

189th Airlift Wing WARRIOR



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Arkansas Air National Guard

Little Rock Air Force Base, Ark.

RAT Corner

We have a new monthly section with information on RAT rotations and information. See page 8 for more details.

Unit Vacancies

See page 4 for information on current vacancies around the unit.

Features

See page 7 for photos covering the 189th Airlift Wing Small Air Terminal.

Strong Bonds Marriage Conference

Will be held at the Holiday Inn Airport on April 27th and 28th, 2012. All ANG members and spouses are welcome to join. Contact Chaplain Steve Rogers for reservations at 501-425-5654 and the Holiday Inn Airport at 501-490-1000.



Arkansas ANG recruiting superintendent retires

By A1C Ian Caple
189th Airlift Wing Public Affairs

Chief Master Sgt. Jesse “Buddy” Burns has retired after over 40 years of service.

Well over one-hundred guests attended the ceremony held at Hangar 1080 on Sunday Feb. 5.

Acting as the Recruiting and Retention Superintendent for the Arkansas Air National Guard, he was one of the most successful recruiters in the state of Arkansas. He began his career in the Arkansas National Guard in June of 1971 after graduating from Beebe High School. He first joined the Air Guard’s 189th Tactical Reconnaissance Group upon graduating high school in 1971. After returning from basic training he became a fuels specialist and cross-trained into the 189th Security Police Flight Group at Little Rock Air Force Base in 1973. He started a unit color guard, showcasing the Air Guard at public events. In 1976 he was selected as a Production Recruiter for the 189th Airlift Wing.

He implemented a “total force recruiting concept” between Air Guard, Air Reserve and Air Force in Central Arkansas. He was instrumental in organizing and instructing a graduate-level military careers awareness course for educators through a local university. For this, he

received the Meritorious Service Medal.

In 1982, Burns was appointed the 189th Recruiting Office supervisor.

During this time he

helped create the Adopt-a-Family program that helped needy local families. Over the course of his career he increased minority and female enlistments. His efforts were submitted as an Air Force “Best Practice” in 1999. He also led a recruiting drive that increased wing strength to 100 percent membership.

He opened Air Guard storefront recruiting offices across Arkansas and enlisted more than 900 people into the Air Guard. For this, he was recognized by National Guard Bureau with a Lifetime Achievement Award.

The impact he made on the Air National Guard ranges from helping individual guard members to setting a standard for recruiting.

“He impacted my life because I came from the active duty side and I got to see his true passion of how he took care of his people,” said SMSgt. Eddie McElyea,



Brig. Gen. Travis Balch presents Chief Master Sgt. Jesse “Buddy” Burns his Certificate of Retirement during his retirement at Hangar 1080, Feb. 5, 2012.

Force Support Squadron Superintendent. “He taught me how to make sure that you always put your people first and not before the problems, you always take care of your people.”

Chief Burns also had an impact on my military career as a journalist. Issues arose while I was in basic training regarding my ASVAB score. My parents got in touch with him and he immediately went out of his way to get me the waiver and here I am today writing about it.

During his retirement ceremony, Burns was presented an American flag that had flown over the U.S. Capitol. Fellow airmen gave Burns two Air Force blue rocking chairs to enjoy during his retirement. He was also awarded the Arkansas National Guard’s Distinguished Service Award and the Meritorious Service Award with three oak leaf clusters.



Did you do that?

By Col. Daniel Shewmaker
189th Airlift Wing Vice
Commander

When you were growing up do you remember the first time your mom or dad asked you, "Did you do that?" Knowing very well that you are the only one who could have, and like most you answered "No." At that point the behavior modification began in some form or another depending on your parent's leadership style. Regardless of who actually raised us, somebody took the responsibility to develop our character and teach us the things that matter most at a very early age. Simple things like "Don't lie," "Apologize to your brother or sister," "Come here and give me a hug" and "Eat your peas," all had a purpose. To make us better people and set a foundation that will guide us the rest of our life.

