



Combat Airlifter

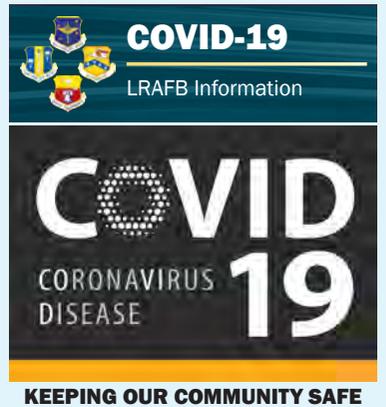
TLR RESPONDS TO COVID-19

PAGES 8-10



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS MARIAM K. SPRINGS

U.S. Air Force Airman 1st Class Celine Mulholland, 19th Security Forces Squadron installation entry controller, checks an I.D. under new procedures at Little Rock Air Force Base, Arkansas, March 20, 2020. Little Rock AFB is committed to preserving the ability of our servicemen and women to provide for national defense and current worldwide military missions.



FIRST POSITIVE COVID-19 CASE

ON BASE CONFIRMED

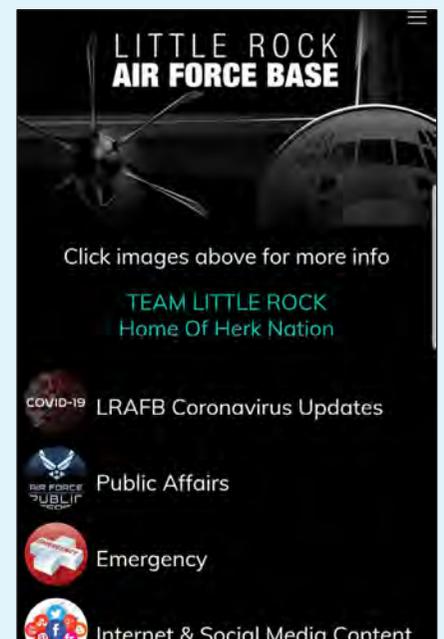
An active-duty U.S. Air Force Airman assigned to Little Rock Air Force Base, Arkansas, is currently undergoing evaluation and treatment following a positive novel coronavirus test.

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ALS GRADUATES

Airman Leadership School graduates of class 20-3.

PAGE 2



COMBAT AIRLIFTER

COMES TO A CLOSE

This March 27 issue is the final issue of the Combat Airlifter.

