



DRILL: PATIENCE, PAIN, PRIDE

U.S. Air Force Airman 1st Class Philip Baroy, 19th Maintenance Squadron integrated communication countermeasure navigation mission's systems apprentice, has been practicing drill since he joined Air Force Junior Reserve Officer Training Corps in 2011.

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BREAK TIME FOR PARENTS

The Little Rock Air Force Base Child Development Center offers eligible active-duty Air Force parents a break from the stress of parenting through Give Parents a Break, a free program.

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FUTURE INVESTMENT

The Airman and Family Readiness Center helps Airmen and their families enhance their quality of life and financial readiness. The A&FRC offers an array of services, resources and workshops.

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U.S. Air Force Airman 1st Class Darrielle Chark, 19th Medical Group pharmacy technician, properly disposes of personal medication in the medication disposal box on Jan. 12 at the 19th MDG pharmacy on Little Rock Air Force Base. The disposal box is available from 7:30 a.m. to 4:30 p.m. Monday through Friday in the pharmacy lobby.

U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS GRACE NICHOLS

Healthy lifestyle leads to healthy heart

By J.D. Levite

Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. -- Medical experts say there are plenty of things Airmen can do to ensure a healthy heart, including quitting smoking and not drinking too much. Heart disease, heart attack, and stroke are just some of the consequences of not taking care of your heart.

To take care of your heart, physical activity, smarter nutritional diet choices and mindfulness are three key actions everyone can take, according to Capt. Regan Stiegmann, a Preventive Medicine resident physician at the Uniformed Services University of Health Sciences. She said Airmen need to hone in on “more functional and more impactful” changes that lead to a healthier diet.

“It’s the ‘crawl before you walk’ approach,” Stiegmann said. “I’m not saying you should make extremely drastic changes like to stop eating meat entire or stop eating dairy period. The more successful approach I’ve found is one small change at a time. Whether that change has to do with food choices, physical activity, or stress management, you start seeing the changes in your patients, and they start seeing how much that change impacts them.”

One small change Stiegmann said Airmen can do is to reduce the amount



of processed foods and refined sugars they eat.

“Too much processed food and excess sugar leads to inflammation, which is the underpinning of most diseases including heart disease,” Stiegmann said. She added physical activity can address that state of inflammation, too.

“When you’re physically active you’re circulating more blood and oxygen to your muscles and encouraging new growth in your cells.” She said it’s not just about your cells but about the heart as well. “You’re creating strength in your heart muscles and your physical muscles, which is creating lean mass and helping to contribute to a general state of healthier wellbeing overall.”

Regular physical activity contributes not just to a healthier body weight but

to healthier cholesterol levels, blood pressure, and a better sense of wellbeing in general.

Mindfulness, the third focus for good heart health, is all about how to manage stress in a smart way.

“Everybody has some element of stress in their life, and stress absolutely influences and impacts your body,” Stiegmann said. “Mindfulness helps reframe the way you approach the stressors you encounter, which in turn helps to reduce the amount of impact that stress can cause to your cells. Many people don’t know that stress can lead to states of inflammation.”

Finding small ways to improve each of these lifestyle-specific elements is important because poor heart health has been linked to many other health issues,

including high blood pressure, diabetes, and long-term heart disease..

“It’s like a snowball effect when you start dealing with heart health because your heart is connected so intimately with everything else,” Stiegmann said. “Your number one and number two go-to organs are your heart and your brain. They are in a symbiotic loop, and the rest of your body is tied to that. When your heart stops working as properly as it should that ties to every other organ system in your body.”

Stiegmann said a doctor’s visit can help Airmen learn their risks for heart disease and how to stem those risks, particularly with changes in everyday activities. She also recommended lifestyle medicine providers who can help Airmen address all the elements related to heart health: what you eat, physical activity, mental health, the importance of quality sleep, and how to maintain a good relationship with stress.

“Every one of those lifestyle elements you can work on, improve, and ultimately see changes in your own personal health,” she said. “Each small improvement sets you up to succeed in avoiding long-term chronic disease.”

Men and women tend to make different choices when it comes to heart health, but everyone can benefit from improved lifestyle choices.

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COMBAT AIRLIFTER OF THE WEEK

RANK AND NAME

Senior Airman Brianna Ruiz-Garcia

UNIT

19th Communications Squadron

POSITION

Command Support Staff

HOMETOWN

Augusta, Georgia

TIME ON STATION

2 years 9 months

TIME IN SERVICE

3 years 2 months

HOBBIES

Acrylic and oil painting, photography

GOALS

Obtaining a bachelor of science degree in imaging science; Make staff sergeant this year.

CORE VALUE

Integrity

COMMENTS

As a Combat Airlifter and Airman, I feel it is essential to possess and display integrity. Everyone of us have standards to uphold and the key to being a great Airman and leader is embracing honor and candor. I also strongly believe in being there for each other as wingmen. Unexpected events may occur in life where someone may lose focus of their commitments, and I feel it is our job to lend a helping hand to lift one another up. Although we may have different backgrounds, we all have one interest in common and that is to complete the mission.