Fast forward to today, as a

society we trust that everyone wants to do the right thing. That trust is tested every day you drive your car. Just get on the interstate at rush hour, traffic moving seventy plus and bumper to bumper, trusting them with your life! The good news is we don't have to interact much with those people on the road, thankfully. Once you get through the base gate, assuming DBIDs is working, things change. You feel a sense of calm and reassurance that you are around a group of people that you trust and can relate. They have character, attitude, attributes and skills we like being around. They share common values.

The Air Force shares the value belief we call Core Values. If you haven't heard of them, stop right now and double time down to Chief Wynn's office and have him pull out "The Little Blue



Col. Daniel Shewmaker

Book". They are simple enough: Integrity First, Service Before Self, and Excellence in All We Do. If you understand them and follow them they will guide you very well, but sometimes it is not simple to do.

The first value of integrity has many parts; courage, honesty, responsibility, accountability, justice, openness, self-respect and humility. It starts getting

SEE CHARACTER PAGE 3

Bounce back after difficulties

By Chaplain Ron Pierce

Resiliency – What is that? One definition states, "The power or ability to return to the original form, position, etc., after being bent, compressed, or stretched; elasticity" and another definition is, "the ability to recover readily from illness, depression, adversity, or the like; buoyancy." It is important that we evaluate our lives on a regular basis to ensure that we are taking care of ourselves emotional, physically, mentally, and spiritually.

There are many factors that can contribute to our inability to bounce back when we experience difficulties in life. One factor that we can look at is our schedule. We must allow some breathing room in our lives so we have time to recuperate when we are tired or refresh when we are stressed. We must keep a balance in our lives in every area. The following is some good advice on some signs to look for that may indicate a

"hurried" life. The hurried lifestyle described in these 5 characteristics can hinder our ability to bounce back when faced with difficulties in life. Take a look at these and see if these factors may be descriptive of your life.

5 Characteristics of a Hurried Life:

Number 1: Tired (Physically tired but too guilty to take a rest).

Let's move from Type "A" to Type "BE" and get some rest. (Don't conform to the pattern of the world...BE transformed by the renewing of your mind.)

Number 2: Irritable (Frequently on edge).

Hurried lives generally have no margin in their schedule. When deadlines press against delivery irritability is born. Build frequent pause into your daily routine.

Number 3: Impatient (Perpetually hurried). Be mindful of your "speed" as you move

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Future UTAs
April 14, 15
May 5, 6
June 2, 3



Small Air Terminal adds visibility to pallets

By Lt. Col. Keith Moore
Air National Guard Public Affairs

189th AIRLIFT WING – As a school house for C-130 aircrew training, the 189th must qualify students not only on handling and operation of the C-130 aircraft, but also must certify them on skills such as aerial cargo delivery – a key mission of the C-130.

Normally, the practice pallet loads do not garner much attention from aircrew members other than the loadmaster who has to account for and manage the cargo. However, practice pallets from the 189th Aerial Port (Small Air Terminal) have recently drawn quite a bit of attention since they began sporting new color patterns.

The project grew, as many do, from a maintenance function by the crew of the aerial port.

“It was around Christmas and we had a bit of down-time from the training schedule and we needed to rebuild several pallets which had been damaged,” said Tech Sgt. Kevin Lenderman. “So we thought a little color would make the pallets more interesting and provide a little team spirit.”

The artwork is the creation

of Tech Sgt. Kevin Zaitz. He confesses to no formal art training, but the rest of the team regards him as the “go-to” person for artistic details.

...”We don’t really have a method for deciding what the next pallet will be. Everybody just throws out ideas and we pull together as a group to put them together,” Zaitz said.

The team devoted the first pallet upgrade to the Arkansas State Police as a tribute. It is white with the characteristic dark blue stripe, a blue badge and the word “Trooper” across the back reminiscent of the State Trooper’s cruiser.

Next came a bright pink color scheme to support breast cancer awareness. Then the team made one for POW-MIA remembrance. As the team got better at refurbishing the old pallets, they added several well known NASCAR paint schemes and then dedicated one to celebrate the Arkansas Air National Guard. So far, the aerial port team has upgraded seven pallets in all.

“It really makes it more interesting working around the pallets when they are something other than aluminum, brown and green,” said Lenderman.

