



VOLUME 66 • NUMBER 31 • FRIDAY, AUG. 24, 2018

COMBAT AIRLIFTER

CDC USES INNOVATION FUNDS TO GROW

PAGES 8-9



U.S. AIR FORCE PHOTO BY NATALIE DOVE

Sarah Lewis and Angelina McGhee, Child Development Center caregivers, talk with their class about the differences between herbs and vegetables at Little Rock Air Force Base on Aug. 10. The CDC purchased several raised garden beds to grow crops for the children and their parents to use.

PRESIDENT AWARDS

MEDAL OF HONOR

On Aug. 22, President Donald J. Trump awarded the Medal of Honor to U.S. Air Force Tech. Sgt. John A. Chapman for conspicuous gallantry in Afghanistan.

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EXCHANGE OFFERS HOLIDAY LAYAWAY

The Little Rock AFB Exchange will waive the \$3 service fee for items \$25 or more - including toys and bikes - that are placed on layaway starting Sept. 1 and paid for by Dec. 24.

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101 CRITICAL DAYS OF SUMMER

Prevent heat injuries with these guidelines.

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OCT 27-28, 2018 LITTLE ROCK AFB

AIR & SPACE SHOW

63 Days

President awards the Medal of Honor

On Aug. 22 President Donald J. Trump awarded the Medal of Honor to Tech. Sgt. John A. Chapman, United States Air Force, for conspicuous gallantry. Chapman's spouse, Valerie Nessel, and family joined the President at the White House to commemorate his example of selfless service and sacrifice.

Chapman received the Medal of Honor posthumously for his actions on March 4, 2002, on Takur Ghar mountain in Afghanistan. During a helicopter insertion, Chapman's aircraft came under heavy enemy fire and was hit by a rocket-propelled grenade. One teammate was ejected from the aircraft, and the crippled helicopter crash landed in the valley below. Chapman and the remaining joint special operations team members voluntarily returned to the snow-capped mountain, into the heart of a known enemy stronghold, in an attempt to rescue their stranded teammate. Chapman charged

into enemy fire through harrowing conditions, seized an enemy bunker, and killed its enemy occupants. He then moved from cover to engage a machine gun firing on his team from a second bunker. While engaging this position, he was severely wounded by enemy gunfire. Despite severe wounds, he continued to fight relentlessly, sustaining a violent engagement with multiple enemy personnel before paying the ultimate sacrifice. Chapman's heroic actions, at the cost of his life, are credited with saving the lives of his teammates.

PERSONAL BACKGROUND

Chapman graduated from Windsor Locks High School, Windsor Locks, Connecticut, in 1983. He enlisted in the Air Force on Sept. 27, 1985, as an information systems operator and later volunteered to be a combat controller, where he was tasked to solve air and ground problems across the spectrum of

conflict and crisis. Sergeant Chapman, an expert in reconnaissance operations, air traffic control, and terminal attack control operations, used his expertise to decisively integrate airpower onto the battlefield. Trained to infiltrate in combat and austere environments, he was an experienced static line and military free fall jumper, combat diver, and earned jumpmaster and dive supervisor qualifications. Later, he was selectively hired for a special duty assignment at the 24th Special Tactics Squadron. There, as a team leader, Chapman trained personnel for their roles as special tactics operators on the battlefield, preparing them to conduct precision strike, personnel recovery, and global access missions for special operations forces around the world. While deployed, Chapman directed close air support aircraft, delivering destructive ordnance on enemy targets in non-permissive environments.

THE MEDAL OF HONOR

The Medal of Honor is awarded to members of the armed forces who distinguish themselves conspicuously by gallantry and intrepidity at the risk of their own lives above and beyond the call of duty while:

- engaged in an action against an enemy of the United States;
- engaged in military operations involving conflict with an opposing foreign force; or
- serving with friendly foreign forces engaged in an armed conflict against an opposing armed force in which the United States is not a belligerent party.