U.S. AIR FORCE PHOTO BY AIRMAN KEVIN SOMMER

MSG CORNER



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- Contractors are painting street markings across base as weather permits. Please drive cautiously around work crews.
- The Rockin' at the Rock website (www.rockinattherock.com) will be undergoing renovations and customers may experience glitches from Feb. 23 until March 17.
- The Military Personnel Service Customer Service hours have changed and are effective Feb. 17. Their hours of operations are now Monday through Thursday from 8:30 a.m. to 3:30 p.m. and Friday from 5 a.m. until 3:30 p.m. The office will be closed on Federal Holidays.

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19th Operations Support Squadron
- Senior Airman Katie Cogbill
19th Medical Operations Squadron
- Tech. Sgt. Rocky Hopper
19th Maintenance Squadron
- Master Sgt. Stephen Blair
19th Civil Engineer Squadron
- Master Sgt. Joshua Chambliss
19th Security Forces Squadron
- Capt. Michael Alvarez
19th Civil Engineer Squadron
- Maj. Earl Thomas
19th Aerospace Medicine Squadron
- Catherine Gastineau
19th Airlift Wing Judge Advocate Office
- Aaron Leach
19th Force Support Squadron
- Amanda Butler
19th Force Support Squadron

- Otis Williams
19th Force Support Squadron
- Kathryn Boyce
19th Force Support Squadron
- Candice Boston
19th Force Support Squadron

314TH AIRLIFT WING

- Senior Airman Daniel Richter
314th Aircraft Maintenance Squadron
- Staff Sgt. Kenneth Preston
314th Operations Group
- Master Sgt. Jill Tanner
314th Maintenance Group
- Capt. David Deal
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- Maj. Shane Saum
62nd Airlift Squadron
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U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS CODIE COLLINS

U.S. Air Force Airman 1st Class Philip Baroy, 19th Aircraft Maintenance Squadron integrated communication countermeasure navigation mission's systems apprentice, practices drill on Jan. 9 at Little Rock Air Force Base. Drill, a military tradition stemming from the 1800s, is the act of marching while handling a drill rifle.

Drill: Patience, pain, pride

By Airman 1st Class Codie M. Collins
19th Airlift Wing Public Affairs

Flight. Fall in!

Brand new Air Force Basic Military Training trainees, not knowing their left foot from right, fumble into one another. A nervous gaggle tries to revive the muscle memory instilled by their first encounter with their military training instructor.

A Military Training Instructor shouts a series of facing movements, directing a train wreck of trainees across the drill pad.

Their eyes frantically dart in every direction in hopes to confirm they are in step. All are in a state of befuddlement, except one, Trainee Baroy.

Now, U.S. Air Force Airman 1st Class Philip Baroy, 19th Maintenance Squadron

integrated communication countermeasure navigation mission's systems apprentice, has been practicing drill since he joined Air Force Junior Reserve Officer Training Corps in 2011.

Drill, a military tradition stemming from the 1800s, is the act of marching while handling a drill rifle. When the drill rifle was first introduced to marching, the movements were basic. As time progressed, people started adding their own flare resulting in an evolution from basic movements to elaborate maneuvers. Drill has not only evolved with movements, but with technology as well.

"I competed in an online drill competition which served as a qualifier for the

See Drill, page 6

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Drill

Continued from page 5

world drill championships,” Baroy said. “That online competition permitted the top seven placements of the people who applied. I placed seventh.”

Baroy’s passion for drill started in eighth grade by watching his older brother perform for the high school’s JROTC drill team.

“I saw my brother and a few of his other teammates on the drill team do a performance at a high school pep rally,” Baroy said. “It inspired me to get into JROTC my freshman year of high school. My friends who were on the drill team invited me to come to a practice. That’s when I began to learn some of the basic rifle maneuvers.”

Marching on its own can be difficult to master; add an eight-and-a-half pound drill rifle and marching is taken to a new level.

“It took a lot of discipline, time, patience and pain,” Baroy said. “You have an eight-and-a-half pound rifle constantly slamming your hands, if you mess up, there are severe consequences. I have a few scars left over from my years in high school.”

Though at times practice was painful, Baroy felt it was essential to his development.

“I busted my lip when I was a freshman in high school, still learning basic maneuvers,” Baroy said. “I overstepped my limits by trying a move that was a bit more complicated, resulting in the front side of my rifle coming in contact with my lip. From that moment, I realized that mastering the basics was essential to my progression.”

Drill is an activity where perfection is not the goal. To Baroy it’s a requirement.

“For me, drill is an art,” he said. “Being able to precisely get a segment of movements down and performing it in front of other people to show off how good you are gives you a feeling of satisfaction that not a lot of people understand.”

To Baroy, drill is more than accomplishing a difficult movement or winning a competition. Endless hard work, dedication and discipline through practice embedded qualities in him which aided his Air Force career.