“The guys really take more pride in their work, and call

the loads by their graphic names now, rather than just a load number,” said Tech Sgt. Patrick Williams. “They tend to handle them better and take more time to prepare the rigging as well. Because now they don’t want

to see their creations get damaged.”

Working in their spare time on the paint and artwork, Lenderman says the team can usually complete a rebuild of one of the 2,700 pound pallets and get it painted in about three days.

The team contributes all of their own artwork, paint and materials to generate the interesting pallet designs.

“We can’t wait for them to start being airdropped and see what reaction we get from the active duty airmen from the base,” said Williams.

Now that the team has



Photo by Lt. Col. Keith Moore

Members of the 189th Small Air Terminal flight stand with some of their creations. The pallet loads now draw much more attention and appreciation from the aircrew students who practice dropping them. Pictured from left are: Staff Sgt. Cory Davis, Staff Sgt. Brad Homan, Tech Sgt. Kevin Lenderman, Tech Sgt. Kenneth Dahl and Tech Sgt. Patrick Williams.

almost completed all of their on hand pallets, they are considering upgrading the dozen or more container delivery system crates as well. But the containers are more square than rectangular like the pallets, so it begged the question - what kind of artwork might we find on the containers in the future?

“They are pretty square and tend to hit and roll when dropped, so we thought about painting them up like dice and keep a running score of what crews roll each day,” said Lenderman.

CHARACTER

Continued from Page 2

complicated the more you break it down and the remaining two Core Values have many deep aspects as well. Learning Integrity started with those lessons our parents taught us, but today we have to answer to ourselves. You should know when you are straying from

your Core Values. If your spouse, supervisor, friend or trusted confidant questions your actions, you have already messed up. Personal accountability allows us to police ourselves so no one else has to. I like to think of it as doing “the right thing” when nobody is looking.

In your section do you have a snack bar with an honor system and is it paying for

yourself or losing money? Do you always use the checklist? Is your travel voucher filed accurately? Do you practice OPSEC/COMSEC at all times? Day in and day out we make choices that only we are accountable for. If we make the right choices while no one is looking then you will never have to apologize for your actions when someone is looking.

The Air Force Core Values are the glue that binds us together. A common way of thinking and acting we expect from our organization Remember to expect it from yourself first. Your parents expected it from you too. So the next time you have to make a choice, and you wonder what the right answer is, ask yourself “what would I do if my parents were watching?”



Warrior of the month

Rank and Name: TSgt. Annette M. Arnold
Unit: 189 FSS
Job Title: Personnel Craftsman
Status: Technician
Hometown: Las Cruces, NM
Civilian Employment: Human Resources Specialist
Family: Isabella M. Arnold, 9 years old, Aaliyah S. Arnold, 8 months old
Why I joined the Guard: To defend my country and to become highly skilled and versatile
Most rewarding part of my job: Being able to help individuals
Hobbies: Playing volleyball, reading and exercising
My favorite movie is: Unstoppable
My favorite TV Show(s): CSI: Miami, The Voice
My favorite book: The Twilight series
A perfect day would be: Spending time with my girls
I admire: My Grandmother for overcoming many struggles and being the woman she is today



If you have someone in mind that you would like to nominate for Warrior of the Month contact Public Affairs at 987-6232 or 987-6068 or send an email to christopher.nelson.4@ang.af.mil.

Unit Vacancies

The 189th Airlift Wing and its geographically separated units have drill status vacancies in the following career fields:

- 1A171 Flight Engineer (2)
- 1C371 Command Post (1)
- 1N151A Imagery Intel Journeyman (1)
- 1N451 Network Intel Analysis (1)
- 1N451 Network Intel Analysis Journeyman (1)
- 1P0X1 Aircrew Flight Equipment (2)
- 2A553B Integrated Avionics Systems (2)
- 2A5X1 Aerospace Maintenance (7)

To apply for one of these positions, see Technical Sgt. James Epperson in the 189th Mission Support Flight's retention office. The retention office is located in Building 103. Go to the 189th Mission Support Flight's customer service and ask for the retention manager.

