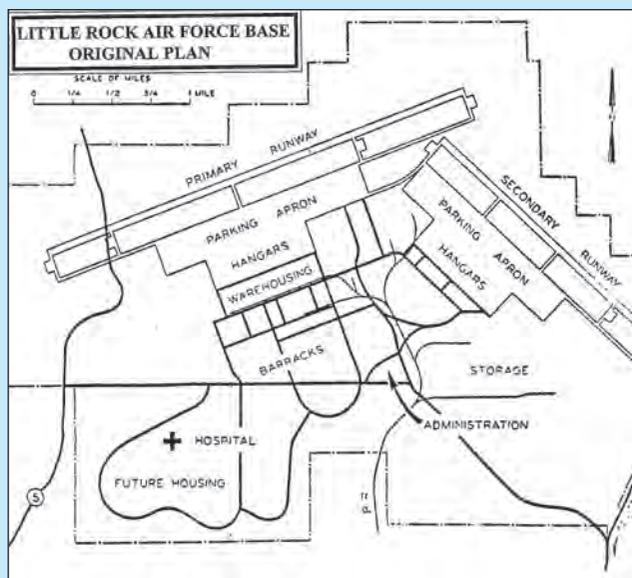


U.S. AIR FORCE PHOTO BY AIRMAN KEVIN SOMMER GIRON



U.S. AIR FORCE GRAPHIC

## HISTORY FACT



COURTESY PHOTO

On Nov. 6, 1953, construction began at Little Rock Air Force Base. Initial construction was started by Air Force engineers, but later in the month contractors began clearing, grading and building drainage systems. Houses, fences, railway tracks, warehouses and trees were cleared from more than 300 acres of land. The original base plan called for two runways. The first runway, considered the main runway, occupies its present site. The second runway was to extend from the northeast end of the main runway parallel to present-day Maddox Road but was not finished due to construction costs and mission changes. The design plan was intended to support the rapid deployment of the B-47 and RB-47 bomber aircraft, which the Air Force assigned to Little Rock AFB.



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- MEXICAN RICE
- SOPAPILLAS

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- ★ RICE AND NOODLE BAR
- EGG ROLLS
- ALMOND COOKIES
- FORTUNE COOKIES

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- FRESH SIDES
- CINNOBABIES



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WED, 2 NOV  
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WORKING UP AN APPETITE WON'T BE A PROBLEM ON THIS TOUR! WE'LL BE SAMPLING OUR WAY THROUGH SOME OF THE SOUTH'S FAVORITE DELICACIES AND PASSING THROUGH SOME OF LITTLE ROCK'S MOST POPULAR NEIGHBORHOODS. WE WILL TASTE FOOD SUCH AS CHEESE DIP FROM THE CAPITOL HOTEL, BBQ RIBS, HOMEMADE ICE CREAM, LOCAL CRAFT BEER FROM STONE'S THROW BREWERY AND BOURBON FROM ROCK TOWN DISTILLERY.

\*must be 21 & older to participate  
\*minimum of 4 people must register

987-3365  
with Outdoor Recreation

# Chiefs Group Sharp Troop



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

U.S. Air Force Senior Airman Vincent Chandler, left, 19th Logistics Readiness Squadron aerial delivery member, is awarded the Chiefs Group Sharp Troop Award on Oct. 7 by U.S. Air Force Chief Master Sgt. Steven Roberts, 19th LRS Aerial Port Operations superintendent, at Little Rock Air Force Base.

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\*On purchases of \$2,500 or more with your FFO Home credit card. No down payment required. Interest will be charged to your account from the purchase date if the promotional purchase is not paid in full within the promotional period. Minimum monthly payments required.

## Tips for a Spooktacular Halloween

**89%\*** of kids participate in Halloween

Remind your child to never enter a stranger's home

Choose a costume that is **flame-resistant**

Knives, swords and accessories should be made of **cardboard** or **flexible** materials

Fasten **reflective tape** to the costume for increased visibility, and choose bright colored costumes

Use **nontoxic** makeup, testing it in a small area first

Costumes, including shoes, should be **well-fitted**

Make sure masks have **large** eye, nose and mouth openings

Be sure to have an adult check candy before children eat it

**73%\*** of kids go trick-or-treating door-to-door

Halloween is an exciting time for kids, but can be worrisome for parents. This year, leave the fear to Spooky movies and pick a costume that's fun - **and safe** - for your child.



\*Statistics courtesy of Safe Kids Worldwide



(From left) U.S. Air Force Special Agent Adam Boccher and Brittany Boccher push their son, Blake, in a swing on Sept. 9 at Little Rock Air Force Base. The Exceptional Family Member Program unveiled the accessible therapeutic swing at the base playground near the family camp.

U.S. AIR FORCE PHOTO BY AIRMAN GRACE NICHOLS

# Exceptional Family Member Program provides support to Airmen, families

**By Airman Grace Nichols**

*19th Airlift Wing Public Affairs*

Military families are often asked to leave their homes, schools and friends to go where they are needed. In combination with goodbyes and making moving arrangements, it can be a very stressful time.

Recently, a family of three was asked to do just that. In the middle of an already complicated process this family was faced with the birth of their second child.

“Blake’s birth and diagnosis of Down Syndrome occurred in the middle of my family’s move to Little Rock,” said U.S. Air Force Special Agent Adam Boccher.

Despite Blake being their second child, the Boccher family suddenly experienced the fear a new parent feels in a whole new light.

The Air Force family at Little Rock supported the Bocchers and led them on the path to success.

The Exceptional Family Member Program, a program designed to provide support to military family members with special needs, stepped in to help the Bocchers find their way.

“To say our family was on an emotional rollercoaster going in circles would be an understatement,” Boccher said. “The Rock’s EFMP pulled us out of the cycle of confusion, set us - and more importantly Blake - on a path to success, and allowed me to refocus on being a wingman, leader and warrior.”

Through the efforts of the EFMP community, the Boccher family received the support they needed to focus less on logistics and more on loving and caring for Blake.

“When families feel empowered about their needs they are more likely to feel invested and make meaningful decisions, which improve their overall well-being,” said Regena Handley, 19th Medical Group EFMP representative.

Developing and caring for Airmen and their families is one of the goals of both the U.S. Air Force and EFMP. The program is multipurpose, working to ensure equal opportunity for family members with special needs.

Boccher’s wife, Brittany Boccher, took advantage of this when she noticed there weren’t any accessible swing sets on base for children with special needs.

“Do you remember enjoying the playground when you

were a kid?” Brittany said. “Maybe seeing who could swing the highest? Those opportunities can be lost for a child whose disability keeps them from using a playground.”

With the help of the EFMP community, Brittany helped coordinate every step of the process.

Brittany reached out to the EFMP with her research, coordinating with Handley for financial and logistical support for a swing with core-support and a seatbelt.

Welcomed by Blake’s joyful giggles, the accessible therapeutic swing was unveiled at the playground near the Family Camp and small base lake September 9, 2016.

The relentless efforts of the EFMP community allows children with disabilities an opportunity to be shoulder-to-shoulder with their peers, made evident by Blake and his sister, Harper, as they played side-by-side on the swingset.

Little Rock AFB’s EFMP continues to strive toward improving quality of life for 400 Team Little Rock families enrolled in the program.

“The base’s EFMP is growing,” Brittany said. “There is always room for improvement, it takes families participating and having their voices heard for the program to be successful and meet the needs of EFMP families.”

# CFC launches at Little Rock AFB

By Airman Grace Nichols  
19th Airlift Wing Public Affairs

The annual Combined Federal Campaign officially kicked off Oct. 7, 2016, at Little Rock Air Force Base, Ark. The fund-raising drive conducted by federal employees in their workplace each autumn supports and promotes generosity through a voluntary program that's employee-focused, cost-efficient and effective in providing all federal employees the opportunity to improve the quality of life for all.

In addition to workplace support, CFC hosts fundraising booths at local base events, such as the Chiefs' Fun-Run.

