



RAVENS SPREAD WINGS TO SECURE C-130S WORLDWIDE

PAGES 10-11

U.S. Air Force Airman 1st Class Nicholas Pineda, a 19th Security Forces Squadron patrolman, defends himself during Phoenix Raven pre-training Feb. 17 at Little Rock Air Force Base. There are currently four 19th SFS Ravens that protect aircraft, aircrew and cargo from criminal and terrorist threats while traveling through airfields where security is either unknown or inadequate.



BLACK HISTORY MONTH

EVENTS HELD

Airmen attended an African American Culture Panel followed by a soul food sampling event Feb. 23 at Little Rock Air Force Base.

PAGE 7



NEW FITNESS AREA OFFERS

SAFE WORKOUTS

The new fitness center additions located in the cardio room allow injured people or physical limited individuals to still exercise.

PAGE 8



A&FRC SUPPORTS TLR

WITH CLASSES AND PROGRAMS

The Airman and Family Readiness Center, housed in the Walters Community Support Center, employs 14 experts to teach and counsel active duty members, family members, and Department of Defense civilians and offer a large variety of classes, services and programs geared toward its mission.

PAGE 12

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

Impending pilot shortage, developing national crisis

By Gen. Carlton D. Everhart II

Air Mobility Command commander,
Scott Air Force Base, Ill.

Our nation expects a great deal from its military, but it comes at a cost. Air Mobility Command – the organization responsible for airlift, aerial refueling, aeromedical evacuation, and enroute support – is constantly faced with challenges testing the resilience of our airmen.

Whether airdropping combat supplies, fueling fighters and bombers on the way to destroy terrorist camps, or aiding natural disaster victims around the world, Mobility airmen perform the mission with professionalism and at great personal risk and sacrifice.

I'm painfully aware our airmen have been subject to high operations demand for quite some time. Most are tired, as are their families. They do what we ask them to do, and they are always there, conducting the mission professionally, selflessly and with great effect.

However, a concern is how much longer they can sustain the pace and whether they will leave our Air Force.

The manning shortage extends beyond fighter pilots. What happens when we face a potential exodus of mobility skill and talent? Consider approximately 1,600 mobility pilots are eligible to leave the military in the next four-plus years. We are already more than 300 total force mobility pilots short of what we need today.



U.S. AIR FORCE PHOTO BY SENIOR AIRMAN HARRY BREXEL
U.S. Air Force Capt. Kyle Gauthier, 61st Airlift Squadron C-130J pilot and flight commander, reviews a preflight checklist Feb. 3, 2017, at Little Rock Air Force Base, Ark. His shoulder patch indicates the C-130J Block 8.1 system upgrade and expansion. Gauthier, along with a team of 19th Airlift Wing Airmen, conducted Air Mobility Command's first C-130J flight with the upgrade.

Commercial airlines are projected to be short 16,000 pilots by 2020. The math demonstrates the challenge is not looming, it is here. The time to find solutions is now.

A PILOT SHORTAGE

This is a national problem with real security implications. As a result of new safety regulations, increased experience requirements, and attrition through commercial airline pilot retirement, experienced aviators are in high demand.

Mobility pilots are some of the best in the world and represent a lucrative talent pool for the civilian industry. As a natural feeder system for the airlines, we lose talent as civilian airlines' needs increase.

This comes at a time when our airmen are feeling the strain. Consider aerial refueling tanker pilots as an example. These professionals flew nearly 31,000 tanker missions in support of operations in Iraq and Syria alone. We ask them to do this with a 60-year-old KC-135 Stratotanker or vintage KC-10 Extender aircraft, relying on the strong backs and tremendous pride and skill of our maintainers.

Many yearn for newer equipment; consistent work schedules; family, personal time; and a homestead. Many believe that commercial pilot life offers the potential to achieve balance.

The need for skilled military and civilian pilots will put us in an unfortu-

nate and natural competition with our industry partners – not a good position for either party.

Pilots departing is a problem, but if they don't consider serving in the Reserves and Guard, that problem becomes a crisis. If our airmen don't continue to serve with our total force partners, the active force will face additional strain.

Productive dialogue can help us find great opportunities amidst the challenges, but it requires industry, academia, and airman ingenuity.

Recently, I sat down with some of our airline partners to begin this discussion, and I am confident that this is a start toward better understanding and a collaborative approach to improving circumstances.

We are focused not only on the pilot shortage challenges, but also addressing aircraft maintainer shortages.