“Military bearing is a key quality a person must possess to be good at drill,” Baroy said. “If you drop your rifle, you are expected to not freak out. You have to keep your composure and your bearing.”

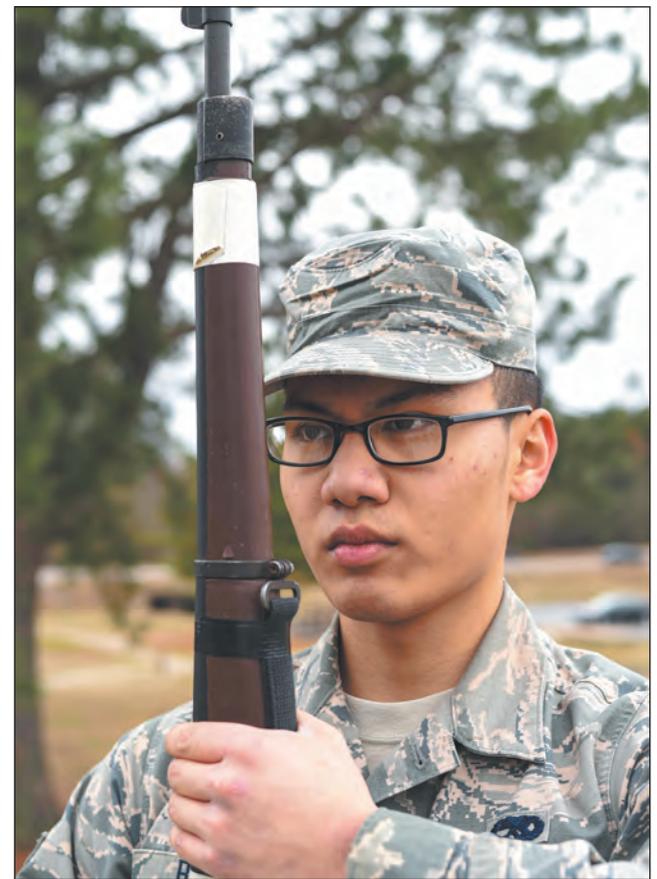
In addition to military bearing, drill has given Baroy a greater appreciation for hard work.

“One of the things I’ve learned in drill through practice is how much time and patience it takes to learn something complicated,” Baroy said. “You have to stay on task, stay disciplined and no matter how hard it gets, you have to stay focused.”

Through the cuts, bruises, scars and pain, Baroy’s resiliency and passion for drill encourages him to continue to refine his practice.

“By practicing drill you develop perfectionist habits,” Baroy said. “When you feel that rifle hit your hand, your muscles are flexing. You instantly stop the rifle. That’s when you know you’ve mastered the movement and your hard work has paid off.”

(Editor’s note: Currently Baroy is working toward competing in the World Drill Championships held in Daytona Beach, Florida. This competition invites anyone over the age of 18 and graduated from High School to compete.)



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS CODIE COLLINS

U.S. Air Force Airman 1st Class Philip Baroy, 19th Aircraft Maintenance Squadron integrated communication countermeasure navigation mission’s systems apprentice, holds a drill rifle Jan. 9 at Little Rock Air Force Base. Baroy worked toward competing in the World Drill Championships held in Daytona Beach, Florida.


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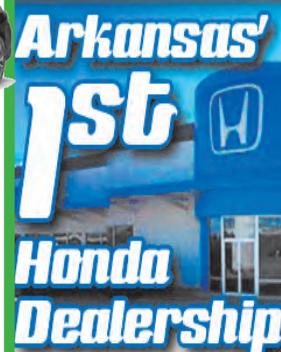
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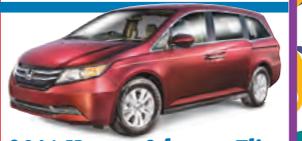
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Break Time: Eligible parents offered free down time

By Airman 1st Class Codie M. Collins
19th Airlift Wing Public Affairs

The Little Rock Air Force Base Child Development Center offers eligible active-duty Air Force parents a break from the stresses of parenting through Give Parents a Break, a free program.

To qualify for the program, families must have a written referral signed by one of the following base officials: squadron commander, first sergeant, chaplain, medical professional, family advocacy personnel, Airman and Family Readiness Center personnel, CDC personnel or family child care coordinator.

Programs like GPAB are in place to develop and care for Airmen and their families.

GPAB is a sponsored by the Air Force Aid Society and is only for families experiencing stress due to a deployment, remote tour of duty, family crisis, birth of a new baby, having a child with special needs and any other unique circumstances or hardships.

GPAB takes place one Saturday out of the month. Each session is four hours.

"The children are provided with meals that may occur during the session they attend," said Michelle Caslin, the CDC center program lead at. "There are games they can play, arts and crafts and the children are also given the opportunity to lay down if they would like to nap."

Each referral is valid for up to three months and can be renewed if needed.