The installations Chiefs' Group Fun-Run helped kick-off the event, setting aside \$500 from the entry fees for the CFC, making the CFC'S total donations during the event more than \$1,500.

"It's really awesome that we're raising money to help support different organizations on base, and helping others in our community," said U.S. Air Force Senior Airman Aaron Watts, 19th Aircraft Maintenance Squadron command support section technician. "The 5K was a great opportunity to meet Airmen from different squadrons,"



U.S. AIR FORCE PHOTO BY AIRMAN GRACE NICHOLS

Little Rock Air Force Base's Chief's Group presents U.S. Air Force Capt. Dillon Deutsch, Team Little Rock Combined Federal Campaign lead representative, with a check toward the CFC on Oct. 7 at Little Rock Air Force Base. The donation was made possible by the funds from the Chief's Fun-Run.

People can donate to the CFC myPay and paper pledge forms. Each squadron has a CFC representative who can answer questions about donations and DOD sanctioned charitable organizations.

"We really want to stress that there is something for everyone," said U.S. Air Force Capt. Dillon Deutsch, Team Little Rock CFC lead representative. For more information, call 501-987-4123.

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# One year later: TORQE 62 remembered

By Capt. Korey Fratini

455th Air Expeditionary Wing Public Affairs

BAGRAM AIRFIELD, Afghanistan – Airmen from across Bagram gathered together to remember those lost when a C-130J Super Hercules, call sign TORQE 62, crashed on departure from Jalalabad Airfield, Afghanistan, one year ago. Six Airmen and five contractors were lost on Oct. 2, 2015.

Six battlefield crosses stood in front of a formation of Airmen from the 774th Expeditionary Airlift Squadron and the 455th Expeditionary Security Forces Squadron. Those crosses represented the six Airmen lost.

The six Airmen who lost their lives when TORQE 62 crashed supporting Operation Freedom's Sentinel had their names read aloud in a symbolic roll-call. They were Capt. Jordan Pierson, Capt. Jonathan Golden, Staff Sgt. Ryan Hammond, Senior Airman Quinn Johnson-Harris, Senior Airman Nathan Sartain and Airman 1st Class Kcey Ruiz.

Two of the Airmen that day were from the 455th ESFS Fly Away Security Team. Dedicated to protecting aircrew

and the aircraft, Capt. Shawn Chamberlin, 455th ESFS commander, reflected on their mission.

"These Airmen put their lives at risk to protect the aircrew and aircraft," said Chamberlin. "They understand their charge and they accept that possible fate every time they walk out onto this ramp, they understand what needs to happen and what could potentially happen."

Every day Airmen from the 455th Air Expeditionary Wing execute missions in support of the defense of the United States. One year ago was no different.

Col. Jason Bailey, 455th Expeditionary Operations Group commander reminded everyone in attendance what TORQE 62 represented and still represents today.

"In the past year TORQE 62 has become much more than a loss to the C-130 community, it has become a symbol of something larger," Bailey said. "The C-130 is a proud community with a strong heritage. It has been the backbone of tactical airlift for decades and remains so today. It is a community full of quiet professionals who bring airlift, a special brand of airpower to the battlefield and say things like anytime, anywhere." In honor of those who gave the ultimate sacrifice, four encased flags

were dedicated to those Airmen and the four squadrons they were a part of. The flags were flown on a C-130J mission to honor the fallen on the one year anniversary of the mishap. While deployed to Bagram those lost represented the 774th EAS, 455th ESFS, 39th Airlift Squadron and the 66th Security Forces Squadron.

Bailey closed by honoring and acknowledging the sacrifice that each of those Airmen made.

"The members of TORQE 62 remind us of something incredibly important, Bailey said. "It takes a truly special person to raise their right hand and volunteer to serve. In the United States military we swear an oath, inherent in that oath is a pledge of something greater. It's not a rite of passage, it's not an agreement, and it's not just an entry requirement. It is the solemn promise that we will give our lives in the defense of this nation.

"The Airmen, all Airmen of TORQE 62 serve as an example of what it means to make good on that solemn promise," Bailey said. "They demonstrated the wiliness to serve their country and to make the ultimate sacrifice when called upon for something greater than themselves. They are heroes, every one."

# CHURCH DIRECTORY

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Wednesday, 6:30 PM

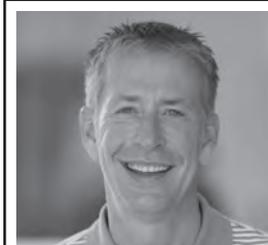
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to the Needs of  
People, Regardless  
of Race, Ethnicity  
or Economics."



# Cyber security: Every Airman's responsibility

By Airman Kevin Sommer Giron  
19th Airlift Wing Public Affairs

More than ever before, the world is connected to a vast cyberdomain. The internet touches most aspects of daily life. With one click of a mouse or swipe of a finger, people can access volumes of information available to all users.

This is why it's imperative for service members and government employees to use their situational awareness when operating within the Department of Defense network, as well as their personal computers.

October is the month to brush up on online safety as it marks the beginning of National Cyber Security Awareness month.

"The purpose of this month is to raise awareness and mitigate the threats we face in cyberspace every day," said U.S. Air Force Maj. Daniel Presland, 19th Communications Squadron commander. "We want Airmen to understand that the actions they take online have implications in the real world and that there are cybercriminals out there."

Shopping, banking and connecting with loved ones have become normal online activities. As a result, individuals increasingly share more sensitive information that's highly sought after by cybercriminals – which is why it's critical to secure network connections.

"One way Airmen can increase their cyber awareness is by performing 'cyber hygiene,'" Presland said. "That means taking care of those easy, but fundamental, aspects of cybersecurity."

## Cyber Awareness Month

**What is cyber security?**  
The protection of the cyber domain from outside threats.

**Why is it important?**  
Ensures outside threats don't gain access to base network and its resources

**How to protect yourself online:**

- Update antivirus/security patches
- Don't click on suspect links
- Strengthen passwords
- Configure privacy settings
- Remove CaC from computer
- Encrypt emails

Go to [stophinkconnect.org](http://stophinkconnect.org) to learn more

- This includes, but is not limited to,
- Ensuring antivirus software and security patches are up-to-date
  - Not clicking on suspicious links
  - Strengthening passwords
  - Removing common access cards from computers
  - Encrypting emails
  - Configuring privacy settings on social media accounts.
- "Cybercriminals will use any vulnerability that exists on your computer's software or infrastructure in order to
- See Cyber, page 14**

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**By Senior Airman Mercedes Taylor**  
*19th Airlift Wing Public Affairs*

PORT-AU-PRINCE, Haiti – Airmen from the 19th Airlift Wing at Little Rock Air Force Base dedicated three C-130Js to the delivery of humanitarian aid and disaster relief response for Haiti on Oct. 7 after the Category 4 hurricane tore through the island.

Currently, the U.S. Air Force is ferrying supplies to Haiti after Hurricane Matthew crippled access to the southwest region of the island and other hard-hit areas, washing out bridges and roads.

Although only one aircraft from the 61st Airlift Squadron went to Haiti and provided relief, two aircraft from the 41st Airlift Squadron remained on standby to offer support.

The 61st AS, along with members from the 41st AS and other base agencies, transported personnel from the 621st Contingency Response Wing, Joint Base McGuire-Dix-Lakehurst, New Jersey, a HUMVEE and other supplies to Port-au-Prince, Haiti, to support U.S. Aid operations.

Air Mobility Command is tasked with providing unrivaled rapid global mobility. For this response, Little Rock AFB and Joint Base McGuire-Dix-Lakehurst worked together to ensure the supplies needed were transported to Haiti. These supplies were used to immediately treat individuals affected by the hurricane while others assisted recovery efforts.

“Humanitarian aid and disaster relief is a part of unrivaled airlift,” said U.S. Air Force Lt. Col. Angela Ochoa, 61st AS commander. “It is one of the most rewarding missions people can be a part of.”