The meritorious conduct must involve great personal bravery or self-sacrifice so conspicuous as to clearly distinguish the individual above his or her comrades and must have involved risk of life. There must be proof beyond a reasonable doubt of the performance of the meritorious conduct.

EDITORIAL POLICY

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COMBAT AIRLIFTER OF THE WEEK



U.S. AIR FORCE PHOTO BY SENIOR AIRMAN GRACE NICHOLS

NAME AND RANK

U.S. Air Force Tech. Sgt. Malisha Jennett

UNIT

19th Airlift Wing Judge Advocate

DUTY TITLE

Legal Office NCO in charge

HOMETOWN

Edwards, Mississippi

TIME IN SERVICE

14 years

TIME AT LITTLE ROCK

10 months

GOALS

Make master sergeant and complete master's degree in project management

HOBBIES

Visiting museums with family, reading and exploring new restaurants

AIR FORCE CORE VALUE PORTRAYED

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HOW DOES THE INDIVIDUAL PORTRAY THE CORE VALUE?

As the 19th Airlift Wing Judge Advocate senior enlisted paralegal, Jennett is responsible for the development and mentoring of all junior attorneys and paralegals assigned to the legal office. Her continued success is derived from an uncompromising work ethic and 'can-do' spirit. Whether she is conducting a briefing, training others, or serving as a case paralegal on a court-martial, she does it all with aplomb and embodies our Core Value of Excellence.

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SEPTEMBER PROGRAMS

STORY TIME FOR PRESCHOOLERS

6 SEPTEMBER | 10 - 11 AM

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YOUNG ADULT PROGRAM

13 SEPTEMBER | 4 - 5 PM

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DPAA provides update on identifying service members missing from Korean War

WASHINGTON – The Department of Defense POW/MIA Accounting Agency provided an update on the status of identifying the remains transferred in July to the United States from North Korea.

An honorable carry ceremony on July 27 at Osan Air Base, South Korea, transferred 55 boxes of remains believed to be of Americans missing in the Korean War. The boxes were received Aug. 1 in an honorable carry ceremony in Hawaii.

“We are guardedly optimistic the 1 August repatriation is the first tangible action of others, with which we will be able to account for more of our missing from the Korean War,” the director of DPAA, Kelly McKeague, said at today’s White House media briefing.

The August repatriation and homecoming was a “poignant manifestation” of the commitment secured by President Donald J. Trump and the pledge by North Korean leader Kim Jong Un at their June summit in Singapore, he said.

McKeague highlighted the return of a dog tag of Army medic Master Sgt. Charles H. McDaniel. “It was a sole personal effect returned by the North Koreans,” he said, adding that the return of the remains is the first step toward talks to resume joint field recovery operations. The dog tag was returned to McDaniel’s sons.

Joint recovery operations in North Korea were suspended in 2005 due to security concerns by then-President George W. Bush.

HUMANITARIAN ENDEAVOR

McKeague described the recovery effort as a humanitarian endeavor and said he is encouraged that the June summit and North Korea’s reaffirmation to resume recovery operations may lead to further cooperation. He said the contacts are being treated as military-to-military contacts.

The time it will take to match the remains to a service member will be DNA-intensive and take months or years, DPAA lab director John Byrd said.

“At no time did we expect there to be one body, one box, nor did the North Koreans try to pitch it that way to us when we were in Osan,” Byrd said, citing



U.S. AIR FORCE PHOTO BY SENIOR AIRMAN APRYL HALL

The Defense POW/MIA Accounting Agency and U.S. Indo-Pacific Command conduct an honorable carry ceremony at Joint Base Pearl Harbor-Hickam, Hawaii, on Aug. 1. Carry teams moved 55 transfer cases, containing what are believed to be the remains of American service members who went missing in the Korean War, to the DPAA facility at the base for identification.

as an example the return of remains over five years the 1990s.

“Out of those 208 boxes over those five years, we estimated, after DNA sampling, 400 individuals. Now from that, 200 were Americans,” he said.