Air Mobility Command never fails to deliver rapid global mobility anywhere, anytime. The mobility mission is similar to an offensive line in football. When the capability isn't there, everyone notices, and scoring – or, in our case, striking a target, delivering relief or helping to save a life – wouldn't occur.

The value of mobility airmen to national defense is critical.

This issue calls for a national dialogue and understanding before strain becomes breakage, and national objectives and security are at risk.

EDITORIAL POLICY

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COMBAT AIRLIFTER OF THE WEEK

RANK AND NAME

Senior Airman Borden Moody

UNIT

189th Aircraft Maintenance Squadron

GUARD STATUS

Technician

JOB TITLE

Sortie support/Aircraft mechanic

HOMETOWN

Cabot, Ark.

TIME ON STATION

2 years

TIME IN SERVICE

6 years and 6 months

FAMILY

Wife Ashley, daughter Paisley, age 3, and son Chantry, age 1

HOBBIES

My main hobby is bee keeping

GOALS

To progress as far as I can in the Air National Guard before I retire

MOST REWARDING PART OF MY JOB

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U.S. AIR NATIONAL GUARD PHOTO BY TECH. SGT. JESSICA CONDIT

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19TH AIRLIFT WING

- Master Sgt. Balbo, Eric
19th Aircraft Maintenance Squadron
- Master Sgt. Burnett, Glenn
19th Aircraft Maintenance Squadron
- Master Sgt. Carey, Demetria
19th Force Support Squadron
- Master Sgt. Doggett, Jeremy
19th Maintenance Squadron
- Master Sgt. Evener, Mark
19th Logistical Readiness Squadron
- Master Sgt. Easley, John
19th Aircraft Maintenance Squadron
- Master Sgt. Fitzpatrick, Amanda
19th Communication Squadron
- Master Sgt. Hicks, Stephen
19th Security Forces Squadron
- Master Sgt. Jones, Martin
19th Civil Engineer Squadron
- Master Sgt. Jenkins, Mark
19th Communication Squadron

- Master Sgt. Lander, Timothy
19th Aircraft Maintenance Squadron
- Master Sgt. Maiava, Derek
19th Force Support Squadron
- Master Sgt. ODonnell, Michael
19th Aircraft Maintenance Squadron
- Master Sgt. Person, Amber
19th Force Support Squadron
- Master Sgt. Prude, Samihah
19th Maintenance Squadron
- Master Sgt. Stender, Russell
19th Aircraft Maintenance Squadron
- Master Sgt. Vehlies, James
19th Maintenance Squadron
- Master Sgt. Wilson, Efreem
19th Aircraft Maintenance Squadron

314TH AIRLIFT WING

- Master Sgt. Harms, Matthew
62nd Airlift Squadron
- Master Sgt. McMahan, Josh
62nd Airlift Squadron
- Master Sgt. Tabor, Matthew
314th Maintenance Group

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Little Rock Air Force Base is offering legal services

By Senior Airman Ashley Cassell
19th Airlift Wing Legal Office

The 19th Airlift Wing Legal Office advises on the following topics: will/estates, separation/divorce, adoption, landlord/tenant issues (only if member is the tenant), consumer affairs, debt collection, child custody, residence/domicile, hiring a civilian attorney, dependent non-support, Service Members' Civil Relief Act, and Uniformed Services Employment and Reemployment Rights Act. However, the legal office is unable to provide any in-court representation or advise on: criminal matters, problems with leadership, official Air Force matters, lawsuits against Air Force or Department of Defense, private business, real estate sales/closing documents, third party issues (i.e., my friend is having a problem), intellectual property, bankruptcy or medical malpractice.

Active-duty and dependents are authorized to use walk-in legal assistance hours for general legal assistance Monday from 2-3 p.m. and Wednesday from

9-11 a.m. For wills, call the legal office with a ticket number after completing a will worksheet at the following website: (<https://aflegalassistance.law.af.mil/lass/lass.html>). Wills can be executed by appointment only on Monday at 3 p.m. (arrive 15 minutes early) or Wednesday at 11 a.m. (arrive 15 minutes early).

For retiree wills, call to schedule a 20-minute consultation after completing a will worksheet at the following website: (<https://aflegalassistance.law.af.mil/lass/lass.html>). Retiree legal assistance and will consultation appointments are scheduled between 9-11 a.m. on the second and fourth Friday of the month. Retiree wills will be executed at 11 a.m. (arrive 15 minutes early) on the second and fourth Friday of every month by appointment only.