No stranger to providing humanitarian support, Little Rock AFB served as a supply hub and aeromedical evacuation center during the aftermath of Hurricane Katrina in 2005. The U.S. Air Force stands ready for future requests from U.S. Aid to provide further aid and assistance.

“It feels good to be in a position to be able to help other people,” said U.S. Air Force Capt. John Rebolledo, 61st AS C-130J pilot. “We have immense capability and flexibility to do so because of our assets.”

Little Rock AFB is the Home of Combat Airlift and the world’s largest C-130 community, making the task to provide rapid global mobility a perfect fit. The C-130 Hercules primarily performs the tactical portion of the airlift mission. The aircraft is capable of operating from rough, dirt strips and is the main transport for airdropping troops and equipment into hostile areas and is the prime aircraft used to support natural disaster relief missions.

# Black Knights provide



Supplies housed at Joint Base McGuire-Dix-Lakehurst, N.J., are offloaded from a Little Rock Air Force Base C-130J on Oct. 8 in Port-au-Prince, Haiti.

# support for Haiti



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

By using airlift capabilities, the two Air Mobility Command bases partnered to quickly deliver relief to Haiti.



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

Team Little Rock service members step onto a C-130J aircraft in preparation for a humanitarian mission to Haiti Oct. 7 at Little Rock Air Force Base. Hurricane Matthew, a Category 4 hurricane, struck Haiti and the surrounding Caribbean islands initiating a disaster relief response in which Little Rock AFB was a part of.



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

U.S. Air Force Tech Sgt. Katie Smith, 19th Operations Support Squadron aircrew flight equipment specialist, loads equipment onto a C-130J in preparation for a humanitarian mission to Haiti on Oct. 7 at Little Rock Air Force Base. Hurricane Matthew, a Category 4 hurricane, struck Haiti and the surrounding Caribbean islands initiating a disaster relief response in which Little Rock AFB was a part of.



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

U.S. Air Force Senior Airman Jordan Decillis, 19th Operations Support Squadron aircrew flight equipment specialist, loads equipment onto a C-130J in preparation for a humanitarian mission to Haiti on Oct. 7 at Little Rock Air Force Base. Hurricane Matthew, a Category 4 hurricane, struck Haiti and the surrounding Caribbean islands initiating a disaster relief response in which Little Rock AFB was a part of.

# Women can prolong their lives by taking these steps

By J.D. Levite

Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. — Everyone — children and adults, men and women — should take charge of their own health to ensure they're able to live a long and healthy life. One of the most important things women can do to maintain good health is schedule an annual Well Woman visit with their healthcare provider.

Well Woman exams help assess individual risks for women and can provide services for immunizations, contraceptives, screening for disease and counselling for sexually transmitted infections.

"This is probably the most important thing women can do for their health," said Maj. Joshua Duncan, the chief resident for General Preventive Medicine Residency with the Uniformed Services University of Health Sciences. "An annual Well Woman visit is an opportunity to detect and prevent disease."

He said it's also used as one of the ways to screen for domestic violence. "Unfortunately, abusive relationships often go unrecognized. This is also an opportunity for us to help people who may be in domestically violent relationships."

When it comes to immunizations, Duncan said the vaccine for the Human Papillomavirus is a huge success for women. It's a form of primary prevention, which means the vaccine prevents the disease from ever happening in the first place.

HPV is "the virus that causes genital warts and cervical cancer," Duncan said. "We don't get many cures for cancer, and this is a way to prevent one type of cancer, which I think is pretty awesome."

To achieve the best results, the vaccine usually starts at a young age, and women entering their child-bearing years should start getting Papanicolaou tests, or Pap smears. This test checks for changes caused by HPV, and it's something women in their 20s should get every three years.

"A lot of women are reluctant to come in because of Pap smears. It's probably not the most comfortable experience for many patients" Duncan said, "but for women age 30 and over we're now spacing it to every five years as long as they're getting the blood test (that looks for HPV), too."

Another thing women in this age group should consid-

er is folic acid supplementation. Folic acid can help prevent birth defects in case of pregnancy, and Duncan said most women's multivitamins include it.

Women going into their 50s or older should expect to start getting mammography, which is a screening tool that checks for breast cancer, and should be aware of their bone health.

"Women over 65 are at an increased risk for osteoporosis," Duncan said. Osteoporosis is a disease where bones lose the strength they once had and can result in broken bones and increased injury after falls, but there are medications women can take to help strengthen their bones. He also said women younger than 65 may be at increased risk for osteoporosis, and their risk factors will be reviewed during an annual Well Woman visit.

The three most important things women can do to stay healthy is commit to an annual Well Woman checkup every year, take charge of their own healthcare, and speak up.

"What patients do at home is far more important than anything we can do in an office visit," Duncan said. "We are there to provide education and provide some services, but healthcare is a partnership and our patients are the ones responsible for doing all the heavy lifting."

He added some of the things women can do on their own is maintain a healthy diet and constant exercise, practice safe sex, and even learn more about themselves through their family's history.

"Women who have a family history of cervical cancer or ovarian cancer may be at increased risk for developing breast cancer. There's a genetic mutation that puts them at increased risk. So if this is something that runs in your family, it's important to let your provider know during your annual visit."

Duncan said women who are more prepared for their healthcare visits will see positive impacts in their health.

"By staying on top of these preventive services, you can prevent diseases," he said. "You can catch them early enough that we can intervene and provide treatments that prolong your quality of life and let you do the things you want to do for a longer period of time."

Two resources Duncan recommended include WomensHealth.gov and AHRQ.gov, which has a section to help patients come up with questions they should be asking with every visit to the doctor.



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## POLITICS AND WORK DON'T MIX

*Be aware of DOD policy before you get involved*

- **ACTIVE DUTY** personnel may express personal opinions on political candidates and issues as well as make monetary contributions to a political campaign or organization and attend political events as a spectator when NOT in uniform.
- **ACTIVE DUTY** personnel must not engage in partisan political activities or campaign for a partisan candidate, campaign or cause.
- **ALL DOD PERSONNEL** must not engage in political activity while on-duty or in a federal building (including forwarding political emails and posting political messages on any social media outlet).
- **ALL DOD PERSONNEL** identified by a social media site as a DOD employee must clearly and prominently state views expressed are those of the individual and not of the DOD.

For more guidance on military members and Air Force civilian employees, reference DODD 1344.10, AFI 51-902 and The Hatch Act

### Get your vote in

The Nov. 8 election is less than a month away. If you want to register to vote, visit [www.FVAP.gov](http://www.FVAP.gov) to complete a registration application and request your absentee ballot.

It only takes a few quick steps to make sure your vote is counted no matter where you are in the world.

To register and request your ballot, complete the Federal Post Card Application using the FPCA online assistant or pick up a hardcopy version from your Voting Assistance Officer or nearest U.S. Embassy or Consular Office.

Ensure your election office is kept up-to-date with your Authorized Military Mailing Address as provided by your servicing Military Post Office.

If mailing from outside the U.S., ensure there is proper postage if using a foreign mail service. As always, you can call or e-mail your election office to ensure they received your information as well.

To find your state's election website for specific information on candidates, elections, contact information and links to your local election offices, visit FVAP's contact page ([www.fvap.gov/info/contact](http://www.fvap.gov/info/contact)).

For more information on the Federal Voting Assistance Program or if you need help with the absentee voting process please go to [www.FVAP.gov](http://www.FVAP.gov) or call FVAP at 1-800-438-VOTE.

# Politics & social media

By Airman Grace Nichols

19th Airlift Wing Public Affairs

With election season heating up, it's important to remember the rules service members and Department of Defense civilians must adhere to.

"There are plenty of ways you can still get involved — and you should," said U.S. Air Force Capt. Stephanie Howell, 19th Airlift Wing judge advocate. "Although military personnel are encouraged to vote, engaging in political activities is prohibited."

When stating their political opinions, service members must avoid the inference that their views are supported or endorsed by the DOD or a specific branch of service.