Initial inspections indicate the recently returned remains are in moderate to poor condition and do not contain any remains of animals, Byrd said.

SACRED OBLIGATION TO RECOVER MISSING AMERICANS

There are 7,700 Americans missing from the Korean War, McKeague said.

The DPAA mission is to search for, find and account for missing Defense Department personnel from World War II, the Korean War, the Vietnam War, the Cold War, the Gulf War and other recent conflicts. More than 82,000 Americans remain missing from those conflicts, with 34,000 believed to be recoverable, according to DPAA.

“The fact that the United States of America vigorously pursues the fullest possible accounting of our missing reflects our values as a nation,” McKeague said. “The sacred obligation, if not moral imperative, remains a high priority for the Department of Defense.”

Repeal of Flat Rate Authority – Executive Update

President Trump signed the National Defense Authorization Act (NDAA) for Fiscal Year 2019, which includes an immediate repeal of the authority to prescribe a reduced flat rate per diem for long-term temporary duty travel. As such, flat rate per diem for long term TDY (+30 days) shall only apply for travel through midnight on Aug. 12. As of Aug. 13 normal per diem rules, including the following, apply:

- Lodging receipts are required for all lodging payments.
- The actual cost of lodging not to exceed the full locality lodging per diem rate will be paid.
- The full meals and incidental expense will no longer be reduced by 75 percent or 55 percent.

Upon signature by the president, the Flat Rate Per Diem policy no longer applies as cited in the Joint Travel Regulations, pars. 020303 and 020309. An official change to the JTR is forthcoming and will be retroactive to the date the NDAA was signed. Once approved, it will be posted to the Defense Travel Management Office website under “Immediate JTR Changes”. (<https://www.defensetravel.dod.mil/site/changesjtr.cfm>), on the “Notable Policy Changes” (https://www.defensetravel.dod.mil/site/Notable_Policy_Changes.cfm) webpage.

(Courtesy of Defense Travel Management Office)

END OF SUMMER CLEARANCE

 <p>2018 HONDA ACCORD 1.9% for 36 mos. or 2.9% for 60 mos. <small>Excludes Hybrid</small></p>	 <p>2018 HONDA CIVIC SEDAN, COUPE, HATCHBACK 0.9% for 36 mos. or 1.9% for 60 mos.</p>	 <p>2018 HONDA FIT \$750 DEALER CASH AVAILABLE</p>
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Team Little Rock prepares for ROCKI 18-07

Airmen prepare a C-130J for takeoff during ROCKI 18-06 on June 19 at Little Rock Air Force Base. The week long instructional event prepared Airmen for real-world scenarios.



U.S. AIR FORCE PHOTO BY SENIOR AIRMAN GRACE NICHOLS

Exchange offering free layaway for holidays

Budget-minded Airmen, families and retirees can kick off their holiday shopping early by taking advantage of the Army & Air Force Exchange Service's fee-free layaway.

The Little Rock Air Force Base Exchange will waive the \$3 service fee for items of \$25 or more – including toys and bikes – that are placed on layaway starting Sept. 1 and paid for by Dec. 24.

"The Exchange's holiday layaway plan helps Airmen and military families keep special gifts out of sight and manage their budgets too," said Little Rock AFB Exchange general manager Donald Cantwell. "We want to make holiday shopping as stress-free as possible."

To hold items on layaway, Little Rock AFB Exchange shoppers are required to make a deposit of 15 percent of the purchase price.

Shoppers can visit customer service at their Little Rock AFB Exchange for program details and eligibility information.

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Airman Leadership School Class 18-6 graduates

Forty-eight Airmen graduated Airman Leadership School Thursday.