Paralegal vacancy, 189th Airlift Wing Legal Office - AFSC 5J0X1

The 189th Airlift Wing Legal Office is looking for a qualified airman for the position of Paralegal (AFSC 5J0X1).

This is a technical sergeant (E-6) position, and the Paralegal has the potential to advance to the Law Office Superintendent position (MSgt).

The Paralegal provides eligible airmen Legal Assistance service by producing powers of attorney, will drafts, promissory notes, deeds, bills of sale, and other legal documents; provides administrative support to the two judge advocates on staff; and trains to master deployment skills for processing administrative discharges, non-judicial punishment, courts-martial, and other military justice tasks.

Air Force paralegals receive the best legal training in the world at the military's most modern and technologically advanced facilities. Mandatory attendance is required at a six-week 3-level Paralegal Apprentice School at Maxwell Air Force Base,

Montgomery, Ala.

Applicants must submit an official biography or resume; provide no less than three letters of recommendation; have a minimum General AQE score of 51; type at least 25 words per minute; have NO Article 15 punishments or civilian or military court convictions except minor traffic violations; agree to attend a 6-week Paralegal Apprentice School within one year of taking the AFSC; maintain Air Force fitness standards; and must attend a formal interview with the Legal Office Supt. and/or the Staff Judge Advocate (the LOS will use the interview to certify if the applicant is acceptable for the AFSC). Other training will also be required.

For more details, call SMSgt Phillip Parish, Law Office Superintendent, at the Legal Office at 501-987-5280 or 3432, or his cell phone at 501-733-9194. Interested persons may also e-mail SMSgt Parish at phillip.parish@ang.af.mil.



Political dos and don'ts for Air National Guard members

By Maj. Jeremy Lasiter
189th Airlift Wing Judge Advocate

The 2012 election year is here. As the political parties, pundits and candidates draw their battle lines for November, it is important to take a moment to review permitted and prohibited political activities for Air National Guard and Air Force personnel.

The United States government maintains the important and necessary tradition of a politically-neutral military establishment under civilian control. This principle is also applicable to federal employees under the Hatch Act. While Air National Guard members and civilian employees are strongly encouraged to fulfill their civil responsibilities, they may be limited or prohibited from engaging in certain political activities.

For instance, Air National Guard personnel may not:

- Use base facilities, clubs,

and meeting areas to support partisan campaign activities, or otherwise authorize government services or supports to candidates;

- Solicit votes or contributions for a candidate or issue;
- Sell tickets for, or otherwise actively promote political dinners and fundraising events;
- Speak before partisan political gatherings or participate in any radio or television programs or group discussions as an advocate of a partisan political party or candidate while in their capacity as members of the Air National Guard;
- While in uniform, endorse a particular candidate or position, or attend partisan or non-partisan political gatherings;
- Participate in partisan voter transportation drives, or perform clerical or other duties for a partisan political committee during the campaign or on election day;

- Participate in partisan political management, campaigns or conventions;
 - Attend, as an official Air National Guard representative, partisan political events, even without actively participating;
 - Serve in any official capacity or being listed as a sponsor in partisan political organizations;
 - Publicly advocate a partisan political party or candidate; distribute partisan political petitions, literature, badges or buttons; or march or ride in a partisan political parade;
 - Publish or cause to be published partisan political articles designed to solicit votes for a particular candidate or party; or
 - Display large political signs, posters or banners on private vehicles.
- However, Air National Guard personnel may:
- Register and vote in any election;
 - Express personal opinions as individual citizens on

candidates or issues, but not as a representative of the military;

- Make voluntary campaign contributions to political parties or organizations, subject to campaign finance limitations;
- Attend partisan and nonpartisan political gatherings as spectators when not in uniform; and
- Campaign for and hold elective partisan and nonpartisan civil office if the office is held in a private capacity that does not interfere with the performance of military duties (as long as members are not serving on extended active duty – in excess of 270 days).

Because Air National Guard members may serve in several duty statuses, different rules regarding prohibited political activities might apply. Please do not hesitate to contact the 189th Airlift Wing Legal Office at ext. 3432.