Power of attorney and notary services are available to active-duty, retirees and their dependents Monday - Friday from 9 to 11 a.m. and Monday, Tuesday, Thursday and Friday from 2-3 p.m. For more information, call the legal office at (501) 987-7886.

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Little Rock AFB program SAVES lives

By Airman 1st Class
Kevin Sommer Giron

19th Airlift Wing Public Affairs

According to the National Highway Traffic Safety Administration, 10,265 people were killed in the U.S. due to drunk drivers in 2015. Each crash effects not only the people involved but their families, friends, coworkers and fellow wingman.

Substance Abuse Victimized Every Service Member, or SAVES, is a Little Rock Air Force Base, Arkansas, developed program that strives in reducing the amount of alcohol and drug related incidents involving Team Little Rock members on and off base.

According to the National Highway Traffic Safety Administration, 10,265 people were killed in the U.S. due to drunk drivers in 2015. Each crash effects not only the people involved but their families, friends, coworkers and fellow wingman.

Substance Abuse Victimized Every Service Member, or SAVES, is a Little Rock Air Force Base, Arkansas, developed program that strives in reducing the amount of alcohol and drug related incidents involving Team Little Rock members on and off base.

"The SAVES program is very similar to the force protection conditions," said Stephanie Wynn, 19th Airlift Wing community support coordinator. "There are three levels that are colored coded: green,

Substance Abuse Victimized Every Service Member

SAVES LEVEL 3:
The installation continues to experience an upward swing in ARIs and DRIs, or if substance abuse is a factor in death.

SAVES LEVEL 2:
A level of increased awareness if the number of alcohol and drug related incidents rise above four.

SAVES LEVEL 1:
A steady state where day-to-day operations are meant to be maintained indefinitely.

Alcohol and Drug Abuse Prevention and Treatment program (501) 987-7338

yellow and red depending on the amount of incidents occurring within a 60-day period."

With each level activated, there are reactive measures that counter the circumstances at hand. The measures are implemented at the wing commander's discretion, but unit commanders may apply measures from higher levels to tailor their unit's specific circumstances.

LEVEL ONE

A steady state where day-to-day operations are meant to be maintained indefinitely, similar to FPCON Alpha. This includes random entry point checks at base gates.

LEVEL TWO

A level of increased awareness is initiated if the number of ARIs rise above six or driving while intoxicated cases rise above four. For example, a measure

would be an increase in first sergeant visits to the dormitories due to a surge in underage drinking.

LEVEL THREE

Applies when the installation continues to experience an upward swing in ARIs and DWIs, or if substance abuse is a factor that causes a loss of life. A measure for this level would be additional housing sweeps and walking patrols on base.

"SAVES by the numbers

works, we have incrementally lowered our driving while intoxicated cases and alcohol related incidents every year," Wynn said.

The SAVES program works closely with multiple agencies to include the Air Force Alcohol and Drug Abuse Prevention and Treatment program, or ADAPT, to accomplish their mission.

"One thing we do for SAVES is we provide statistics," said U.S. Air Force Capt. Scotty Howard, 19th Medical Operations Squadron ADAPT program manager. "We don't collect names but we do gather information like the age, rank and unit of Airmen and give it to the SAVES coordinator to brief the commanders."

The data is then used to set SAVES levels and helps

commanders address issues that are specific to their units. Preventative counseling is also done through ADAPT for any Airmen willing to get help for substance abuse.

"Prevention is what I like to stress to people the most; when things start becoming noticeable to you or your peers that's when reaching out is most important," Howard said.

Keeping Airmen and their families safe is a top priority for the SAVES program. Since its inception more than six years ago, drug and alcohol incidents have been cut in half at Little Rock AFB.

For Airmen struggling with substance abuse, contact ADAPT at (501) 987-7338 for counseling and treatment. For more information regarding the SAVES program, contact any unit's first sergeant.

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Black History Month honored with base events



(Above) U.S. Air Force Airmen sample candy yams at a soul food sampling event Feb. 23 at Hangar 1080 on Little Rock Air Force Base. The event followed the African American Culture Panel where a mixed panel of military and civilian participants discussed their academic experiences and how it impacted their lives and careers. (Left) Team Little Rock members discuss a wide variety of issues concerning the African American community during an African American Culture Panel Feb. 23 at Hangar 1080 on Little Rock Air Force Base. The event included eight panel members, military and civilian, that discussed the issues impacting the educational system in the African American community.