GPAB helps develop the world's most resilient Mobility Airmen and families by giving parents much needed time to themselves.

"I think that this program is essential to the mission-mental health wise - for the people who are struggling," Caslin said. "It's a big help to for families to bring their children to Give Parents a Break and let the parents have the rest that they need."

For more information, call the CDC at 501-987-6070. For a referral call 501-987-6130.



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS CODIE COLLINS

Michelle Caslin, the Child Development Center program lead, interacts with children Jan. 26 at the CDC on Little Rock Air Force Base. The CDC's goal is to support each child's needs and abilities and challenge them to reach their individual potential.



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Future investment: 'Living on your own dime'

By Senior Airman Stephanie Serrano
19th Airlift Wing Public Affairs

The Airman and Family Readiness Center helps Airmen and their families enhance their quality of life and financial readiness. The A&FRC offers an array of services, resources and workshops.

One such workshop is called Living on Your Own Dime. This workshop is held by the Airman and Family Readiness Center and is geared toward developing Airmen to be financially secure.

The workshop covers the financial changes that occur when Airmen transition from living in the dorms to moving into an apartment or house. For some Airmen this could possibly be the first time they live on their own.

"This class helps Airmen mentally prepare for moving



U.S. AIR FORCE PHOTO

out of the dorms," said Art Richards, A&FRC community readiness specialist. "There's a lot of things young Airmen don't think about when it comes to moving."

The A&FRC along with base housing explains in detail the paperwork, utilities and deposits associated with moving into a new place as well as budgeting for those new expenses. The hour and fifteen minute workshop is offered on the third Wednesday of each month.

"For Airmen to move out of the dorms, this workshop is a requirement," said Rick Tomaskovic, A&FRC community readiness consultant. "It teaches Airmen a lot and opens their eyes for what moving out of the dorm entails."

For more information about Living on Your Own Dime or other workshops offered, please contact the A&FRC at 501-987-6801.

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Pharmacy helps improve lives

STORY AND PHOTOS BY
AIRMAN 1ST CLASS GRACE NICHOLS,
 19TH AIRLIFT WING PUBLIC AFFAIRS

While service members, retirees and dependents listen for their number to be called, tucked away behind shelves of bottles and prescriptions, a dedicated team of pharmacy technicians diligently work to fill their requests.

Located at the front entrance of the 19th Medical Group in Bldg. 1090, the pharmacy team quickly and accurately fills prescriptions.

With more than 1,000 prescriptions filled daily, the pharmacy team's job from start to finish is to cater to the medical needs of service members, their families and retirees – day in, day out.

The pharmacy team inspects, stores and distributes a variety of medications, ranging from allergy pills to heart medicine.

This responsibility requires the pharmacy team to ensure the “5 Rights” for each prescription: the right patient, the right drug, the right dose, the right route, and the right time.

The pharmacy has more than 1,000 varieties of medication, and anything not carried by the pharmacy, but sanctioned by the Department of Defense, may be ordered through the pharmacy's special purchase program.

“We strive to provide accurate, efficient and first class service to all of our patients who have served and are serving our country,” said U.S. Air Force Captain Katelyn Zeringue, 19th MDG pharmacist. “Providing first class service increases the quality of life for our patients.”

In addition to quality assurance, the pharmacy technicians look for different ways to improve the lives of service members, dependents and retirees.

“Our first priority has always been and always will be safety; we want to make sure we're working as efficiently as possible while still maintaining a level of safety,” Zeringue said. “We want to treat every patient with the respect and dignity they deserve while protecting their privacy.”

The newest addition – Medsafe, a medication disposal drop box - is intended to meet that priority.

Just as a sensitive document must be shredded to protect personal information, a pill bottle or prescription with private information must be properly disposed.



Patients wait for their prescriptions to be filled Jan. 12 at the 19th Medical Group pharmacy on Little Rock Air Force Base. More than 1,000 prescriptions are filled at the pharmacy daily.



U.S. Air Force Senior Airman Sudeep Jacob, 19th Medical Group pharmacy technician, helps a customer Jan. 12 at the 19th MDG pharmacy on Little Rock Air Force Base. The pharmacy assists more than 500 patients daily.

Deposit any unused or expired medications into the blue medication disposal box located in the pharmacy lobby for confidential and secure disposal. The only items not accepted are needles (sharps) and aerosol cans (inhalers).

As well as disposing the sensitive information on the labels of prescriptions, the drop box helps get rid of unused medications.

The new policy now only allows prescriptions to be taken during a specified time frame. Usage after this date is considered illegal or inappropriate use.

“We're trying to prevent the misuse and abuse of any medications that may be left in the home,” Zeringue said.

Additionally, dropping off a new prescription is now easier with a convenient drop box inside the pharmacy. If you don't have time wait in line, you can drop off prescriptions and pick it up the next day.

Both the disposal bin and the drop off box are open during normal pharmacy hours.

