



The Robins Rev-Up first appeared on base on Oct. 1, 1954. To read the paper online visit www.robins.af.mil.

402nd deputy gets new assignment

Today is Gregory Stanley's last day at Robins. He is leaving his job as the 402nd Maintenance Wing deputy director to become the associate director of logistics for the Air Force.

No formal announcement has been made regarding his replacement.



Gregory Stanley



Base leaders give to AFAF
see page 3

ROBINS REV-UP

February 11, 2011 Vol. 56 No. 6

CEG answers service call in New Mexico

BY WAYNE CRENSHAW
wayne.crenshaw.ctr@robins.af.mil

Five members of the 78th Civil Engineer Group are helping Kirtland Air Force Base in New Mexico cope with massive plumbing problems which resulted from a deep freeze.

The specialists arrived Sunday to help repair busted water pipes caused by sustained record lows. Kirtland is in a typically-warm climate, and many of its buildings were not designed for sub-freezing temperatures.

The freak cold snap caused extensive damage across the base, particularly to the fire suppression system. It also

impacted 200 homes at the base, forcing about 160 families to relocate to nearby hotels.

A Kirtland official estimated the damage at \$1.65 million, but said that figure is expected to rise.

Since Albuquerque and the surrounding area experienced the same weather conditions, skilled plumbers are in short supply. So, Robins agreed to send some people to help out.

Ricky Tidwell is leading the 78th CEG team, which includes Joel Kersey, Thomas McDaniel, Terry Owens and John Bennett.

They are expected to be at Kirtland for two weeks.

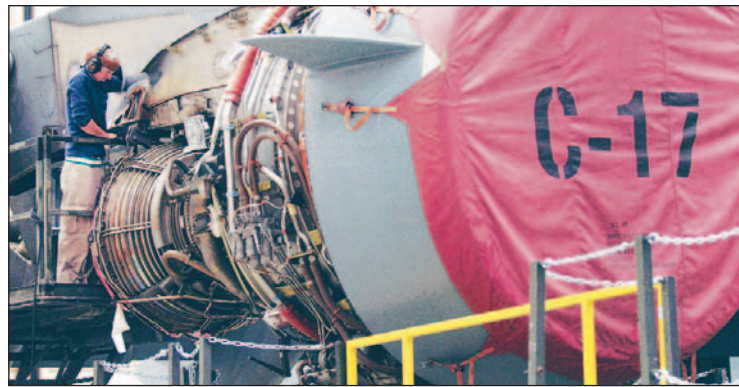
C-17 workload to bring new jobs

BY WAYNE CRENSHAW
wayne.crenshaw.ctr@robins.af.mil

An Air Force decision to make Robins the full program manager for the C-17 will add more than 300 new jobs here in the coming years.

Robins will house an integrated program office of Boeing and Air Force employees which will eventually have 529 personnel, said Kim Lynn, Warner Robins Air Logistics Center plans and programs director. Boeing currently has 31 people here working with 143 government personnel.

The first new employees – about 60 – will be here in about a month. After that, there will be a steady build up through 2017, as Robins takes on more of the system's program management from



U.S. Air Force file photo by SUE SAPP

Daniel Faulk works on a C-17 pylon modification.

Boeing.

Boeing is transferring a number of people, including vice president Gus Urzua, from its Long Beach, Calif., location as part of the effort.

The Air Force's current contract with Boeing, which expires this year, gives the company sig-

nificant program-management control.

The Air Force projects that over the next 30 years, the new arrangement – which includes an increase by the Air Force in C-17 sustainment responsibilities – will save the service at least \$9 billion.

YOU MATTER Parents of suicide victim share story

BY WAYNE CRENSHAW
wayne.crenshaw.ctr@robins.af.mil

On May 3, 2010, Joie Gates' boss entered her office and abruptly ordered a co-worker she was chatting with to leave with him.

Three uniformed Air Force officers then entered the room, and Gates knew she was about to get some bad news.

They told her that her only child, Airman Austin Gates-Benson, had died in Afghanistan of a self-inflicted gunshot wound. To hear the news he was dead was shocking enough, but to learn he had committed suicide left her in disbelief.

"I pulled the bottom of my shirt up over my head, wanting desperately to hide from his words, wanting to disappear," she said.



U.S. Air Force photo by SUE SAPP

Joie Gates and Fred Boenig, parents of Airman 1st Class Austin Gates-Benson, were at Robins to speak to Airmen in the 5th Combat Communications Group. Gates-Benson served with the 54th CBCS.

She and Fred Boenig, Gates-Benson's father, traveled here from Pennsylvania to share their experiences with their son's death to about 500 Airmen at the

Base Theater Tuesday. Most of the Airmen were members of the 5th Combat Communications

► see **SUICIDE, 2**

MDG patient-centered changes coming soon

BY MASTER SGT. SONYA HARPER

78th Medical Operations Squadron

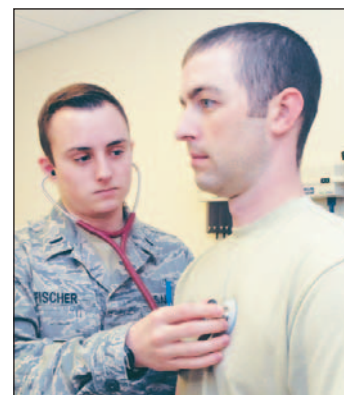
The 78th Medical Group will soon transition to a new model of providing primary care called Patient Centered Medical Home.