PAGE 2

ALS graduates 20-3

JOHN L. LEVITOW AWARD

Senior Airman Christopher Parker

LEADERSHIP AWARD

Senior Airman Alexandria Smith

ACADEMIC ACHIEVEMENT AWARD

Senior Airman Alexander Ross

DISTINGUISHED GRADUATES

Senior Airman Andrew Antepará

Senior Airman Micah Fernandez

Senior Airman James Garriss

Senior Airman Randy Lee

GRADUATES

Senior Airman Kyle Anderson

Senior Airman Darrian Arruda

Senior Airman Brian Ayers

Senior Airman Joseph Banuelos

Senior Airman Adam Bender

Senior Airman John Cammarata

Senior Airman Omar Campos

Senior Airman Gregory Cantoni

Senior Airman Aaron Catt

Senior Airman Zhongliang Chen

Senior Airman Taryon Coffey

Senior Airman Samoni Cryer

Senior Airman Jordan Florio

Senior Airman Kody Fowler

Senior Airman Arlen Greeley

Senior Airman Hester Guillen

Senior Airman Matthew Haines

Senior Airman Danetra Henderson

Senior Airman Jonathan Holt

Senior Airman Rupert Lirag

Senior Airman Christopher Mccorkell

Senior Airman Tyler Moise

Senior Airman Mitchell Nelson

Senior Airman Kenneth Paschke

Senior Airman Joshua Pedigo

Senior Airman Justin Pruitt

Senior Airman Veronica Reece

Senior Airman Daniella Ridderhoff

Senior Airman Adrian Rock

Senior Airman Erve Sagbo

Senior Airman Nathaniel Seamann

Senior Airman Ryan Shaw

Senior Airman Brandon Shelton

Senior Airman Collin Shipman

Senior Airman Christopher Smith

Senior Airman Lakeya Spruill

Senior Airman Byron Stanley

Senior Airman Seth Sturch

Senior Airman Samantha Wilson

Combat Airlifter comes to a close

19th Airlift Wing Public Affairs

For many years, the Combat Airlifter has been distributed every Friday on and around Little Rock Air Force Base, Arkansas, and served as one of our news outlets. It's an indelible part of our base history and its spirit will live on as we continue to highlight the accomplishments of the men, women and missions of Team Little Rock in new ways.

This March 27 issue is the final issue of the Combat Airlifter.

In a world expecting increasingly instant and interactive communication, research by the Air Force Public Affairs Agency showed digital tools offer more effective ways to reach Airmen and families with the information they need.

We live and operate in a 24-hour environment. The conversation in news and social media doesn't stop and wait for the publishing deadline of a weekly newspaper.

The decision to transition away from print media is the logical progression for Air Force Public Affairs professionals to keep pace with technology.

Public Affairs Airmen will shift their focus from the layout and design and multiple editing steps of the newspaper, to story production that will be placed on the Web and

marketed to a wider audience while aligning with the recent Air Force Specialty Code merger of photojournalists and broadcasters.

The 19th Airlift Wing Public Affairs office will continue to provide the latest base news, feature stories, photographs and videos on the wing's primary information platform, the 19th AW public website: www.littlerock.af.mil. It allows more timely news stories to be posted online and allows public affairs specialists to focus on getting the Air Force and the LRAFB story out to a wider audience faster.

Our stories and announcements, as well of coverage of events in our community, will continue to be available in non-print forms. The 19th AW will continue to inform Airmen, families and supporters via our digital channels such as our website, mobile app and social media platforms.

Our team sincerely thanks you for your readership and we hope you will join us online.

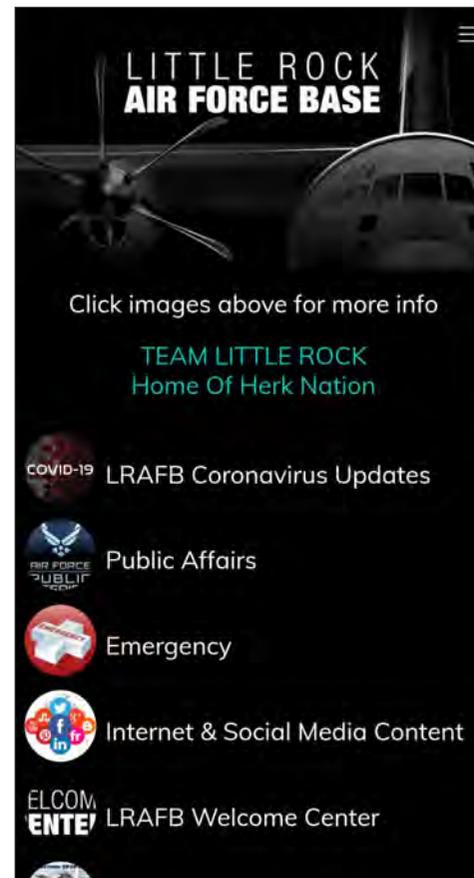
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■ Instagram: @LittleRockAFB

■ Flickr: <https://flickr.com/photos/183272470@No2/albums>

■ YouTube: <https://www.youtube.com/user/LittleRockAFB1>



The Little Rock Air Force Base app is available for both Android and iOS devices. Download it today to keep up with all things Team Little Rock.