On social media, service members and DOD civilians may become a "friend" of or "like" the Facebook page, or "follow" the twitter account of a political party or partisan candidate, campaign, group or cause but cannot invite others to do the same.

"Some activities, although not expressly prohibited, may be contrary to the spirit of the regulation. Be especially careful

of posting on social media — it's easy to accidentally step over the line," Howell said. "Campaigning for a candidate, soliciting contributions and marching in or attending a political campaign while in uniform are prohibited."

For a complete list of permissible and prohibited activities, consult DOD Directive 1344.10, Political Activities by Members of the Armed Forces Guidance for Military Personnel.

For more information on what is permissible during an election season, contact the legal office at 501-987-7886.

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## CIVILIAN CORNER

### Leave year ends Jan. 7

The leave year for civilian employees ends Jan. 7, 2017. The maximum amount of annual leave an employee may carry forward is 30 days/240 hours.

Any leave that exceeds the maximum accumulation will be forfeited. As a reminder, employees who may lose leave can donate their leave to other federal employees participating in the Voluntary Leave Transfer Program.

Call the Civilian Personnel Office at 987-3212 for more information.

## Account Manager

Little Rock AFB Chapel is seeking a part-time contracted Account Manager for its Chapel Tithes and Offering Funds (CTOF). The individual is required to budget and account for all CTOF assets, income, and expenditures.

A minimum of one year experience as an accountant/bookkeeper in accounting procedures is required. A technical certification or associate degree in business or general public accounting is preferred, but not required. Background checks will be required as directed by DoDI 1402. The award of this contract will be based upon the "best value" to the government. Bid application packet can be obtained from the Chapel, Bldg 950, Monday-Friday, 7:30 a.m.-noon and 1 p.m.-4:30 p.m. Monthly pay is determined by sealed bid. All sealed bids must be received by the Chapel no later than 9 a.m. Oct. 24. Anyone may apply for this position, military affiliation or access to the Air Force Base is NOT required.

For further information or bid submission for this contract position, contact Chaplain Elbert Fadallan, Chaplain Eglon Angel, or Sergeant Brian Cravo at the Base Chapel at 501-987-6014.

## Cyber

Continued from page 9

compromise your machine," Presland said. "By taking those fundamental steps, you are one-step ahead of the adversary."

The goal is to secure Little Rock Air Force Base's network and ensure outside threats do not gain access to information that could compromise base security and its resources.

"Everybody has a piece in ensuring the cyberspace domain remains a safe and secure space to operate within," Presland said. "From the newest Airmen to the highest ranking official, if we don't take vital steps to make sure everyone understands the threats, then we are at risk of adding to those vulnerabilities."

Virtually every mission across the range of military operations depends on cybersecurity.

"Just like air, space and land, we must have command and control of cyberspace," Presland said. "If digital systems are compromised, hacked or brought down, we lose that vital command and control feature across the base meaning we can't launch aircraft."

Every time Airmen connect to a cybernetwork, whether at home or at work, decisions are made that affect cybersecurity. From the information Airmen choose to share, to the links they will click, online activities can either enable or prevent cyberattacks and intrusions.

For more information, visit [www.stopthinkconnect.org](http://www.stopthinkconnect.org).

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# Vital 90: Improving overall health

By Jeffrey Vaughn

19th Medical Group Health and Wellness Flight Chief

Tech. Sgt. Monica Williamson currently serves at Dyess Air Force Base, Texas, but while serving at Little Rock Air Force Base she used Vital 90 to improve her physical performance, lose weight and improve her health.

Williamson still uses the knowledge she learned at Little Rock AFB to continue her pursuit of health and fitness. In addition, she also uses it to help others at her new duty station.

**Q: What was the turning point that caused you to get serious about fitness and eating right?**

*A: A few months after being selected as a maintenance training instructor, I failed a PT test. I was able to pass the push-up, sit-up and run components, however I failed the waist measurement. Knowing I would be instructing students from all over the Air Force and I would be held to a higher physical and professional standard, I decided to become a better version of me.*

**Q: How did you prepare for fitness assessments prior to making your current changes?**

*A: About three months out, I would attend classes provided by the Health and Wellness Center, and begin running. My fitness schedule was nothing spectacular. I just wanted to do well enough to score 80 percent on my test.*

**Q: How do you prepare now and what is the most significant change you made?**

*A: Now I try to incorporate strength training, interval training and cardio into my weekly fitness plan. I run at least 3-4 times a week. I usually try to go further distances and keep my pace times fast and keep trying to improve. I also do mock PT test, six to eight weeks prior and gauge where I am and adjust my training as needed. My goal now is to score at least 90 percent on my fitness assessments, and I know that is a very real possibility.*

**Q: What's the most important fitness lesson you've learned so far?**

*A: The most important lesson I've learned is there's always time for fitness. You don't have to spend hours in the gym. The work out can be done in 20 minutes and it still produce results. But the workout has to physically push you.*

**Q: Which battle is most important when tackling fitness: physical or mental?**

*A: I feel like the mental battle is harder to tackle and get through. You have to tell yourself you can be a better version of you and you have to believe it. Then you must commit to the whole process from eating better to making it a point to work out, to getting through the pain you will experience and eventually getting over it.*



Tech. Sgt. Monica Williamson uses the knowledge she learned at Little Rock AFB to continue her pursuit of health and fitness. In addition, she also uses it to help others at her new duty station.

*You have to tell yourself you can do one more set, one more rep, more weight...whatever the challenge.*

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

*A: I have the most fun when I do high-intensity interval training work outs. It works the whole body and the workouts can be different every time. In addition, these workouts take a less time.*

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

*A: Recently, my husband and I completed the Whole30 diet. It is a hard plan initially, however it does amazing things for you. Before going through with the meal plan, we were eating fairly healthy. We did cut back on a lot of fried foods, tried to incorporate more fruits and vegetables, and tried to limit how many times we ate at fast food restaurants because we realized how much money we spent.*

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

*A: I make better food choices more often. I know that*

*whatever I eat will affect how I perform. I try to give my body good fuel because I want to be faster, leaner and stronger. I limit my "junk food" intake. Moderation is the key.*

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

*A: I feel so much better, both physically and mentally! I feel like I accomplish something when I complete a run or can press a heavier weight, even when I just complete a workout.*

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

*A: My advice for those who struggle with their fitness assessment and weight is to seek help from the HAWC, take their advice and attend the classes. They are there to help you.*

For the Vital 90 class schedule and more information, please call the Health and Wellness Center at 501-987-7288.



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## Chapel 987-6014

### WORSHIP OPPORTUNITIES

#### Protestant Services

Sunday ..... 11 a.m.

\*Children's church during the service.

#### Catholic Services

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

Sunday Mass ..... 9:30 a.m.

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

#### RELIGIOUS EDUCATION

##### Protestant Classes at Base Chapel

Sunday (Sept. - May)..... 9:30 a.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

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the Department of

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of the ways the 314th AW tracks its success-

es are through measured aircraft availability

and mission-capable rates. Those metrics as of

Tuesday are:

#### Mission capable rate

C-130J: (standard 80 percent): 87.8%

#### Aircraft availability

C-130J: (standard 8.4): 9.1



### C-130 SCHOOL GRADUATES

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

C-130H: 503

C-130J: 288

## Team Little Rock Phone Book

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## ANNOUNCEMENTS

**THE COMBAT AIRLIFTER CLASSIFIED DEPARTMENT** will take ads by phone from 9 a.m. to 5 p.m. Monday through Friday 982-9421, or you may mail your ad to 404 Graham Rd., Jacksonville, Ark. 72078. You may also e-mail them to [combatairlifter-classifieds@arkansasleader.com](mailto:combatairlifter-classifieds@arkansasleader.com) Deadline to advertise in Friday's issue is 5 p.m. Tuesday.