LEVITOW AWARD

Senior Airman Josue Ruiz-Garcia

ACADEMIC AWARD

Staff Sgt. Jose Delgado

COMMANDANT AWARD

Staff Sgt. Austin Malanowski

DISTINGUISHED GRADUATES

Senior Airman Danielle DeJesus

Senior Airman Haley Lawson

GRADUATES

Senior Airman Allen Joshua

Senior Airman Arceo Allen

Senior Airman Arruejo Robert

Senior Airman Bass Kenshun

Senior Airman Bell Sterling

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Senior Airman Gregg Jacob

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Senior Airman Johnson Zandria

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PaceyMae Carr, Presley Ayers, Kennedy Bigelow and Casey Blankenship take their first tour of the new herb and vegetable garden at the Child Development Center at Little Rock Air Force Base on Aug. 10. The CDC used the garden to teach children about eating healthy.



CDC uses innovation funds for gardens

STORY AND PHOTOS BY NATALIE DOVE,
19TH FORCE SUPPORT SQUADRON MARKETING ASSISTANT

When asked to give some ideas as to what the Child Development Center would do with its innovation funds, Tricia Reid began to cultivate ideas.

“I thought it would be a good idea to put a garden out front that the children could have access to, but also the parents could use,” said Reid.

The garden is incorporated into so many things during the day at the CDC. From teaching to cooking, and everything in between.

Once the innovation funds were approved, they immediately used them in May. The CDC purchased several raised garden beds to grow crops. These beds can be found in front of their entrance.

Some of the herbs featured in their garden include lemon verbena, sage, rosemary, thyme, oregano, lavender and marigolds, which you can eat, but they grow mostly for bug control. Recently, they started experimenting with some vegetables such as cucumbers, squash and peppers.

Once the cooler weather rolls in, their hope is to begin planting more crops that grow better during the colder months.

“I like to garden myself, so I thought it would be a fun thing to introduce here,” said Reid. Two caregivers at the CDC, Angelia McGhee and Sara Lewis, were also very interested in the idea as well due to their shared love of gardening and healthy eating.

Lewis, who aside from her caregiver role is a certified health coach, finds simple, healthy and versatile recipes to send home with children and their parents. She looks for recipes that showcase the herbs that are ready to be harvested. Basil for cooking is one of the more popular additions to the garden. “Making pesto with basil is really nice and refreshing with tomatoes,” said Lewis.

McGhee, who has worked with the CDC for about 10 years, recounted one conversation about basil with a parent. “I explained to him that a little bit goes a long way, but if it is dried, you can use more than usual,” McGhee said. “He took it home, cooked a dinner with his family and came back and said ‘I should’ve listened to what you said. That was powerful!’”

Aside from the recipes, Lewis revealed all the health benefits that coincide with fresh herbs and vegetables.

“For example, you can take fresh rosemary and put it in hot water with honey. This is a remedy to help with a cough if you don’t want to use [modern] medicine. There are tons of little alternative medicines you can make with herbs.”

Not just kids learn about growth and good eats. The parents play a huge roll in this family garden. “I think it helps when Angie goes out and helps pick the herbs with the children,” said Reid. McGhee is very good at explaining what each herb or vegetable is and how it can be used.

During the day, those who attend the CDC will decorate little bags to fill with herbs that are ready to be picked. Bringing these herbs home with them really encourages parents to actually use them and incorporate them in their home life.

“I think for the children, it’s important to connect them to nature,” said Reid. “We have so much technology now that they don’t get outside a lot. This is a way for them to connect to nature which is so important for their health.”

This unique use of innovation funds helps to prune and shape the children into the young adults they will soon become, one sprout at a time.