The goal of the 19th MDG pharmacy staff is to make things easier for the customer.

“It's been humbling being able to talk to people and find out what they've been through,” said U.S. Air Force Airman Taylor Fuselier, 19th MDG pharmacy technician. “Every patient is different. You may have something that's really simple or complicated. You come in each day and expect it to be different from the day before.”

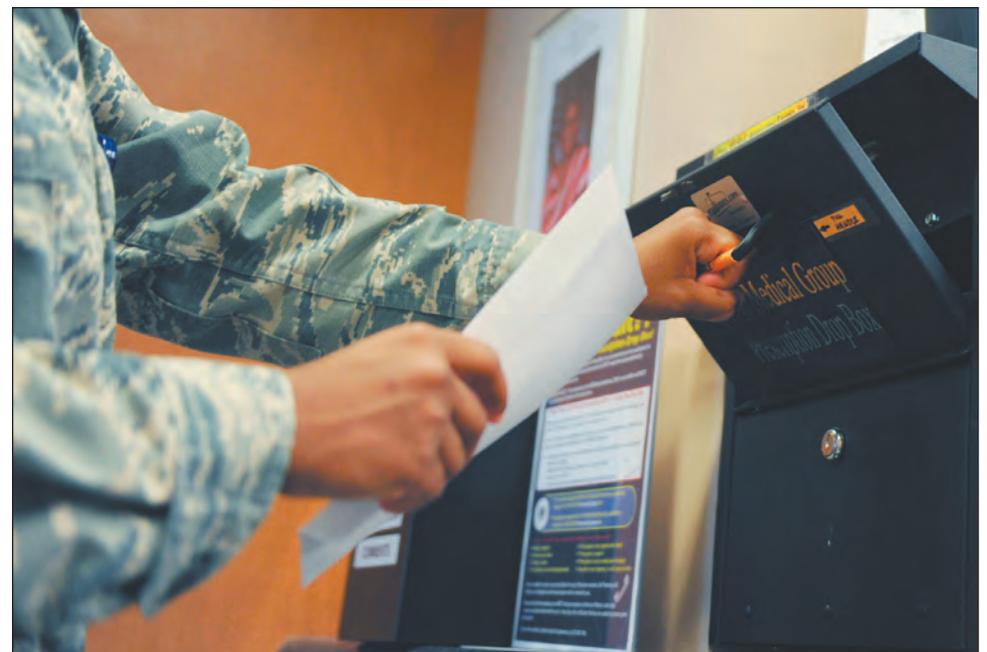
For more information regarding pharmacy operations, call 501-987-7446.



U.S. Air Force Staff Sgt. Zachary Nordstrom, 19th Medical Group pharmacy technician, inspects controlled medication Jan. 12 at the 19th MDG pharmacy on Little Rock Air Force Base, Ark. Controlled medication is meticulously inspected during prescription preparation for quality assurance.



U.S. Air Force Staff Sgt. Zachary Nordstrom, 19th Medical Group pharmacy technician, counts pills for a prescription order Jan. 12 at the 19th MDG pharmacy on Little Rock Air Force Base. Each prescription is checked by no fewer than four individuals before being dispensed to the recipient.



A service member uses the prescription drop box Jan. 12 at the 19th Medical Group pharmacy on Little Rock Air Force Base. The drop box is available from 7:30 a.m. to 4:30 p.m. Monday through Friday in the pharmacy lobby.

LEGAL BLOTTER

ARTICLE 15 ACTIONS (NON-JUDICIAL PUNISHMENT)

■ An airman first class assigned to the 19th Aircraft Maintenance Squadron received a reduction to Airman, forfeiture of \$878 pay per month for two months, and a reprimand for one violation of Article 121 – Larceny of non-military property.

■ An airman first class assigned to the 19th Maintenance Squadron received a reduction to Airman, a suspended forfeiture of \$878 pay per month for two months, thirty days extra duty, and a reprimand for one violation of Article 112a – Wrongful use of marijuana.

■ A staff sergeant assigned to the 19th Logistics Readiness Squadron received a reduction to Senior Airman and a reprimand for one violation of Article 112a - Wrongful use of marijuana.

■ A technical sergeant assigned to the 19th Security Forces Squadron received a reduction to Staff sergeant, forfeiture of \$683 pay per month for two months, and a reprimand for one violation of Article 134 – Communicating indecent language to a subordinate Non-Commissioned Officer.

■ A senior airman assigned to the 19th Aerospace Medical Squadron received a suspended forfeiture of \$1,041 pay per month for two months and a reprimand for one violation of Article 92 – Dereliction of duty for misuse of a government travel card.

■ An airman first class assigned to the 41st Airlift Squadron received a suspended reduction to airman, conditioned on no consumption of alcohol during the suspension period, and a reprimand for one violation of Article 91 – Disrespecting a Non-Commissioned Officer and one violation of Article 134 – Drunk and disorderly conduct.