**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.\*\*

## SERVICES

**DIVORCE WITH OR WITHOUT** children \$125.00. Includes name change and property settlement agreement. **SAVE** hundreds. Fast and easy. 1-888-733-7165, call us toll FREE 24/7.\*\*

## HELP WANTED

**MIG WELDERS** - for Saline Co. Mfg. Co., need 2 plus yrs MIG / Wire Feed welding to perform Flat, Overhead & Downhill "T-Joint" welds. M - F 7a-3:30p w/occasional overtime. Must pass welding test, be able to stand for long periods, lift up to 70lbs & demonstrate safe work habits. Requ. clean drug screen & background check. Must have reliable transportation & verifiable work history. Temp to hire plus great benefits when perm. \$12-16/hr DOE. Apply online @ [CSSAR.COM](http://CSSAR.COM) or in person at 9212 Maulmelle Blvd., North Little Rock, AR 72118 M-F between 8:30 & 3:30.\*\*

## HELP WANTED

**EARN \$500 A DAY:** Lincoln Heritage Life Insurance Wants Insurance Agents • Leads, No Cold Calls • Commissions Paid Daily • Agency Training • Life License Required. Call 1-888-713-6020.\*\*

**DRIVERS W/2 yrs OTR!!** Tri-National, Inc. Must be 23 yrs old! Health, Dental and Vision, 401(k) after 6 mos, 2015 and 2016 Volvo Trucks, Dry Van only, 100% No-Touch, 80% Drop & Hook, Average 3000-3500 miles a week, Midwest only. Call your own home time, Aggressive Driver Referral, Monthly Safety Bonuses, Annual pay increases Go to: [www.tri-nat.com](http://www.tri-nat.com) or call 501-847-5071 or 314-409-0629 to apply.\*\*

**TRUCK DRIVER TRAINEES NEEDED!** Become a driver for Steven's Transport! **NO EXPERIENCE NEEDED!** New drivers earn \$800+ per week! **PAID CDL TRAINING!** Stevens covers all costs! 1-877-649-3153. [Drive4Stevens.com](http://Drive4Stevens.com)\*\*

**LOCAL DISTRIBUTION** center looking for 10-15 people to set up and display in customer service, 2nd shift. No experience, \$725 week, weekly pay. Call for interview at 501-605-1851.

**NOW HIRING!** Hotel Housekeepers, Order Selectors (1st and 2nd shifts) Injection Molding Machine Operators, Fork Lift Operators/Stand Up or Cherry Pickers, MIG Welders, Energy Retrofitter, Interested? Apply online @ [CSSAR.COM](http://CSSAR.COM), 501-801-8061. Career Staffing Services.\*\*

## YARD SALES

**LARGE GARAGE** sale, 10/14 and 15, 1789 Gentry Rd., Lonoke. Home decor, furniture, dishes, pictures, adult and children's clothing.

## HELP WANTED

## YARD SALES

**THE SENIOR** Residence Apartment Community at 818 E. Martin, Jacksonville is having a Large Roaming Yard Sale on Saturday, October 22nd from 8 am to 2 pm. Clothes, shoes, collectibles, furniture & much, much more. Rain or shine.

**GARAGE SALE**, 10/15, 8 am-3 pm, 1120 Penn Cv., Jax. Lots of nice stuff!

**5-FAMILY YARD** sale, 10/14 & 15, 7 am-5 pm, 3121 Graham Rd., Jax. Something for everyone: tools, household, furniture, etc.

**3-FAMILY GARAGE** sale, 10/14 and 15, 35 Wildflower Ln., Lonoke, off Hwy. 31 and Hwy. 236.

**YARD SALE**, 10/15, 431 Lassiter Ln., Cabot.

**GARAGE SALE**, 10/14, 8 am-4 pm and 10/15, 8 am-noon. 101 Angel Ln., Cabot. Furniture, glassware, kitchenware, clocks, baby bed, tools and much more.

**5-FAMILY GARAGE** sale, 10/14 and 15, 14 Grey stone Blvd., Cabot. Furniture, home decor, clothes, etc.

**YARD SALE**, 10/15, 7 am, 362 New Country Rd., Cabot, 1 mile down Campground Rd. Plus-size and boy's clothes, household items, knick-knacks and much more.

**YARD SALE**, 10/14, 9 am-3 pm, 12 Pine Tree Rd., Cabot. Furniture, household, etc.

## HELP WANTED

## YARD SALES

**4-FAMILY YARD** sale, 10/15, 8 am-3 pm, 3745 Campground Rd., Cabot. Toys, patio/dining/train tables, waders, TVs, boy's clothing sz. 4-20, furniture, costume jewelry, home gym. Free candy for the kids. 843-5022.

**YARD SALE**, 10/14, 8 am-3 pm, 1001 Oakhurst Dr., Jax. Misc., clothes, glassware, toys, tools, Holiday decor and much more.

**MULTI-FAMILY YARD** sale, 10/15 and 16, 8 am-3 pm, 959 Old Stagecoach Rd., Cabot. Rain or shine. (501) 676-5313.

**MULTI-FAMILY YARD** sale, 10/15, 7 am-3 pm, 7804 Hwy. 89 S., Cabot. Toys, household items, clothes, purses, wallets, shoes, etc.

## HELP WANTED

### Regency Cleaners

#### Manager's Position

30+ hours per week, valid DL# with dependable transportation. Willing to be flexible w/schedule. Quick learner & able to pass LRAFB background check. Starting pay \$8.50-\$9/hr. depending on experience. Airbase spouses encouraged to apply. Apply in person in Cabot or LRAFB between 1:30 p.m. & 3:30 p.m.

## YARD SALES

**MULTI-FAMILY YARD** sale, 10/14 & 15, 3984 Hwy. 294/Military Rd., Jax. Something for everyone.

**GARAGE SALE**, 10/14 and 15, 204 Stacy Lynn Terrace, Ward. Lg. clothes, few tools, gun cabinet, computer desk, etc.

## HELP WANTED

## YARD SALES

**YARD SALE**, 10/15, 7 am-? 35 Wildwood Dr., off Hwy. 5, Cabot. Toys, scooter, girl's clothes (sz. 6-7/8, boy's clothes (sz. 4T), picture frames, couch, entertainment center, lots more.

**HUGE YARD** sale, 10/15, 7:30 am-3 pm, 200 S. Hospital Dr., Jax.

## HELP WANTED

**The Razorback Inn**  
on Little Rock AFB  
*is accepting applications for the following positions:*

**Laborer**  
**(Janitor)**

**Guest Service Representative**  
**(Desk Clerk)**

These are part-time and full-time positions with benefits package.

**Call 501-987-2598 or 501-987-8711**

## SERVICES

## SERVICES

**Guard Tronic, Inc.**

1-800-542-7866

(501) 568-0888

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**Proven Property Protection Since 1959**

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**Call Rob at Guard Tronic** for a free, no obligation security evaluation for your home or business

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Spring Creek

HEALTH & REHAB

NOW HIRING:

CNAs

3 pm - 11 pm  
11 pm - 7 am  
Shifts

LPNs

3 pm - 11 pm  
Shift

Apply in person at  
**804 N. 2nd St Cabot AR**

EOE

C-130J AIRCRAFT COMMANDERS  
& INSTRUCTOR PILOTS

sought for long term contract at Kirtland AFB.

Multiple openings.

**Quals:** current in C-130J w/in 2 yrs;  
or w/in 8 yrs, & 8 yrs ops duty.  
Secret Security clearance.

Instruction focused on providing  
Academic Instruction, Simulator Instruction,  
Flight Line Instruction, Observation Flights,  
and assistance to students.

Please contact  
**Mimi Fritz 757.645.2729**  
[mimi.fritz@aoce.com](mailto:mimi.fritz@aoce.com) for details.

Experienced. Innovative. Responsive.

## YARD SALES

**YARD SALE**, 10/14 and 15, 8 am, 28 Crosswinds Dr., Cabot, across from Cabot Patch on 321, Household items, TV, variety.

## 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**

Discounts available  
on several properties.