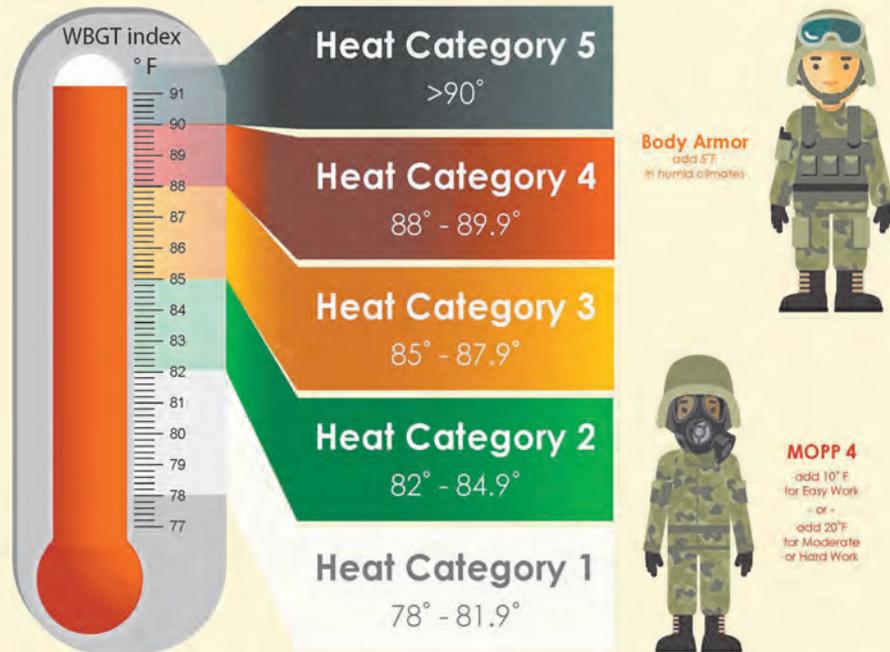
Presley Ayers and Maxwell Logan examine a cucumber in the Child Development Center garden at Little Rock Air Force Base on Aug. 10. The CDC used their innovation funds to create gardens to grow various herbs and vegetables.

its innovation funds to purchase several raised gardens, using them to teach their students about

101 CRITICAL DAYS OF SUMMER PREVENTING HEAT INJURIES

Over exposure to heat stress may cause heat injuries

The Department of Defense recognizes 5 heat stress exposure categories, each with a corresponding flag color



Work Rest Ratio and Fluid Intake Recommendations

Work Category	Work/Rest (minutes)	Fluid Intake (quarts/hour)				
		Category 1	Category 2	Category 3	Category 4	Category 5
Easy Work Walking on hard surface @ 2.5mph with <30 lb load Guard duty Dns and Ceremony	Work/Rest (minutes)	No Limit	No Limit	No Limit	No Limit	50/10 (180)*
	Fluid Intake (quarts/hour)	1/2	1/2	3/4	3/4	1
Moderate Work Walking on hard surface @ 3.5mph with <40 lb load Walking on loose sand @ 2.5mph with no load Light maintenance work Construction equipment operation	Work/Rest (minutes)	No Limit	50/10 (150)*	40/20 (100)*	30/30 (80)*	20/40 (70)*
	Fluid Intake (quarts/hour)	3/4	3/4 (1)*	3/4 (1)*	3/4 (1 1/4)*	1 (1 1/4)*
Hard Work Walking on hard surface @ 3.5mph with >40 lb load Walking on loose sand @ 2.5mph with load Loading and unloading pallets Dragging hoses or lines	Work/Rest (minutes)	40/20 (70)*	30/30 (65)*	30/30 (55)*	20/40 (50)*	10/50 (45)*
	Fluid Intake (quarts/hour)	3/4 (1)*	1 (1 1/4)*	1 (1 1/4)*	1 (1 1/4)*	1 (1 1/2)*

*Use the amount in parentheses for continuous work when rest breaks are not possible. Leaders should ensure several hours of rest and rehydration time after continuous work.

This guidance will sustain performance and hydration for at least 4 hours of work in the specified heat category. Fluid needs can vary based on individual differences (± 1/4 qt/hr) and exposure to full sun or full shade (± 1/4 qt/hr). Rest means minimal physical activity (sitting or standing) in the shade if possible.