EDITORIAL POLICY

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COMBAT AIRLIFTER OF THE WEEK



U.S. AIR FORCE PHOTO BY SENIOR AIRMAN KRISTINE M. GRUWELL

NAME AND RANK

Mark Overton

UNIT

34th Combat Training Squadron

OFFICIAL DUTY TITLE

Information technology specialist

HOMETOWN

Temple, Texas

TIME IN SERVICE

7 years

TIME AT LITTLE ROCK

5 years

GOALS

Continue serving Airmen and the mission of the 19th Airlift Wing and Team Little Rock

HOBBIES

Hiking, exercising and spending time with family

19TH AIRLIFT WING PRIORITY PORTRAYED AND WHY?

Overton bolsters the Joint training capabilities of the 19th Airlift Wing and during Green Flag Little Rock. Through this, Airmen are prepared for tomorrow's challenges when they are directly and indirectly affected by these trainings.

STAY CONNECTED

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Base announces first positive COVID-19 case, declares public health emergency

An active-duty U.S. Air Force Airman assigned to Little Rock Air Force Base, Arkansas, is currently undergoing evaluation and treatment following a positive novel coronavirus test. The Airman is believed to have contracted COVID-19 from recent travels.

Additionally, Col. John Schutte, the 19th Airlift Wing and Little Rock AFB installation commander declared a public health emergency for the base at 5 p.m. today due to the evolving threat of COVID-19.

The declaration of a public health emergency allows the base commander to take certain protective measures, such as restricting base movement and limiting services. The emergency order is in place for 30 days. The order can be terminated or extended as required.

“Right now we have one confirmed case of COVID-19 on our installation,” said Col. John Schutte, 19th Airlift Wing and Little Rock AFB installation commander. “The safety of our Airmen, families and employees is our top

priority. We will continue to work with our interagency partners to ensure we do everything we can to mitigate the effects of COVID-19 and ensure our Airmen, families and employees here have the most up-to-date information on appropriate measures to prevent the potential spread of the virus.”

The base remains in Health Protection Condition (HPCON) level BRAVO. This is a moderate health alert in response to public health risks in the local community and to base personnel. We are taking proactive steps to encourage all Little Rock AFB personnel to follow Force Health Protection and CDC guidance to avoid contracting or spreading respiratory illnesses like COVID-19.

Little Rock AFB leadership is constantly monitoring the situation and will provide additional information as it becomes available.

For the most up to date impacts at Little Rock AFB, visit: <https://www.littlerock.af.mil/coronavirus/>

COVID-19 FACTS**FACT 1** Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT 2 For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age with underlying health conditions, such as diabetes, lung disease, or heart disease, are at greater risk of severe illness from COVID-19.

FACT 3 Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT 4 There are simple things you can do to help keep yourself and others healthy.

- Wash hands often with soap and water for at least 20 sec, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT 5 You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you:

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FURTHER RESOURCES**CDC Frequently Asked Questions**

Please reference the CDC website for answers to commonly asked questions:

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Updated Travel Information

Please reference the link below for updated travel information and to learn more about where the virus is spreading:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

Resources**Handwashing**

<https://www.cdc.gov/handwashing/pdf/wash-your-hands-poster-english-508.pdf>

COVID-19 Fact Sheet

<https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>

COVID-19 and you

<https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>

What to do if you are sick with COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

Stop the Spread of Germs

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>

Symptoms of COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf>

Protect your Home

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/protect-home.html>

For more information: www.cdc.gov/COVID19

Compiled by 19 MDG and 19 AW Public Affairs

**KEEPING OUR COMMUNITY SAFE****CALL AHEAD
DO NOT GO INTO THE CLINIC**

If you, or someone you know, has exhibited symptoms of Coronavirus, please contact the

**LITTLE ROCK AIR FORCE BASE
NURSE ADVICE LINE (501) 987-8811**

OR

**TRICARE NURSE ADVICE LINE
1-800-874-2273 OPTION #1**

Have a general Public Health related question?