**Century 21  
Prestige Realty**

303 N. James St., Jacksonville  
501-982-7474  
www.c21prjrentals.com  
Apply Online!

## AUCTIONS

**ESTATE AUCTION** - Fri, Oct. 21, 11 am, 3 BR ROCK HOME w/ 34 AC (m/l) 182 Hester Loop, Lonoke, AR. Selling As-is, Terms: 10% Down Pmt. Auction day. Balance due in cash at closing within 30 days. For more details, directions, pics, etc...Go to: www.nealdavisauctioneers.com or auctionzip.com ID 19078, Neal Davis, Broker/Auctioneer, AALB #1, 501-940-2138 or Jason Davis, AALB #1202 at 501-454-3382.\*\*

## HORSES

**HORSES: LUCKY** Acres Boarding Stable, TLC for your horse, box stalls and paddocks, clean pastures, indoor and outdoor arenas, riding instruction and training program. Dressage our specialty. (501) 988-2458.

## PETS

**HAY FOR Sale** in Austin, good mixed grass, in barn, 4x5 net-wrapped, first cut, 2nd cut coming soon. Local delivery. Call (501) 416-8107 anytime.

**STOCK TRAILER**, 16' long, 79" wide, 2 compartments and side door. (870) 256-5459 or (870) 256-1418.

## RENTALS

## PETS

**AMAZON PARROT** and Cockatoo, both 15 yrs. old, live to 100 yrs. old, \$400 ea. (865) 360-1067, Cabot.

**FREE TERRIER** mix dog, about 7 yrs. old. (501) 941-8057.

**GREAT, STABLE** loving home needed for Chihuahua/Dachshund mix puppies. (501) 256-3541 after 2 pm.

**GOLDEN RETRIEVER/LAB** mix, 6 mos. old, male, light brown and white, healthy, vetting up to date, moving, needs good home, good w/ kids, wendyhopes@gmail.com or (501) 983-4881.

**BOAR GOATS**, 4 does and 1 buck, 2 does have triplets, \$150 each. (501) 350-3195.

## LOST &amp; FOUND

**FOUND: SET** of keys, near Lewisburg Rd. and Sentell Rd., North Lonoke Co. Call to identify. (501) 538-5935.

**LOST: CAT**, male, gray Tabby named Turkey, last seen near 95 Missouri Cir., LRAFB. (501) 533-5679.

## AUTOS/ACCESSORIES

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

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

**1959 CHEVROLET** Apache 38 1-ton, runs, \$2,000. (501) 940-0819.

**NEEDED: CLUTCH** sleeve line for Chevy S-10. 391-2388.

## RENTALS

## AUTOS/ACCESSORIES

**2002 FORD** Taurus, air, auto., leather, V6, runs and drives well, \$995. 843-6354.

**(4) BRIDGESTONE** 265/70/R17 tires, mounted, wheels have 3 5/8 bolt pattern, \$200. (501) 983-1445.

**SET OF 14"**, 6-hole factory rims, black, need to sell, \$15 ea. (501) 882-2142.

**15", 5-HOLE** wheel for a Toyota, \$25. (501) 882-2142.

**14" TIRES**, 1 mounted, \$125. (501) 983-1445.

**16' TRAILER** w/dual axles, \$700. (501) 454-1736, Furlow.

**2015 CHRYSLER** 200 Limited Edition, 1 owner, 38,000 miles, \$15,000. (501) 281-2813.

**1997 FORD** F-250 power stroke diesel, super cab 4x4, asking \$3,000 obo. Serious inquiries only. (870) 552-5109, Lonoke/Cabot.

**PETERBILT** 2000 model, Caterpillar motor, walk-in sleeper, \$12,000. (501) 350-3195.

**CHROME BULL** bar brush guard, fits 2007 Jeep Grand Cherokee Laredo, \$75. (501) 681-0658.

**UTILITY TRAILER**, 6.5'x4' with ramp, \$175. (501) 259-8996.

## RECREATIONAL VEHICLES

**2013 SUZUKI** GSXR1000 motorcycle, excellent condition, \$10,000 obo. (501) 317-9703.

**1998 HONDA** Goldwing SE, 35,000 mi., many extras, gray, health forces sale, \$3,995. (501) 400-2896.

## MINI-STORAGE

## AAA ALLSAFE SECURITY STORAGE, LLC

820 Peyton Street • Ward, AR

Hwy. 319, next to Ward Volunteer Fire Dept.

**MONITORED**  
24-HOURS-A-DAY  
7-DAYS-A-WEEK  
CODED ACCESS GATE

**BOAT, RV &  
MINI STORAGE**

**COMPETITIVE RATES**  
MILITARY & SENIOR  
DISCOUNTS AVAILABLE!  
CASH, CHECKS & ALL MAJOR  
CREDIT CARDS ACCEPTED

Mon.-Fri. 8:00-4:30  
Saturday: 10:00-4:00  
Sunday: CLOSED

Office at #4 Industrial Dr. (in rear)

Office: 501-843-8544

After Hours Call:

501-416-4723

**24 HOUR ACCESS GATE!**

**Is the stuff at your house piling up?**

**Northgate Mini Storage**

All Sizes Available

**Military Discount**

**FREE lock when you mention this ad**

**Convenient to base**

**Northgate Mini Storage**  
503 Northgate Drive  
Jacksonville, AR 72076  
(501) 985-5054

## RECREATIONAL VEHICLES

**SLIGHTLY USED** ATV tires, 4x4, \$175 for 4. (501) 416-6310.

**NEW TIRE** and rim for truck, mud and snow, P255/70-R17, \$50. (501) 416-6310.

**2007 KAWASAKI** Nomad 1600, 13,900 miles, red and silver, show-room clean, garage kept, \$6,500. Pics avail. (501) 658-1802.

**RV - TOP** of the line, low mileage, extra clean, bath and a half, 4 slides, road ready. (501) 454-7501.

**2013 MXT** tow hauler, 25' KZ184, will fit motorcycle trike, like new, \$14,500 firm. (501) 605-3985.

**2015 COACHMAN** Clipper, low miles with extras, 17', self-contained, \$10,900 obo. Pics. avail. (501) 590-3992.

**2006 HONDA** Helix, 250cc, 7,400 miles, XL helmet included, \$2,500. (501) 551-4632.

**1992 NITRO** and trailer, 150 hp. Evinrude w/bad block, \$1,500. (501) 413-7372 after 5 pm.

## LAWN &amp; FARM EQUIPMENT

**HUSQVARNA RIDING** mower, no mowing deck, 20 hp. \$225; MTD 42 mowing deck, \$100. (501) 983-1445.

**9' KRONE** disc mower, \$4,500; 40' flatbed gooseneck trailer, \$6,000. (870) 543-0937.

**YARD SWEEPER** and rear tine tiller, Sears. (501) 843-5474.

**2004 RIDING MOWER**, not running; 2 finish mowers that run, best offers. 676-3830.

## MINI-STORAGE

inviting homes, incredible value

## Arrow's Edge Apartments

Studio from \$399 • 1 BR from \$499

2 BR from \$599

5% Military Discount

Wonderful Sherwood Location • Easy Freeway Access

501.835.8484

300 Indianhead Cove • Sherwood, AR 72120

## Property Management

982-3185



## Properties Available:

229 Weathering Circle, Austin, 4 Br, 2 Ba, \$1,000/mth  
9 Cherry Ct., Jacksonville, 3 Br, 1 Ba, \$675/mth  
20 Wendell St., Cabot, 3 Br, 1 1/2 Ba, \$850/mth  
505 Franklin, Jacksonville, 3 Br, 2 Ba, \$1000/mth  
78-A Liberty, Cabot, 2 Br, 1 Ba, \$500/mth  
2415 Canterbury Court, Cabot, 3 Br, 2 Ba, \$950/mth  
508 E. Devon, Sherwood, 4 Br, 2 Ba, \$1,150/mth  
72 Seminole, Austin, 3 Br, 2 Ba, \$725/mth  
47 Pheasant Run, Cabot, 3 Br, 1 Ba, \$725/mth  
12 Larkwood, Jacksonville, 3 Br, 2 Ba, \$850/mth  
32 Sheila Drive, Sherwood, 3 Br, 1 1/2 Ba, \$800/mth

Contact Office about Move-In Specials

For a complete list of our rental property, stop by our office at 300 T.P. White Drive, Suite A, Jacksonville or call 501-982-3185

www.bgrpm.com

**NOW AVAILABLE!**

**All 2 Bedrooms,  
1 Bath**

**MONTHLY** from  
**\$465-\$525**

Small Pet

Friendly

\$35

Application Fee,

\$350 deposit

Check out our  
**NEWLY  
REMODELED  
UNITS!**

12 month lease required.