■ A senior airman assigned to the 61st Airlift Squadron received a suspended reduction to airman first class, forfeiture of \$300 pay per month for two months, and a reprimand for one violation of Article 86 – Failure to go, and one violation of Article 107 – Making a false official statement.

■ An airman assigned to the 714th Training Squadron received a suspended reduction to airman basic, forfeiture of \$391 pay per month for two months, and a reprimand for one violation of Article 92 – Dereliction of duty for possessing alcohol in the dormitory in violation of training regulations while under the age of twenty-one.

■ A senior airman assigned to the 714th TRS received a suspended reduction to airman first class, forfeiture of \$537 pay per month for two months, and a reprimand for two violations of Article 92 – Dereliction of duty for possessing alcohol in the dormitory in violation of training regulations and consuming alcohol under the age of twenty-one.



INVOLUNTARY DISCHARGES

■ An airman first class assigned to the 19th MXS received an Honorable discharge for conditions that interfere with military service.

■ An airman basic assigned to the 19th LRS received an Honorable discharge for unsatisfactory performance for failing to meet fitness standards.

■ An airman first class assigned to the 19th LRS

See Blotter, page 13

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Legal review: UCMJ requires respect

Various Articles of the Uniform Code of Military Justice discuss actions which amount to disrespect of superiors and contempt toward officials. The following information will help service members remain mindful and observant of respect as stated in the UCMJ:

Disrespect or contempt towards officials currently in office can be considered a chargeable offense under the UCMJ and sometimes carries a maximum punishment of one year confinement, total forfeiture of all pay and allowances, and dismissal.

This offense may be aggravated by utterance of contemptuous words in the presence of military subordinates.

The truth or falsity of the statements is immaterial.

(Information courtesy of the 19th Airlift Wing Legal Office)



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"Veterans Still Serving"

Blotter

Continued from page 12

received a General discharge for minor disciplinary infractions, which consisted of disrespecting a Non-Commissioned Officer, exceeding the suspense date for an appointment, using an electronic cigarette in a prohibited area, operating a vehicle with a suspended driver's license, and failing to show up to work at the assigned duty time.

■ A senior airman assigned to the 19th LRS received a General discharge for the wrongful use of marijuana.

■ An airman basic assigned to the 314th Aircraft Maintenance Squadron received a General discharge for the wrongful use of methylenedioxymethamphetamine, also known as MDMA or Ecstasy.

■ An airman first class assigned to the 314th AMXS received a General discharge for minor disciplinary infractions, which consisted of parking in an unauthorized location, failing to obey a no contact order, and failure to go on numerous occasions.

■ A senior airman assigned to the 314th AMXS received a General discharge for minor disciplinary infractions, which consisted of being past due on his credit card for two months, failing to show for work on numerous occasions, failing to obey an order on numerous occasions, driving a vehicle with an expired tag, and failing to report a scheduled training appointment.

■ From the 19th Airlift Wing's Office of the Staff Judge Advocate: The Uniform Code of Military Justice authorizes commanders to exercise personal discretion in evaluating each case. Commanders consider the nature of the offense, the record of the service member, the need for good order and discipline, the effect of punishment on the service member, and the service member's record. Every case is unique and is evaluated independently. The Manual for Courts-Martial reminds us that military law promotes justice, assists in the maintenance of good order and discipline in the armed forces, promotes the efficiency and effectiveness of the military establishment, and strengthens the national security of the United States.

(Information courtesy of 19th Airlift Wing Office of the Staff Judge Advocate)

Plan ahead for tax season

By Airman 1st Class Kevin Sommer Giron
19th Airlift Wing Public Affairs

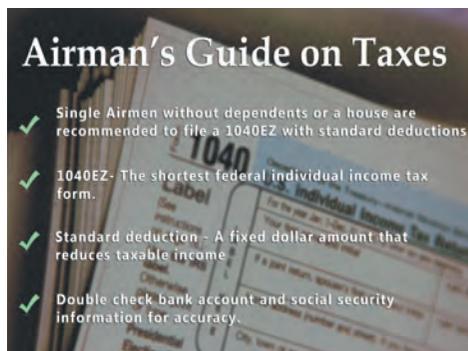
As tax season approaches, it's important to remember to plan ahead. There are a variety of free tax services readily available. Below are some tips to help successfully file tax returns this year.

Active duty military members can visit www.militaryonesource.mil to use free tax preparation and filing software. Additionally, Airmen can speak with a trained military tax consultant for military-specific information.

Retirees are encouraged to use free tax filing services through the Volunteer Income Tax Assistance program.

To find a VITA site, use the VITA locator tool available on the Internal Revenue Service's website, or call 800-906-9887.

Taxes must be filed by April 15. There are extensions available for service



members who are deployed.

For a full list of what qualifies a person for an exemption, visit <https://www.irs.com/articles/2016-federal-tax-rates-personal-exemptions-and-standard-deductions>.

For more information on other resources to help navigate tax season, visit www.militaryonesource.mil.