19awPublicHealth@gmail.com

Help Keep Phone Lines Free for Patients & Emergencies

Stay current with local policy regarding COVID-19 visit:

www.littlerock.af.mil/coronavirus

TAKE STEPS TO PROTECT YOURSELF

SELF MONITORING

19 MDG Beneficiaries

Recommend sick members call the
19 MDG Appointment Line
501-987-8811

7:00AM - 4:00PM Monday-Friday

or, after duty hours call the

Tricare Nurse Advice Line
1-800-874-2273 option #1

to be triaged if symptoms worsen or do not improve after 1 day.

- Fever > 100.4F
- Shortness of breath
- Persistent cough
- Have been in close contact with a person known to have COVID-19

For members with a gaining unit at Little Rock Air Force Base

- Notify their supervisor
- Supervisors should ensure sick Airmen have the supplies to care for themselves
- Supervisors should check on sick Airmen throughout the day to ensure symptoms have not worsened

LRAFB Visitors

Recommend visitors call their Primary Care Physician to be triaged if symptoms worsen or do not improve after 1 day.

Follow their recommendations to proceed to medical facility or self isolate.

- Fever > 100.4F
- Shortness of breath
- Persistent cough
- Have been in close contact with a person known to have COVID-19



PLEASE NOTE

19 AW SUPERVISORS are **AUTHORIZED** to put Airmen on **QUARTERS FOR 24 HRS** by phone

Any **EXTENSION** past the original 24 hrs must be made by a **MEDICAL PROFESSIONAL**

DO NOT ARRIVE AT THE CLINIC WITHOUT CALLING

Call **501-987-8811** to set up an **APPOINTMENT** or get triaged by a **NURSE**

BENEFICIARIES ONLY (those assigned to 19 MDG) — if not assigned to 19 MDG reach out to your **OFF-BASE PCM**

Arkansas ANG medics keep COVID-19 testing line moving

By John Oldham

Arkansas National Guard Public Affairs

Six Arkansas Air Guard medics are in the COVID-19 coronavirus fight in downtown Little Rock, helping assess nearly 1,400 Arkansans who passed through an efficient covered drive-thru testing site on the University of Arkansas for Medical Sciences campus.

While Master Sgt. Darrell Gentry, NCO in-charge medical readiness in the 189th Medical Group, directs traffic into the downtown testing site, Master Sgt. Ellen Garrett, 189th Medical Group NCO in-charge of nursing services, dons personal protective equipment to start her shift between three lanes of parked cars, assessing Arkansans vital signs and asking questions about their health.

“We’re having them drive through. We take their temperature, and see if they are running any fever,” she said.

UAMS physicians meet with each patient, assess symptoms and determines if a patient

receives a swab for COVID-19 or sends them on their way to perhaps return later, if a patient doesn’t appear to be exhibiting certain symptoms.

From March 19 through Noon March 23, Garrett estimated roughly 1,400 Arkansans had driven through to seek advice and be tested for coronavirus.

The six-person team at UAMS comprises a small portion of the Arkansas National Guard’s overall support to the state. To date, 32 Soldiers and Airmen are in central Arkansas, in direct supporting roles to civil authorities. Another nine are on orders, augmenting the Arkansas National Guard’s Joint Operations Center staff as it coordinates the military response on behalf of the adjutant general.

When they’re not wearing their nation’s uniform, Garrett works at Southern Arkansas University Tech in Camden, Ark., as an athletic trainer and allied health instructor. Gentry is a phlebotomist at the Little Rock Veterans Affairs hospital.



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS JAYDEN FORD

(Above) The 19th Medical Group activated a single point of entry and exit to mitigate the risk of spreading COVID-19 at Little Rock Air Force Base, Arkansas, March 18, 2020.