**EASTWOOD  
APARTMENTS**

501-982-6294

EastwoodApt.com

Convenient to LRAFB & Freeway

Located at 1011 S. James Street, Jacksonville  
1/2 block past Whit Davis

## LAWN &amp; FARM EQUIPMENT

**BAGGER FOR** John Deere riding mower, almost new, \$200. 983-1445.

**20" 3.5 hp.** Murray push mower, \$25. (501) 843-7570, leave msg.

## ITEMS FOR SALE

**PANTHER CREEK** Carports - 10x 20x7 Factory direct, \$598. Offer good through Oct 31. Call 1-501-835-7222 OD Funk Manufacturing Inc. Sherwood, AR | Since 1976 Rated for 90 mph winds & 20 lbs snow loads.\*\*

**SAWMILLS FROM** only \$4,397 - MAKE & SAVE MONEY with your own bandmill. Cut lumber any dimension. In stock ready to ship! FREE info/DVD: www.NorwoodSawmills.com. 1-800-578-1363 ext. 300N.\*\*

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

**TWIN-SIZE, BRAND** new Invacare hospital bed, \$1,747. (501) 749-8667.

**GOLF CLUBS:** Ping I2 irons, Taylor woods, Golfsmith putter, Hogan bag, all in excellent condition, \$627. 749-8667.

**BEAUTIFUL, FRAMED** ship picture of Sir Peter Eason's (pirate from the 1600s) fleet of pirate ships by Mark R. Myers, 35x20, limited edition #649 of 950, \$50 cash. (501) 983-4168, Jax.

**BRAND NEW** blood pressure cuff, Life Source \$27; new metal walking cane, excellent condition, \$22; backpack, new, red and black, \$29. 749-8667.

**3-WHEEL WORKMAN'S** cycle, front brake hub, \$350 obo. 882-2142.

**1970S RIEKES-CRISA** 14 pc. glass and crystal moderno punch bowl set, discontinued, beautiful, can be seen only at "Replacements LTD" where the ladle alone is \$59, used once or twice, perfect condition, \$60. (501) 983-4168, Jax.

**2 ANTIQUE** scales w/most weights, \$50 ea. 519-3433, Jax.

**FREE, 8X10** storage building. 993-2995.

**4 HP.** Briggs and Stratton horizontal shaft engine w/fuel tank, \$25. (501) 416-6310.

**CUSTOM MADE** king-size bedspread, \$120. 533-3331 or 690-5131.

**BISSELL PRO** carpet cleaner, \$20; free-standing iron patio swing, \$20; boy's bicycle, \$20. (501) 422-0012.

**GOLD'S GYM** Trainer 430 treadmill w/Airstride, great condition, \$275. (501) 941-9750, leave message.

**55 GALLON** metal barrels, white removable tops, \$15 ea. (501) 454-4660.

**AB-DOER TWIST** exercise chair, 690-2718, Beebe.

**TEA POTS**, 10 for \$45: beautiful Nutcracker cookie jar, \$10; beautiful Lenox 22" metal rooster tray, \$45. (501) 983-4168, Jax.

**GIRL'S BABY** clothes, bath tub, pillow and car seat, all excellent condition. (501) 516-3810.

**CRICUT EXPRESSIONS** with supplies, \$50; Samsung VR gear, \$75. (501) 628-7085.

**CUTE CABINET** 28"x22"x13" deep w/Roosters painted on doors, 3 rooster canisters, rooster covered casserole dish, all for \$55 cash. (501) 983-4168, Jax.

**ITEMS FOR SALE**

**HALLOWEEN: LARGE** box/bags: 1 - semi-perm hair dye colors from Hot Topic w/highlighting tools; 2 - Costumes and accessories, tights, hats, etc. Great for youth/teens, \$25 ea. for \$40 for all. 590-4014, leave msg.

**26" ROADMASTER** Grand Peak w/ extras, red and black; 20" Power Climber, red, \$60 obo.; nice clothes, men's, women's, children's dress and casual, nothing over \$3; Graco high chair, 2 trays, \$45; Stroller, \$45. (501) 843-4890.

**SAMMONS PRESTON** whirlpool stainless steel tub, 8.0 amp motor, brand new. (501) 676-7542.

**GENUINE 1920/1930** German goat wagon and Old Fairbanks wheelbarrow, super Halloween decorations, both for \$500. 982-7816.

**STATIONARY EXERCISE** bike, good condition, \$100; Body Works exercise machine, good condition, \$100 firm. (501) 319-5429.

**ROCK FOR** fill, you load and haul, 765-6146 or 676-3277, Furlow area, ask for Bill.

**5-DISC DVD** player w/surround sound system, 1000 watt JVC, \$200. (501) 941-9142.

**ITEMS FOR SALE**

**250 GALLON** butane tank, \$250 obo. (501) 628-4620.

**RARE NIGHTMARE** Before Christmas "Santa Jack" nutcracker, 14", \$35 cash. (501) 983-4169, Jax.

**15 COOKBOOKS**, Betty Crocker, Southern Living, etc., new condition, \$25 cash. (501) 983-4168, Jax.

**BEAVER TRAPS**, 2 used Conibears w/setting tools, \$25. (501) 843-3818.

**ELVIS COINS** and picture disc, \$50 for all; silk Fall floral arrangements, \$5-\$20 in cute containers; Avon Cape Cod pitcher and 9 other pcs., \$50. (501) 983-4168, Jax.

**6' PICNIC** table, treated wood on metal frame, \$50; Craftsman gas powered lawn/leaf vacuum, \$225; 5th wheel EAZ-Lift hitch rated at up to 15,000 GVWR, \$250; Coleman folding pack away camp kitchen, \$50; Tot-Along 22 gallon Smart Tote for waste water, new in box, \$50. (501) 940-0359.

**COLLECTION OF VHS** movies, over 300, 50¢ or \$1 ea. or make offer on all. (561) 358-9997, Cabot area.

**FURNITURE**

**2 TVS** w/built-in DVD players. (501) 941-8573, afternoons only.

**5-PC. WROUGHT** iron patio set; queen-size mattress and box springs; vintage oblong enamel table and 2 chairs; 3-pc. white decorative lawn furniture set (leaf pattern); Toro weedeater. 940-5972.

**OLD FASHIONED** sofa, wood trim, red w/off white flowers, \$50 cash. (501) 676-5851.

**LARGE VINTAGE** dresser on wheels, 2 lg. drawers, 2 small, \$50 cash. (501) 676-5851.

**SOLID OAK**, light colored bookcase, very good condition, tall w/5 shelves, \$50 cash. (501) 676-5851.

**ENTERTAINMENT CENTER**, glass doors, lots of drawers and shelf space, great condition, \$40 cash. (501) 676-5851.

**CHERRY WOOD** TV cabinet w/beveled glass, drawers, \$75 firm; wing chair recliners, dark red, \$70 firm, Maytag washer and dryer, white, top load, \$70 firm. 519-3433, Jax.