U.S. AIR FORCE PHOTOS BY AIRMAN 1ST CLASS KEVIN SOMMER GIRON

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New fitness area offers safe workouts for injured Airmen

By Senior Airman Mercedes Taylor
19th Airlift Wing Public Affairs

There are many benefits to working out: increased energy, improved mood and reduced weight. Service members may have difficulties reaping the benefits if they're on a medical profile or restricted from performing certain exercises due to injury.

In an effort to help Airmen remain mission ready, there's now an adaptive fitness area for injured personnel to work out safely and effectively.

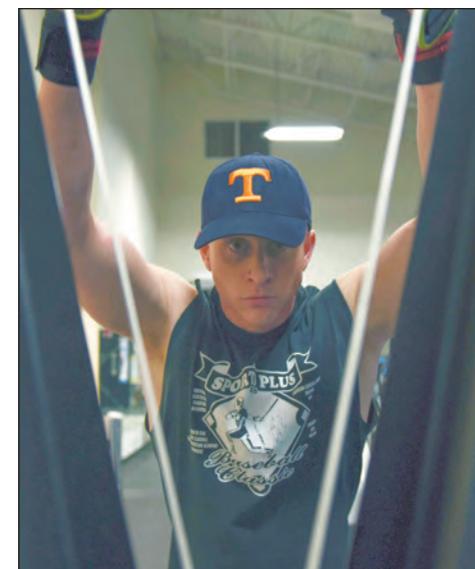
"One of our main missions is to provide an environment for Airmen to be fit to fight," said Aaron Leach, 19th Force Support Squadron Fitness Center fitness and sports director. "We're really proud of this new area."

The new fitness center additions

See New, page 14



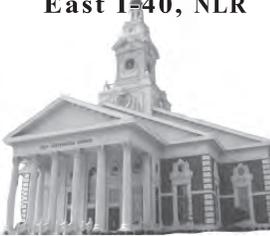
Aaron Leach, left, 19th Force Support Squadron fitness director, trains Michael Smith, retired U.S. Army sergeant first class, on a recumbent elliptical Feb. 2 at the Fitness Center on Little Rock Air Force Base. The recumbent elliptical is a new addition to the Fitness Center and creates an adaptive fitness area for those with injuries.



U.S. Air Force Senior Airman Brent Osborne, 19th Logistics Readiness Squadron material management technician, uses a ski ergometer, Feb. 2 at the Fitness Center on Little Rock Air Force Base. The ski ergometer is an alternative to a rowing machine and is part of a new adaptive fitness area at the gym.

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Military saves week 2017: Makes sense to save cents

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

The Military Saves Week started Feb. 27 to educate Airmen and their families about finances at the Walters Community Support Center.

This event, hosted by Airmen and Family Readiness Center, encompassed free classes and booths, ranging from basic savings programs to living on less income to understanding credit and teaching children about money.

The Department of Defense campaign is supported by the America Saves program, which helps people pledge to get out of debt.

“The intent of the pledge is three fold,” said Rick Tomaskovic, 19th Force Support Squadron Community Readiness Consultant. “Saving money, getting out of debt, and building wealth. These are the three best purposes to which you can apply any of your financial resources.”

In 2016, nearly 30,000 individuals took the Military Saves pledge or re-pledged, increasing the number of people who have taken the pledge to more



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

Rick Tomaskovic, a Community Readiness Consultant with the Airman and Family Readiness Center, teaches a class on home buying as part of the weeklong Military Saves event March 1 at the Walters Community Center here on Little Rock Air Force Base.

than 250,000 across the DOD.

“Last year we had approximately 700 people take the pledge,” Tomaskovic said. “We are hoping to at least double that

number this year here.”

This year marks the 11th anniversary of Military Saves Week giving an opportunity for installations across the