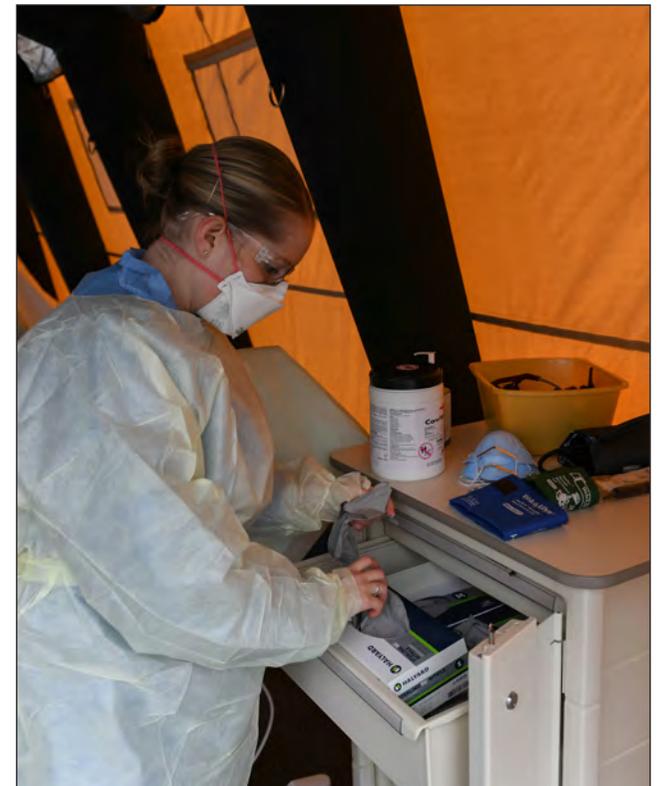


U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS JAYDEN FORD

(Right) The 19th Medical Group activated a single point of entry and exit in order to prescreen individuals to mitigate risk inside of the medical facility at Little Rock Air Force Base, Arkansas, March 18, 2020. Little Rock AFB is taking proactive steps to encourage all personnel are following Force Health Protection and Centers for Disease Control and Prevention guidance to avoid contracting or spreading respiratory illnesses like the flu or COVID-19.



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS JAYDEN FORD



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS JAYDEN FORD

(Above and left) Personnel from the 19th Medical Group prepare the COVID-19 drive-thru tent outside the medical clinic at Little Rock Air Force Base, Arkansas, March 18, 2020. Little Rock AFB follows risk-based measures consistent with guidance from the Department of Defense and the Centers for Disease Control and Prevention, including disease-mitigation actions.

TLR RESPONDS TO COVID-19



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS MARIAM K. SPRINGS

(Above) U.S. Air Force Airman 1st Class Celine Mulholland, 19th Security Forces Squadron installation entry controller, checks an I.D. under new procedures at Little Rock Air Force Base, Arkansas, March 20, 2020. Little Rock AFB follows risk-based measures consistent with guidance from the Department of Defense and the Centers for Disease Control and Prevention, including disease-mitigation actions. (Left) U.S. Air Force Senior Airman Jerrold Manago, 19th Security Forces Squadron installation entry controller, checks an I.D. under new procedures at Little Rock Air Force Base, Arkansas, March 20, 2020. Little Rock AFB is taking proactive steps to encourage all personnel are following Force Health Protection and Centers for Disease Control and Prevention guidance to avoid contracting or spreading respiratory illnesses like the flu or COVID-19.



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS JAYDEN FORD

An Airman from the 19th Force Support Squadron hands another Airman his meal at the Hercules Dining Facility, Little Rock Air Force Base, Arkansas, Mar. 20, 2020. Force health protection is a top priority, and the 19th Airlift Wing will continue to ensure that Department of the Air Force personnel have the most up-to-date information on appropriate measures to prevent potential spread of the virus.



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS MARIAM K. SPRINGS

Airman Basic Eliu Bernal, 19th Force Support Squadron Food Service specialist, prepares meals for Airmen at Little Rock Air Force Base, Arkansas, Mar. 20, 2020. The Hercules Dining Facility at Little Rock AFB has switched its services to carry-out containers as a risk-based measure consistent with guidance from the Department of Defense and the Centers for Disease Control and Prevention, and disease-mitigation actions.