(Editor's note: The 19th Airlift Wing Legal Office will no longer operate a volunteer tax center on base.)

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Base honors civic leaders with 2016 Cornerstone Award



Mrs. Billie Ann Myers speaks to community leaders at the Community Council meeting Tuesday at Hangar 1080 after receiving the 2016 Cornerstone Award for outstanding service and commitment to Little Rock Air Force base that she and her late husband, Oliver Myers, accomplished.



U.S. Air Force Col. Charles Brown Jr., 19th Airlift Wing commander, presents the 2016 Cornerstone Award to Mrs. Billie Ann Myers and her late husband Oliver "Dub" Myers, on Tuesday at Hangar 1080 on Little Rock Air Force Base. Mrs. Myers and family received the award on Mr. Oliver Myers' behalf and were honored to be selected for this recognition.

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

Colonel Charles Brown Jr., 19th Airlift Wing commander, presented the 2016 Team Little Rock Cornerstone Award to Oliver and Billie Ann Myers on Tuesday during a Community Council meeting.

The Team Little Rock Cornerstone Award was created to honor a prominent civic leader who exemplifies outstanding service and commitment to the men and women of Little Rock Air Force Base and continues to strengthen the foundation set by the Founding Fathers of Little Rock Air Force Base. The Myers achieved this through their life-long commitment to supporting the military. As Col. Brown made the announcement, he said they embodied the true representation of what it means to be not only leaders in the local community but steadfast supporters of the base and its Airmen.

"There's a special bond that develops when we see those that continue to serve even after they have left the military service for civil service," Brown said. "They as leaders see the value in what we, (Team Little Rock), do so they gather together with the local community and provide services by looking out for each other, taking care of families who's loved ones are deployed and continuing to serve selflessly."

A steadfast advocate for the military and the surrounding community, Oliver was a member of the base Community Council and the Military Affairs Chairman for the Jacksonville Chamber of Commerce. His efforts were recognized with an appointment as honorary first sergeant, an honorary chief master sergeant and eventually the honorary commander of the 61st Airlift Squadron. Just as stalwart in her commitment to the community, Billie Ann diligently attended every event with her husband. Billie Ann graciously accepted their Cornerstone Award honor alone as her husband passed away in 2012.

"My biggest regret is that Oliver is not here to accept

this award," Billie Ann said. "He truly loved this base, loved the people who work on it and the people who supported the base. It's not hard to serve Little Rock Air Force base because the base is Jacksonville, it is central Arkansas and it does so many wonderful things day in and day out while taking care of us. Thank you so much for this recognition and I'm proud we were considered family."

(Editors note: Oliver "Dub" Myers served as a Brigadier General and former commander of the 39th Infantry Brigade of the Arkansas Army National Guard before retiring. He continued to serve the Arkansas community as a civic leader.)



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Intramural basketball



U.S. AIR FORCE PHOTOS BY AIRMAN 1ST CLASS GRACE NICHOLS

Members of the 189th Airlift Wing's basketball team cheer on their teammates Jan. 30 at the Fitness and Sports center on Little Rock Air Force Base. During an intramural basketball game, the 19th Force Support Squadron faced off against the 189th AW. 19th FSS will compete against the 19th Medical group in their next game Feb. 1.



From right, U.S. Air Force Senior Airman Bradley Johnson, 189th Airlift Wing basketball team member, blocks a shot by U.S. Air Force Staff Sgt. Zavier Legrand, 19th Force support Squadron basketball team coach Jan. 30 at the Fitness and Sports Center on Little Rock Air Force Base. 19th FSS claimed the victory against the 189th AW 45-34.

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Sunday 11 a.m.

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Sunday Mass 9:30 a.m.

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(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	Aircraft availability
C-130J: (standard 80 percent): 79.1%	C-130J: (standard 8.4): 6.0

Team Little Rock Phone Book

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



C-130 SCHOOL

GRADUATES

Number of combat aircrew members sent to the fight beginning

Jan. 17, 2017:

C-130H: 13

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Munitions closure for inventory