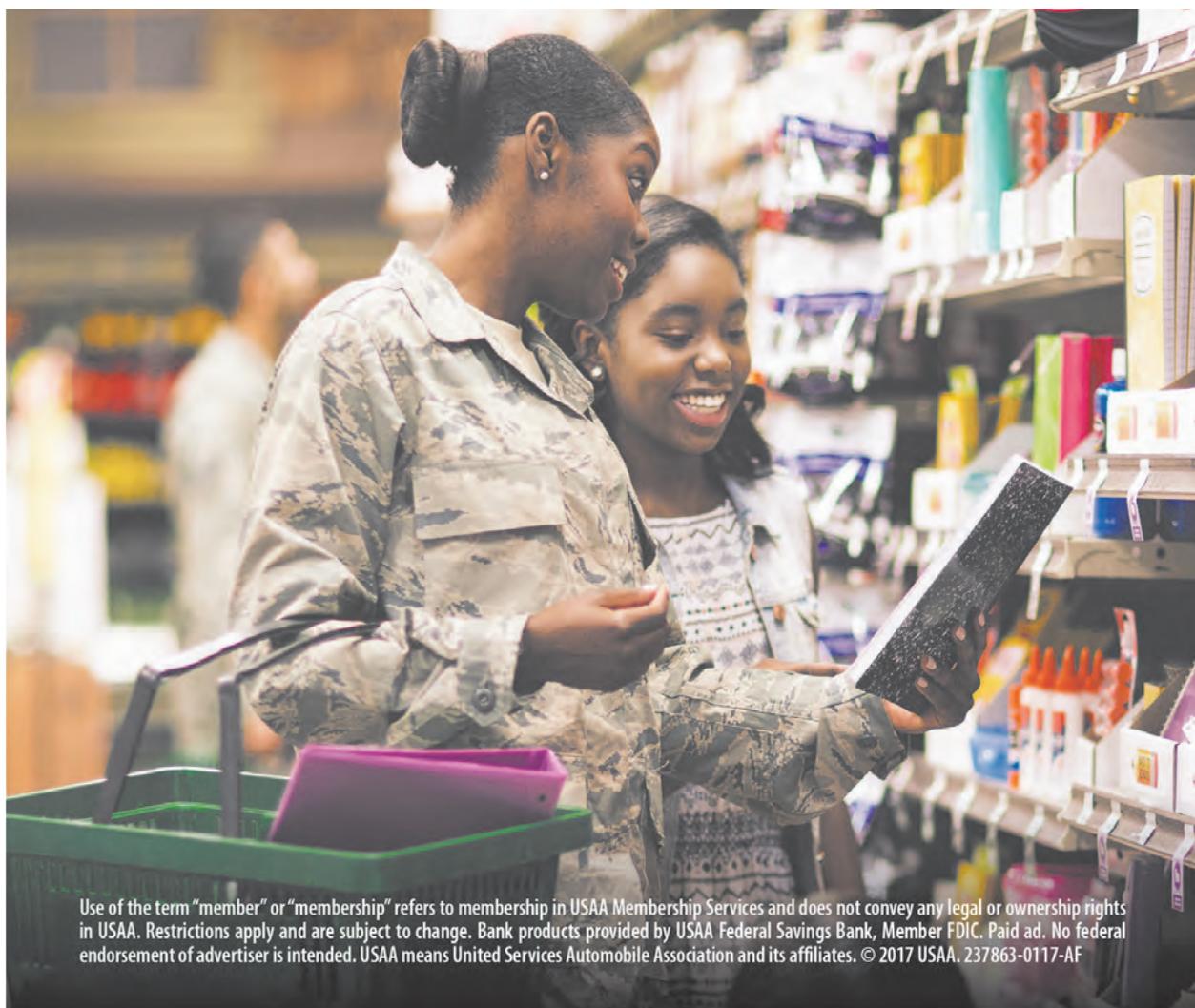
DOD to promote financial readiness.

“Military Saves Week is an opportunity for military installations, commands and detachments, financial institutions, nonprofit organizations, and government agencies around the world to motivate service members and families to reduce debt and build wealth,” said James Lander, Military Saves Director Washington D.C.

The Airman and Family Readiness Center will continue to offer these classes and more after Military Saves Week has concluded.

“We never stop providing financial classes or one on one appointments,” Tomaskovic said. “We have six financial classes every month. In addition, every year for the last three years we have added an additional accredited financial counselor at the Airman and Family Readiness Center to provide that personal experience for every customer that seeks information.”

For more information call the Airman and Family Readiness Center at (501) 987-2667.



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

Canteens, boots and binders rest on the mat of the 19th Security Forces Squadron's version of the "House of Pain," Feb. 15 at Little Rock Air Force Base. The "House of Pain" is a nickname of the Air Mobility Command's Phoenix Raven Qualification Course at Joint Base McGuire-Dix-Lakehurst, N.J. Little Rock AFB Ravens prepared and trained three other 19th Security Forces Squadron Airmen to prepare for the physically intensive three-week, 12-hour-a-day course that covers subjects such as cross-cultural awareness, airfield survey techniques, explosive ordnance awareness, aircraft searches and self-defense techniques.