U.S. AIR FORCE PHOTO BY SENIOR AIRMEN KRISTINE GRUWELL

(Above and below) U.S. Air Force Chaplain (Capt.) Jonathan Black, 19th Mission Support Group chaplain, holds a virtual Protestant service at the Little Rock Air Force Base Chapel, March 22, 2020. The Little Rock AFB Chapel works hard to ensure Airmen and their families have a way to maintain spiritual resiliency through the restrictions set in place on social gatherings.



U.S. AIR FORCE PHOTO BY SENIOR AIRMEN KRISTINE GRUWELL

STRESS OF A CRISIS MAY STRONGLY IMPACT

ELDERLY



CHILDREN & TEENS



MEDICAL TEAMS



FURTHER RESOURCES

LRAFB Helping Agencies

Mental Health Clinic
501-987-7338

Military One Source
1-800-342-9647

ADAPT
501-987-7338

Family Advocacy
501-987-7377

Military Family Life Consultants (MFLC)
501-366-7703

Chaplain
501-987-8811

Appointment Line
501-987-8811

Other Resources

CDC COVID-19 How to Prepare
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>

Little Rock Air Force Base Website
<https://www.littlerock.af.mil/coronavirus>

Compiled by 19 MDG and 19 AW Public Affairs

For more information: www.cdc.gov/COVID19

COVID-19
Stress Management

COVID 19
CORONAVIRUS
DISEASE

MANAGING STRESS AND ANXIETY

Stay current with local policy regarding COVID-19 visit:
www.littlerock.af.mil/coronavirus

UNDERSTANDING STRESS

Stress May Pertain to



Physical Symptoms of Stress Include

- Increased heart rate
- Quick, shallow breaths
- Increased adrenaline
- Increased muscle tension
- Increased perspiration
- Light headedness
- Chest pains

These symptoms are your natural "fight or flight" response when the sympathetic nervous system responds to danger and emergency situations. They are a **NATURAL RESPONSE TO STRESS**.

Cognitive Symptoms of Stress Include

- Uncontrollable worry
- Fear, apprehension
- Feelings of impending doom
- Negative thoughts you cannot stop
- Negative thoughts about yourself, the future, or past events

These symptoms are a result of thinking and can prompt our bodies to respond to danger even if we are not physically threatened. Over time, feelings of stress can become a pervasive mood of anxiety.

Self-support Measures



MEDIA BREAKS
Take breaks from watching, reading or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.



MAKE TIME TO UNWIND
Try to do other activities you enjoy.



Center for Disease Control
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Little Rock Air Force Base
<https://www.littlerock.af.mil/coronavirus/>



HEALTHY LIVING
Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep.



TALK TO FAMILY & FRIENDS
Connect with others. Talk with people you trust through phone calls, video chats, and social media.



Diaphragmatic Breathing Exercise

- Sit in a comfortable position (legs, shoulder width apart, eyes closed, jaw relaxed, arms loose).
- Place one hand on your chest, one hand on your stomach. Keep your chest relatively still.
- Try to breathe so that only your stomach rises and falls.
- Try to pace your breathing so that it takes roughly 5 seconds to inhale and another 5 seconds to exhale.
- Practice for 3-5 minutes several times a day. This exercise can also be useful right before or after a stressful event.

It is normal for this type of breathing exercise to feel awkward at first. Remember, you control how much air you are breathing in and breathing out. If you find yourself gasping or lightheaded, you may need to alter your breathing. With practice it will become more natural.

Sleep Enhancement

Most people have experienced a moment where a stressful day might make sleep more difficult for them when they finally get a chance to rest. But getting poor sleep also increases our likelihood of having a stressful day after we wake up. Improving sleep can thus reduce stress and anxiety.

Some sleep improvement guidelines:

- If possible, set specific times in which you sleep. Consistency is key.
- Avoid naps.
- If you cannot sleep within 20 minutes of laying in bed, get up and do something relaxing. Return to bed when you feel you might sleep. If you still can't sleep, get up again!
- Use your bed only for sleep, not for looking at your phone or watching TV.
- Avoid caffeine for 8 hours prior to sleep.
- Avoid electronic screens (phones, TVs, computers) for 1 hour before sleep.