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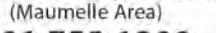
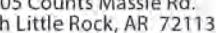
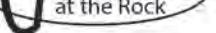
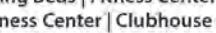
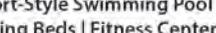
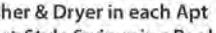
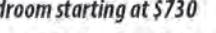
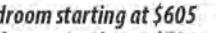
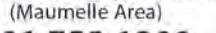
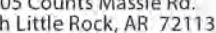
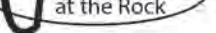
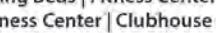
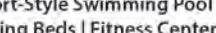
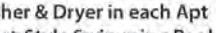
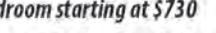
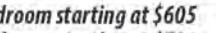
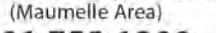
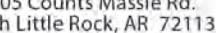
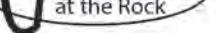
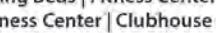
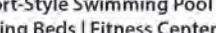
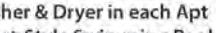
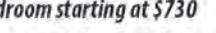
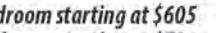
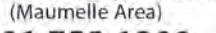
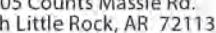
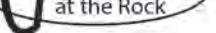
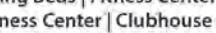
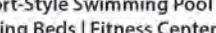
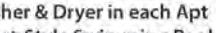
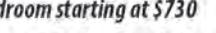
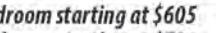
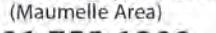
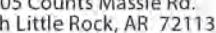
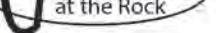
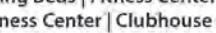
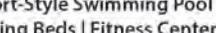
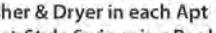
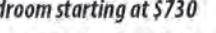
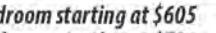
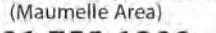
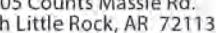
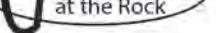
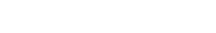
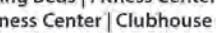
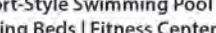
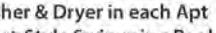
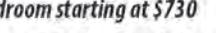
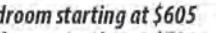
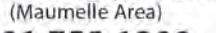
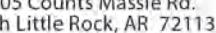
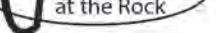
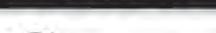
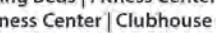
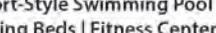
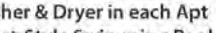
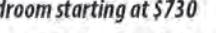
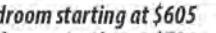
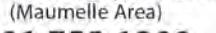
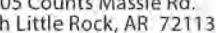
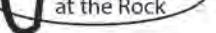
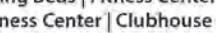
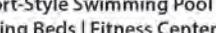
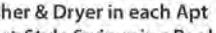
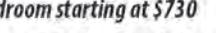
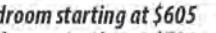
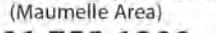
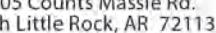
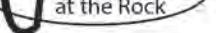
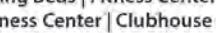
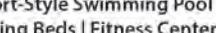
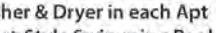
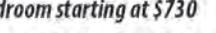
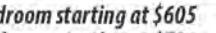
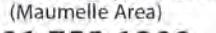
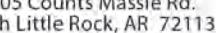
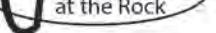
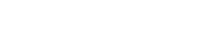
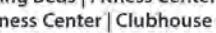
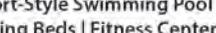
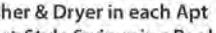
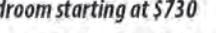
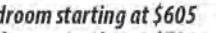
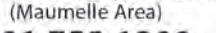
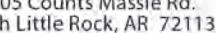
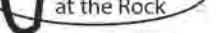
Properties Available:

9 Cherry Ct., Jacksonville, 3 Br, 1 Ba, \$675/mth
1209 Oakhurst, Jacksonville, 3 Br, 2 Ba, \$895/mth
2321 Cloverdale Rd., Jacksonville, 3 Br, 2 Ba, \$1,000/mth
1000 Southeastern, Jacksonville, 3 Br, 1 1/2 Ba, \$750/mth
708 Lehman, Jacksonville, 3 Br, 1 1/2 Ba, \$725/mth
208 Overland Trail, Jacksonville, 3 Br, 1 1/2 Ba, \$700/mth
20 Wendell, Cabot, 3 Br, 1 1/2 Ba, \$800/mth
1434 Rebel, Jacksonville, 3 Br, 2 Ba, \$850/mth
238 Kelso, Jacksonville, 3 Br, 1 1/2 Ba, \$700/mth
1006 Burnman, Jacksonville, Office Space \$650/mth
308 Brewer, Jacksonville, 3 Br, 1 Ba, \$700/mth
1101 Stevenson, Jacksonville, 3 Br, 2 Ba, \$1,100/mth
217 Jackson Park, Cabot, 3 Br, 2 Ba, \$1,150/mth
Ruth Ann, Jacksonville, 2 Br, 1 Ba, \$490/mth
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Home w/an INCOME SUITE just 5 min. from back gate of LRAFB. Front porch plus back deck overlooking the 1.3 acres. Hardwoods in LR & under carpets. Kitchen updated w/stainless steel appliances. Master Suite w/sitting area, soaker tub/shower. Located close to golf course. MLS #16035173, \$139,455.

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6Bd/4BA, 2665 sq. ft. on 0.94 acre lot. 2 Master Suites. Must See Family Home! Granite Kitchen Countertops, Crown Molding
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1405 PURITAN DRIVE - \$167,500
3BD, 2 BA, 1565 sq. ft. Open Floor Plan New home close to LRAFB. All brick, Granite counters.
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