CARE

Continued from Page 2

through your day. Make a conscious effort to walk slower and not multitask.

Number 4: Withdrawn (Hiding in plain site).

Maintaining an adrenaline high is important to hurried lives. It's the emotional rush we get from manufacturing business. People outside looking in may see you as successful but the hurried life is

emotionally bankrupt. Reveal and be authentic.

Number 5: Control (Desire to control your world).

A hurried life will usually try to "fit more things in" to an already overloaded schedule and the result is a need to control their world... and yours. For the hurried life the question, "What do you think?" is a good place to start. (Taken from Craig Jutila's blog at www.whowillyouempower.com).

Are you living the "hurried" life? Point number four emphasizes that others may not even notice you are struggling. The advice is to reveal and be authentic. I think it is very important to find those people in our lives that we can turn to for advice or even just to get something off our chest, someone we can talk to instead of putting on a mask. Please find those people. The Chaplains are certainly always available if you need someone

to talk to and be assured that it is always in strict confidence. Being resilient is not just about being strong, it is also about leaning on others when needed. Ecclesiastes 4:12 says, "A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken." Teamwork is not just for the battlefield, it is also for daily life. Let's all be resilient together!



National Guard unveils peer hotline

By Tech. Sgt. John Orrell
American Forces Press Service

WASHINGTON, Dec. 13, 2011 - The National Guard unveiled its Vets4Warriors service members' counseling program at a Capitol Hill ceremony today.

Vets4Warriors is a toll-free, peer-to-peer counseling hotline that provides Guard members and reserve component members with the ability to speak with counselors on the phone or online.

The counselors are former service members who can provide a wide variety of tools to help today's service members fight the fight on the front lines and the home front, said Army Col. Gregg Bliss, the Army National Guard's soldiers and families support division chief.

The hotline enables members of any reserve component to call the center 24 hours-a-day, seven days-a-week, Bliss said, to discuss any issues, challenges or problems they may have with a peer counselor.

Having a program dedicated to strictly anonymous, peer-to-peer counseling is a key step in letting people know there's no stigma in asking for help, Bliss said.

"You have got to be open, honest and candid if you're having challenges, and share them with somebody who you believe is there or willing to support you," he said. "We

expect most of our soldiers, at some point and time in their career, to have some challenges that are bigger than themselves and the only real thing that we ask you to do is acknowledge that."

Once the service member reaches out to Vets4Warriors, the counselor will try to match them to any of the resources available.

The program, to be run by the Army National Guard, will be based at the University of Medicine and Dentistry of New Jersey in Newark, N.J., which has an extensive background in helplines. The university created a similar program designed for law enforcement officers in New Jersey.

"The past experiences and research ... [shows] that peer support is a very effective way of really helping people decompress or deal with issues or resolve challenges," Bliss said. "There's an inherent understanding of what the individual may be going through, plus you have the empathy and the mutual camaraderie when talking to a peer or someone with a similar background or experiences."

"We think this is a great way of doing it -- kind of leveraging the soldier-to-soldier model ... to develop a more structured peer-to-peer program."

The helpline will be staffed with people selected for their counseling skills

who are willing to share their backgrounds and experiences to help service members resolve their problems more effectively.

Bliss said Vets4Warriors is not a suicide prevention hotline.

"This is not considered a suicide prevention hotline, nor is intended to provide clinical behavioral health services," he said. "This is just a hotline you can call, as a service member, and talk to somebody with a comparable background."

Service members can talk to the counselors about a variety of topics and not have to worry about their privacy, Bliss said.

"It had to be anonymous, it had to be a relationship between the service members and their peer counselor," Bliss said. "And while [it is] encouraged you utilize your peer support network and your family and your chain of command, it's not a requirement."

Air Force Gen. Craig R. McKinley, chief of the National Guard Bureau, said he believes it's important to find any and all means to help Guard members.

"Now service members need our help to properly and safely reintegrate back with their loved ones and employers," McKinley said. "This unique program will give our Guard and Reserve veterans the care and support they so selflessly earned."