STORY AND PHOTOS BY SENIOR AIRMAN HARRY BREXEL, 19TH AIRLIFT WING PUBLIC AFFAIRS

The U.S. Air Force's Air Mobility Command currently operates a fleet of more than 1,100 aircraft, yet only a small number of elite security forces Airmen are responsible for defending and protecting those aircraft and aircrews in locations across the globe.

The Airmen are known as "Phoenix Ravens" and Little Rock Air Force Base is currently home to a handful of these first-class Defenders.

In 2016, four Little Rock Airmen completed the three week long, 12-hour-a-day Phoenix Raven Qualification Course at Joint Base McGuire-Dix-Lakehurst, New Jersey. It was the first time in more than ten years that 19th Security Forces Squadron Airmen graduated the course, often called "the House of Pain."

"The course was by far the most challenging thing I've done in my life, both mentally and physically," said U.S. Air Force Senior Airman Taylor Sutton, 19th SFS Phoenix Raven and patrolman. "But it was a huge achievement being among the first from our base to graduate in a long time."

After the initial success, the 19th SFS is now preparing more of its Airmen for the notoriously intensive Ravens course.

Three Airmen were hand selected out of approximately 300 Defenders in the squadron, to be tested and see if they have what it takes to endure and graduate Phoenix Raven training.

The 19th SFS Ravens team constructed a weeklong schedule of intensive physical training sessions, defensive maneuver exercises, as well as classroom lessons on

cross-cultural awareness, airfield survey techniques, explosive ordnance awareness and aircraft searches.

"When we first arrived for the Ravens course, we were somewhat blindsided," said U.S. Air Force Staff Sgt. Logan Catalfano, 19th SFS Phoenix Raven and patrolman. "We didn't get an opportunity like this to prepare, but now we're able to use what we learned to set up other Airmen for success."

In January 2017 alone, U.S. Air Force mobility Airmen flew more than 28,000 missions. Catalfano and other Ravens from Little Rock AFB have already put their training to use in several of those operational missions by performing security, advising aircrews on force protection measures and conducting airfield assessments.

"It feels good to assist in bringing supplies and people to troops in need," Catalfano said. "We have a direct impact on the mission."

By the end of the initial Raven's pre-training week, two 19th SFS Defenders passed the course and will head to New Jersey to attend the official qualification course soon.

If they successfully complete the program, the duo will graduate during the Phoenix Raven program's 20th anniversary. The Airmen would routinely work with mobility aircrews in places like Iraq, Afghanistan, Northern Africa and South America in austere areas with little or no infrastructure.

"We want to build a name for ourselves, keep our graduation rate at 100 percent and generate more Ravens," Catalfano said. "This is a huge accomplishment for us and it makes us proud of what we do. Above all, it's fun and exciting."



U.S. Air Force Airmen from the 19th Security Forces Squadron form a barrier around Airman 1st Class Timothy Bukovich, 19th SFS patrolman, during close combat training, Feb. 17 at Little Rock Air Force Base. The “Red Man” exercise was the capstone event of a weeklong course of Phoenix Raven instruction for Airmen attempting to join the little-known team of elite security commandos.



U.S. Air Force Airman 1st Class Timothy Bukovich, 19th Security Forces Squadron patrolman, performs flutter kicks during a “smoke session” Feb. 15, 2017, at Little Rock Air Force Base, Ark. Bukovich and two other Airmen completed a weeklong training course to prepare for Air Mobility Command’s Phoenix Raven Qualification Course, also known as the “House of Pain.”

(Above) U.S. Air Force Airman 1st Class Timothy Bukovich, 19th Security Forces Squadron patrolman, center, receives motivation from 19th SFS Phoenix Ravens during a rigorous physical training session Feb. 15 at Little Rock Air Force Base. The Ravens trained other Airmen to see if they have what it takes to graduate the Air Mobility Command’s Phoenix Raven Qualification Course. Raven teams protect aircraft, crews and cargo from criminal and terrorist threats while traveling through airfields where security is either unknown or inadequate.

(Right) U.S. Air Force 19th Security Forces Squadron patrolmen, run in formation during a physical training session Feb. 15 at Little Rock Air Force Base. The Airmen completed a weeklong instruction course taught by 19th SFS Phoenix Ravens, to prepare them for Air Mobility Command’s Phoenix Raven Qualification Course.