**FULL DRESS** mirror, solid oak, \$50; 5-drawer chest of drawers, solid pine, \$75. (501) 843-0997.

**FURNITURE**

**BABY BED**, very nice, \$25; dresser and mirror, \$25. 993-2995.

**RED SOFA** w/ottoman and reclining chair, \$250. (501) 843-8648.

**QUEEN-SIZED MATTRESS** and box springs, clean and in good condition, \$100. 941-8573 afternoons only.

**SOLID OAK** table w/6 chairs and China cabinet, \$300; black dishwasher on wheels, \$75. (501) 519-2640.

**SOFA, LOVESEAT**, chair, ottoman, excellent condition, beige, \$400. (501) 529-1874, Cabot.

**FREE RECLINER**. South Cabot. 286-4270 after noon.

**2 BROWN** beige rocker recliners, nearly new. (308) 320-4944 or (253) 531-4263.

**MAYTAG WASHER**, \$40. 993-4935.

**ENTERTAINMENT CENTER**, \$50 obo. (501) 413-5062.

**LIFT CHAIR**, 2 yrs. old, \$200 obo.; 9-drawer dresser, good condition, \$25. (501) 628-4620.

**BLACK WROUGHT** iron daybed w/trundle and 2 twin mattresses, \$300 for all. (501) 982-8547, 8 am-5 pm, leave msg. if no answer.

**FURNITURE**

**VINTAGE BAR**, beautiful, hardwood and plywood, on casters, very good condition, 2 heavy bar stools, excellent condition, slide-out work board, drawer, and 2 large storage areas w/doors, wine bottle and stem glass storage, 3 mirrors, excellent condition.

**RENTALS**

**COZY, ONE** room studio apartments in Jacksonville. Wood burning fireplace, includes Murphy bed & appliance filled kitchen. Starting at \$325 plus utilities, deposit \$200. No children or pets. Camp Construction, (501) 982-0434.

**NEWLY REMODELED** house for rent or sale, 1,750 sq. ft., 3 bedroom, 2 bath, office, den, living room, fireplace, atrium/bonus room, 2-car garage, school bus stop, 5 miles to back gate of base, near Kellogg Valley area, nice place for your kids. No pets, \$800 month, references required. Call (501) 400-4727 or (501) 864-9954.

**GRAVEL RIDGE**: 29 North Valley Drive. 3 bedroom, 2 bath, double garage, fenced yard, 10 minutes to LRAFB. No pets. \$850 month. (501) 834-1251.

**RENTALS**

**JACKSONVILLE** - 5 nice homes for rent, Starting at \$700-\$1,050. Call (501) 985-1177.

**WARD**: 2 bedroom, 1 bath duplex, central heat & air, stove, dishwasher, microwave, new floors, \$525 rent, \$400 deposit. (501) 413-1238.

**HOUSES FOR SALE**

**FSBO** - Sherwood, 3 bedroom, 2 full bath brick home. Corner lot, fenced yard. 2,241 sq. ft. Extra large family room, large bedrooms and walk-in closets, large laundry room. Minutes to LRAFB, \$169,900. (501) 690-5483.

**MOBILE HOMES**

**MOVE IN** ready mobile homes. Owner financing on select homes with approved credit. No rent option, but buying could be cheaper than rent! 501-588-3300.\*\*

**NEW SINGLE** Wides. \$22,315 delivered! call 501-653-3202 before they are gone! \*\*

**DOUBLEWIDE** FOR sale! Reduced \$24,754. 501-653-3204.\*\*

**HOUSES FOR SALE**

AWESOME PRICES

19 LAKESIDE DR. - \$159,900



**WARD**

STUNNING 4 BR home w/addl. 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.

8517 E. WOODRUFF AVE. - \$298,000



**SHERWOOD**

Fabulous custom antiques brick home w/rook 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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**MOVE IN READY, FOXWOOD BEAUTY! 3BR/2BA, 1675 sq. ft.** spacious home in exc. cond. that you will fall in love with! Family rm. w/FP lg. breakfast area off kitchen. Laundry room off garage w/ample cabinets. Master ste. w/BA & 2 closets. Fenced backyard w/storage bldg., storm shelter, & covered patio. 2200 Steeple Chase, Jacksonville ~ \$129,900. CALL: Susan Vaught 501-351-7143.



**ALL BRICK FOREST OAKS HOME. 3BR/2BA, 2100 sq. ft.** Open floor plan w/lots of window & natural light. Great rm, formal DR, eat-in kitchen w/quartz counters & island. Vaulted ceilings & architectural roof. Master BR w/BA, jetted tub, & walk-in closet. Huge backyard w/privacy fence, covered porch w/deck. 2 car garage. 505 Forest Oak Cove, Jacksonville ~ \$201,900. CALL: Yolly Seedtobood 501-743-6803.



**BASE MEADOWS HOME, READY FOR YOU! 4BR/2BA, 1546 sq. ft.** Master Suite apart from other bedrooms. Sep. DR, Eat-in kitchen, & LR. 2 car garage, fully fenced privacy backyard w/concrete pad. 1724 Pilot, Jacksonville ~ \$165,000. CALL: Daniel Gray 501-960-3181.



**NICE SPLIT-LEVEL HOME W/PRETTY ESTABLISHED YARD. 3 BR, 1.5 BA, 1430 sq. ft.** Move in ready! New fridge & dishwasher. Washer and dryer all convey. Right across from the new Jacksonville High School site. 1121 School Dr, Jacksonville ~ \$82,500. CALL: Andy West 501-416-9980.



**PRESTIGIOUS HOME OVERLOOKING MYSTERY LAKE. 4BR/3BA** home, 3202 sq. ft. multiple living areas. Formal DR & LR. View through fireplace w/gas logs. Stained maple cabinets in kitchen w/breakfast bar. Lake front w/great fishing access to Mystery Lake. Kevlar Storm Shelter. Enormous bonus rm. 706 Greystone Blvd., Cabot ~ \$339,900. CALL: Daniel Gray 501-960-3181.



**1001 PURITAN OPEN SUNDAY 2-4pm, 3BR/2BA, 1586 sq. ft.** First time open for this lovely new home with unique features. Plus 10 yr Bonded Builder Warranty. Close to LRAFB Front Gate. 1001 Puritan Drive, Jacksonville ~ \$169,700. CALL: Jean Cook 501-590-1698.



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**100% FINANCING AVAILABLE & MOVE IN READY!** Excellent 3 BR/2 BA home w/open floor plan. Close to schools in Cabot School District. Cellulose insulation & efficient heat pump to heat/cool. Stained wood cabinets in kitchen w/stainless appl., 9' ceilings thru-out w/lots of crown molding. LR & DR have new laminate floors. Lg. walk-in closet, dbl. vanities, corner whirlpool tub & sep. shower in Master. Nice deck on back. MLS #16012147, \$139,500.



**COUNTRY LIVING & CABOT SCHOOLS! 100% FINANCING AVAILABLE!** 3 BR/2 BA on more than 1/2 acre. Vaulted ceiling in LR w/hardwood floors & wood burning FP. Stained cabinets in kitchen w/lots of space incl. a pantry cabinet & tile floors. Master BR has walk-in closet; step-in shower in master bath. Backyard is huge w/24' above ground pool, 12x16 storage bldg., & chain link dog run. Privacy fenced on front & sides. New HVAC installed in 2015. MLS #16023103, \$114,900.



**PRICED TO SELL IN SHERWOOD.** This 3 BR / 2 BA home in cul-de-sac close to LRAFB & North Little Rock. Remodeled baths & kitchen. Kitchen/dining/living room is open floor plan design. Refrigerator stays and so does the washer and gas dryer!!! Two car garage with a large backyard. MLS #16026810, \$89,900.



**GREAT OPPORTUNITY FOR INVESTORS OR BUYERS LOOKING TO DO SOME REPAIR WORK FOR THEMSELVES.** 2 BR / 1 BA home that needs a little TLC to be ready to move into. Large 1600 sq. foot metal red iron shop that needs a little sheet metal work w/two oversized overhead doors. This is one property that you need to see for yourself!!! MLS #16024763, \$69,900.



**INVESTORS TAKE NOTICE!** 3 bedroom units w/one full bath, all electric, tile in common areas; carpet in bedrooms. Tenants pay all utilities. All units currently leased. MLS #16017671 & MLS #16017661.

Call Clint Skiver: (501) 519-4641



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