New Jersey Sen. Frank Lautenberg, an Army veteran, agrees with McKinley's sentiment and feels the Vets4Warriors program is an



unprecedented approach to veterans outreach.

"We can't just stand behind our military on the battlefield -- we must also stand behind them when they return home," Lautenberg said. "Too many veterans are coming home with mental wounds and they are suffering in silence."

Bliss worked with the Office of the Secretary of Defense, the National Guard Bureau and the Air National Guard to create the initiative.

"I think we've taken a very effective and proven model," he said, "based upon the way that the police officers dealt with some of the traumas and challenges in their work-life balance ... and the proof has been confirmed for us," he said.

To learn more about Vets4Warriors, or to speak with a counselor, service and family members can call the Vets4Warriors toll-free hotline at 1-855-VET-TALK (838-8255) or go to the Vets4Warriors website.



The 189th Airlift Wing mission: Provide C-130 aircrew training to effectively airlift cargo and personnel supporting national and state objectives, and to develop, maintain, and refine wartime skills to serve, sustain, and support military and civil authorities during disasters or other emergencies.



- FEATURE -

The 189th Airlift Wing Small Air Terminal adds visibility to pallets



Tech Sgt. Patrick Williams paints tire symbols on a pallet box during an upgrade. Once complete this pallet will be a tribute to a well-known NASCAR racer. The 189th Small Air Terminal team of airmen upgrade the practice pallets with a full paint scheme when they need damage repairs. Working in their spare time, and using their own paint and materials, each pallet takes about three days to rebuild and paint.



Staff Sgt. Cory Davis and Tech Sgt. Kevin Lenderman, cargo specialists with the 189th Small Air Terminal, apply a stencil to a pallet box during a recent painting session to upgrade another practice airdrop pallet. The tribute paint schemes have garnered a lot of attention, and established a higher level of Esprit de Corps for the air terminal team.



The 189th Small Air Terminal team dedicated the POW/MIA pallet as a tribute to our prisoners of war and those still missing in action.



Tech Sgt. Kenneth Dahl and Staff Sgt. Brad Homan conduct a final technical pre-drop inspection of the rigging of one of their recently completed practice pallet upgrades. This particular pallet the 189th Small Air Terminal team dedicated as a tribute to the entire Arkansas Air National Guard.

Photos by Lt. Col. Keith Moore



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Promotions



To Chief Master Sergeant
Billy Ruhland, 189 MDG



To Senior Master Sergeant
Raymond E. Hogan, 189 AW
Vinson J. Hulen, 189 MXS
Daniel R. Dinkins III, 189 MXS



To Master Sergeant
Christopher W. Blair, 189 MXS
David M. McClanahan, 189 MXS
Daniel D. Anderson, 189 CF
Nina S. Reiss, 123 IS
Bradley M. Kremers, 123 IS
Robert Lee Patrick, 189 MXS
Michael O. Keefover, 189 LRS

Retirements

Brig. Gen. Riley P. Porter, HQ AR ANG, March 5, 2012
Lt. Col. Jeffrey Murinchack, Feb. 19, 2012
Lt. Col. Mark Millikin, April 1, 2012

PME Graduations

Non Commissioned Officers Academy

Technical Sgt. James Bass, 189 CES
Staff Sgt. Christopher Murrell, 189 LRS
Technical Sgt. Michael Caffey, 189 MXS
Technical Sgt. Patrick Williams, 189 LRS

Airman Leadership School

Senior Airman Ryan Leuer, 189 CES

The RAT Corner

QUICK NOTE:

Spring storm season is upon us and it's not too late to have some late winter weather sneak up on us. Please make sure that your team leadership is made aware of any changes in your contact information and verify that the contact information in your Desktop Alert profile is correct.

RAT ROTATION SCHEDULE:

Team A: is now in the "bucket" through April 30, 2012
Team B: In the "bucket" May 1, 2012 - July 31, 2012
Team C: In the "bucket" August 1, 2012 - October 31, 2012

If you have any questions or would like to join a team, please contact Capt. Chris Wald at 501-987-6897 or CMSgt. Ken Fisher at 501-987-7978