A&FRC supports Team Little Rock with classes and programs

By **Tammy L. Reed**

19th Airlift Wing Public Affairs

The Airman and Family Readiness Center, housed in the Walters Community Support Center, employs 14 experts to teach and counsel active duty members, family members, and Department of Defense civilians and offer a large variety of classes, services and programs geared toward its mission.

The center's mission is to provide world-class programs and services to Airmen and families. They focus on building a stronger community, promoting self-sufficiency, fostering resilience and enabling mission readiness.

"Our thought is, if your families aren't ready, then you're not ready," said Sharon Thompson, A&FRC director.

A&FRC team members participate in a Newcomers' Orientation twice a month where they brief Airmen, family members and civilians new to the base about the center's classes and services.

In addition to this orientation briefing, other programs available include the Key Spouse Program in which spouses are encouraged to be peer support for other spouses. Also available are Mobilization and Deployment Readiness programs, such as Hearts Apart Morale Calls, Car Care Because We Care and Give Parents a Break. Another beneficial class is Heartlink, which is an Air Force 101 for new spouses who have recently arrived to the installation or married into the Air Force.

"The military lifestyle is a wonderful lifestyle, but it's new to people who have no experience with it and they've got to find out about it so that they can navigate through it and make the most of it," Thompson said.

The center even offers classes for individuals who are transitioning out of the military. The most prominent class is the Transition Assistance Program, or TAP. This course is a congressionally-mandated pre-separation briefing followed with a 5-day Goals, Plans and Success workshop.



U.S. AIR FORCE PHOTO BY TAMMY L. REED

Mike "Rudy" Rudisill, Airman and Family Readiness Center community readiness consultant, leads a pre-separation briefing to service members preparing to leave the military. The A&FRC pre-separation briefing is a prerequisite to the Transition Assistance Program's five-day Transition Goals, Plans, Success Workshop that informs those transitioning to civilian life of services and benefits available to assist them and their spouses during and after separating.

"It culminates when a member's getting ready to separate or retire with a capstone event, a one-on-one with a counselor making sure the member has set themselves up for a successful transition," said Wayne Ojala, Community Readiness Consultant and TAP's manager.

When individuals are preparing to transition out of the military it is a monumental change – not just for the active-duty member, but also for the entire family.

"I would tell the individual transitioning out to start your process early, and we are the start of that process," Thompson added. "We're one of your first stops, you'll work with us all along, then we're one of your last stops."

Marine Staff Sgt. Jerome Wilson Jr. stopped there to take a resume course then participate in TAPs while preparing to leave the Marine Corps.

"I got knowledge and resources from this course. I

was taught so much, and gained so much, not just by the information given to us, but the connections and people as well," said Wilson, who also got good insight in setting himself up for success in his new career. "It was a great course, and I definitely think it was necessary for me."

Thompson states she is biased but states it would be disastrous if there was no A&FRC. She's often asked service members about what is most important to them, and while they joke that it's implied, their response has never been the job, it's their family.

"If you are not taking care of what is most important to those active duty members -- making sure those families are taken care of so that if they have to deploy, they don't have to worry about their families – you're not going to retain those individuals," she said. "They are going to do something else, because they are going to take care of what is most important to them. And that's what we do. That's what we do."

For more information about the A&FRC, visit www.littlerock.af.mil/Units/Airman-and-Family-Readiness.

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Health Promotions: steps to healthier lifestyles

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

Taking the steps to a healthier lifestyle can be difficult and leaves many individuals with endless questions, not knowing where to start.

What should I eat to help fuel my body?

What is considered an effective workout?

How do I become the fit and healthy person I know I can be?

Health Promotions, previously known as the Health and Wellness Center, helps individuals take steps to answer those questions.

“So many people walk in to Health Promotions and think they are going to get shamed for their lack of healthy food choices or physical activity,” said Jill Hinsley, 19th Aerospace Medicine Squadron registered dietitian. “That won’t happen. We are here to help you succeed.”

Health Promotions develops and cares for those who are enrolled at the base clinic by providing a variety of programs and classes.

“We provide nutritional and physical education,” Hinsley said. “Free appointments with a registered dietitian are available. The



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

Jeff Vaughn, Vital 90 instructor, leads a set of five dead lifts for the class, Feb. 14 at the Fitness Center on Little Rock Air Force Base. Vital 90, a high intensity group fitness program, hosted by Health Promotions, helps keep Airmen fit to fight.

individual can learn about different nutrition options for not only weight loss, but for sports performance, energy problems or ways

nutrition can best fit their personal needs.”