Heat Casualties:

Signs, Symptoms & Actions

HEAT CRAMPS: the first sign to catch



- Muscle pain or spasms in the abdomen, arms and/or legs

- Stop Activity and move to the shade
- Drink juice or water with 1/2 pack of salt or drink a sports drink

HEAT EXHAUSTION: catch these signs early & treat



- Dizziness
- Headache
- Nausea
- Weakness
- Clumsy/unsteady walk
- Muscle cramps

- Rest in shade
- Loosen uniform/remove head gear
- Ensure excess water has NOT been consumed, have drink 2 quarts of water over 1 hour
- Evacuate if no improvement in 30 minutes, or if condition worsens

HEAT STROKE: A MEDICAL EMERGENCY



- Convulsions and Chills
- Vomiting
- Confusion, mumbling
- Possibly combative
- Passing out (unconscious)

COOL & CALL IMMEDIATELY

- Strip clothing
- **Rapid cool** (ice sheets)
- **Call for ER evacuation**
- Continue cooling during transport
- Keep same personnel escort to observe for mental change through transport

HYPONATREMIA: A MEDICAL EMERGENCY



- History of large water consumption
- Confusion
- Vomiting (liquid, no food)/ repeat vomiting
- Clear urine
- Convulsions

REQUIRES MEDICAL TREATMENT IMMEDIATELY

- Water intoxication (overconsumption of water)

Little Caesars

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Hot-N-Ready 4-8pm

5 MEAT FEAST

Pepperoni, Italian Sausage, Ham, Ground Beef and Bacon

WEEK IN PHOTOS



U.S. AIR FORCE PHOTO BY MASTER SGT. MARK C. OLSEN

Aerial porters with the 35th Aerial Port Squadron cover a vehicle while wearing Mission Oriented Protective Posture gear during the ability to survive and operate challenge at the New Jersey National Guard's Joint Training and Training Development Center at Joint Base McGuire-Dix-Lakehurst, N.J., on July 15. The 514th AMW is an Air Force Reserve Command unit.



U.S. AIR FORCE PHOTO BY SENIOR AIRMAN KELSEY TUCKER

A C-17 Globemaster III, carrying dignified transfer cases containing fallen service members, takes off from Osan Air Base, South Korea, Aug. 1 en route to Joint Base Pearl Harbor-Hickam, Hawaii, where members of the Defense POW Accounting Agency will attempt to identify the remains. The remains of 55 cases were repatriated from North Korea.

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WEEK IN PHOTOS

(Right) A 452nd Air Mobility Wing C-17 Globemaster III receives fuel from a 912th Aerial Refueling Squadron KC-135 Stratotanker during a refueling mission over Arizona on July 24. The 912th ARS is responsible for providing essential mission extending capabilities through refueling services.

(Below) An F-15E Strike Eagle with the 4th Fighter Wing at Seymour Johnson Air Force Base, N.C., flies near a rainbow over the southeastern U.S. on Aug. 8. The Strike Eagle had just been refueled by a KC-135 Stratotanker with the 121st Air Refueling Wing in Columbus, Ohio.



U.S. AIR FORCE PHOTO BY STAFF SGT. JORDAN CASTELAN



U.S. AIR NATIONAL GUARD PHOTO BY AIRMAN 1ST CLASS TIFFANY A. EMERY



U.S. AIR FORCE PHOTO BY SENIOR AIRMAN JOSHUA MAGBANUA

Capt. Leland Quinter, 37th Airlift Squadron C-130J Super Hercules pilot, wears night-vision goggles during a training flight over Poland on Aug. 2. C-130J pilots train to fly in multiple complex scenarios in various atmospheric conditions.

COMBAT AIRLIFTER

CLASSIFIEDS

ANNOUNCEMENTS

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

DOVE HUNTS! Groups Welcome! SFW ATV's welcome & children under 14 hunt free! Near NLR. Ark. Campsites & motels avail. 5 miles. Call 501-650-0521.**

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2007 FORD Edge, good cond., new front tires, \$5,000 cash. Call/text (501) 434-0002 after 5.

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2007 PONTIAC G-6, 133k, A/C, auto., pwr. windows/doors. Call/text: (501) 351-2193, Joe, or (501) 351-2345, Katie.

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209 Fair Oaks, Jacksonville, 3 Br, 2 Ba, \$1,250/mth
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