In addition to personal appointments with a registered dietitian, Health Promotions

offers their clients Vital 90; a high intensity, group fitness program held at the Fitness Center. The class focuses on exercises that help Airmen improve their official physical testing scores.

“With our classes, such as Vital 90, there’s definitely a social aspect to it,” Hinsley said. “There’s something about suffering and sweating right alongside someone else. That hard work brings people together.”

Upon request, Health Promotions hosts fitness and nutrition briefings; the importance of superfoods, supplement safety, gut health, and more.

“Being physically and nutritionally fit is like preventative maintenance,” Hinsley said. “Your body acts like a machine. The type of nutrition you put into your body is going to directly relate to the output. If you put junk into your system you’re going to get junk out. That is why it is important to use resources like Health Promotions.”

Nutrition counseling and education is by appointment only and no referral is necessary.

For more information, visit Health Promotions located at the Fitness Center or call (501) 987-7288.

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New

Continued from page 8

includes an arm ergometer, leg ergometer, combination arm and leg ergometer, ski ergometer, recumbent elliptical, recumbent stepper an air assault bike and a duel adjustable pulley system. Most of the equipment is located inside the cardio room.

Although the area is directed toward service members on profile, retirees also use the machines to get a workout in.

“Some of the retirees use (the machines) because they can’t put as much impact on their legs and feet,” Leach said.

By creating an adaptive fitness area, Little Rock Air Force Base raises the bar for taking care of those with adaptive needs.

“According to the Air Force Services Activity, we’re the only base that has a specific area dedicated to those with adaptive needs,” Leach said. “It’s kind of an Air Force first.”

Although the new machines make the gym more inclusive, the Fitness Center always keeps the customer in mind.

“The gym is designed for safety and accessibility for the different populations,” Leach said. “We wanted to give people a little bit of everything.”

No matter what one’s physical status may be, the fitness center employees maintain an environment inclusive to all patrons and promotes mission readiness.



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U.S. AIR FORCE PHOTO BY SCOTT M. ASH

Air Force Chief of Staff Gen. David L. Goldfein speaks to a military strategy forum at a Center for Strategic and International Studies discussion on the imperatives of airpower and challenges for the next fight Feb. 23, 2017, in Washington, D.C.

Goldfein speaks on the imperatives of airpower

By Tech. Sgt. Robert Barnett

Secretary of the Air Force Public Affairs
Command Information

WASHINGTON – Air Force Chief of Staff Gen. David L. Goldfein addressed the budget, people as his number one readiness priority, a networked approach to warfare in the 21st Century, and the nuclear enterprise at a Military Strategy Forum event Feb. 23, 2017, at the Center for Strategic and International Studies in Washington, D.C.

Before taking questions from the audience, Goldfein highlighted airpower's role in the joint fight and the many ways the Airmen protect and defend the nation.

Goldfein compared the Air Force mission to a light switch, saying people don't necessarily know the ins and outs of how the light switch works – they simply expect that once flipped, the light will turn on. Many, he said, assume the same about the Air Force and all the capabilities the service brings.

“Our challenge as an Air Force is that while [our] missions have been growing, our Air Force has been getting smaller,” he said. “We're actually the smallest Air Force we've ever been. If you don't provide the resources, the light won't turn on. But, it's not all doom and gloom – there are

great opportunities ahead.”

The first priority is the budget, he said. He discussed the need to get the Air Force sized appropriately for current and future requirements. There are serious challenges when it comes to readiness, and if the needed budget isn't approved, it will put air superiority at risk, he said.

“The number one readiness priority is people,” he said. “People run the Air Force – whether enlisted, officer, active duty, Guard or Reserve – people operate the equipment, pilot aircraft, collect information and get the mission done.”

The general also discussed the need to recapitalize the nuclear enterprise. The Air Force is responsible for two thirds of the Nuclear Enterprise – the bomber and the missile legs of the triad – as well as approximately 75 percent of the nuclear command and control, he said. This includes ensuring the commander in chief stays connected to the nuclear enterprise at all times. There are thousands of Airmen operating 24 hours a day to ensure that capability.

The chief of staff acknowledged that despite some of the challenges the service faces, he is looking forward to accomplishing more in space, cyber, and the nuclear enterprise, and getting the force sized right for the all missions it performs.

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Application Deadline: 17 March 2017 or until a suitable applicant is found.

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SIU Extended Campus
Mail Code 6513
SIU Carbondale
850 Lincoln Drive - Northwest Annex A 134 Carbondale, Illinois 62901
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