PCMH is a key component of President Obama's health care reform.

"The basic principle of PCMH is every patient has a personal provider who knows them and is responsible for their care," said Lt. Col. Charles Wheeler, 78th Medical Operations Squadron commander.

The goal is for the patient and provider team to build a relationship, which maximizes continuity of care, he said.

As staffing improves,



U.S. Air Force photo by SUE SAPP

1st Lt. Taylor Fischer, physician assistant, does a heart and lung check on Staff Sgt. James Edwards.

patients will be able to contact their team and make appointments with their particular provider.

"Although it is unlikely every appointment will be with

► see **MEDGROUP, 9**

How low can we go?

Presidents Day is a time to honor the past and present leaders of our great nation and their many accomplishments.

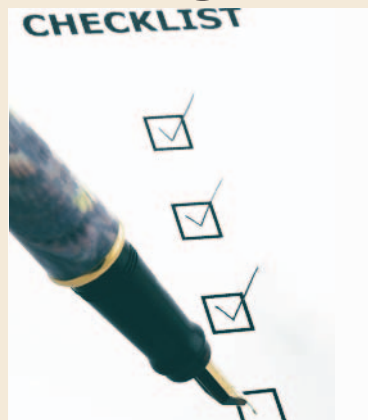
The three-day weekend associated with Presidents Day is also a time to think about energy conservation.

Members of the Robins Energy Office reminds all base employees to take a few minutes before the long weekend to power down as many electrical items – monitors, printers, computer speakers and other office equipment in their work areas – as possible.

It also reminds facility managers to ensure thermostats are either turned off or set back to "unoccupied" temperature settings.

If you're the last to leave a facility, turn off the lights.

These things may seem minor, but when multiplied by all Team



Robins members, they quickly add up.

The Robins Energy Office also asks you to do your part to help the installation conserve, not only during the holidays, but every day.

"We need everyone to become part of the energy solution," Energy Office employees said. "Let's work together and see just how 'How Low Can We Go.'"

– Base Energy Office

Sponsoring civilian guests on base

All non-base affiliated guests on Robins must be sponsored by personnel who possess a Department of Defense ID card. Sponsors must be 18 years of age or older, and may sponsor a maximum of five guests at a time.

To receive a guest pass, sponsors should bring their guests to the Visitor Control Center (Bldg. 219) on weekdays between 7:15 a.m. and 4:30 p.m. (Wednesday the Center closes early at 3:30 p.m.)

During the evening or on weekends, sponsors and their guests should report to the Watson Street gate.

All guests must possess a valid photo ID; IDs are not required for children. If the guest will be driving a vehicle



on base, he or she must also present a valid driver's license, and proof of insurance and registration for the vehicle.

Sponsors can fill out paperwork on their guests up to 72 hours in advance. If this is done, guests will be issued a visitor pass after showing a valid photo ID at the VCC (during duty hours) or at the Watson Street gate (during

non-duty hours). Sponsors who wish to sponsor more than five guests (i.e. for special events) must notify Police Services at least two weeks in advance. Sponsors will be asked to sign an agreement letter and provide an alphabetized list of their guests. This list becomes an Entry Authorization List.

These guests must enter the base through the Watson Street gate, and show a photo ID, which will be checked against the EAL. Sponsors and guests should allow ample time for verification to enter the base.

For more information, visit Police Services in Bldg. 263, or call 472-1992 or 472-1994.

– From staff report

THINK SAFETY



Days without a DUI: 10
Last DUI: 78th SFS
– courtesy 78th Security Forces

AADD
To request a ride, call
472-0013.

TWO-MINUTEREV

Legal Office closure

Due to an official inspection, the Legal Assistance Office and the Tax Center will close at noon on Feb. 28 and March 2, and be closed all day March 3-4. For more information, call the office at 468-9276 or commercial 926-9276.

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Page Two

New rules for completing pre-deployment health form

BY WAYNE CRENSHAW

wayne.crenshaw.ctr@robins.af.mil

Deploying Airmen now must fill out pre-deployment health forms online before visiting the medical clinic for evaluation.

Previously, Airmen could fill out the Pre-deployment Health Assessment (Department of Defense Form 2795) online or they could fill out a hard copy at the clinic, where the information would then be put into the computer system.

However, to make the process more efficient and ensure proper tracking, all Airmen must now fill out the form online prior to their in-person visit.

Filling out the form is the first step in the new Deployment Resiliency Assessment, a program which started Jan. 1. Its purpose is to allow, in conjunction with other deployment-related health assessments, early detection and manage-

ment of pre- and post-deployment-related health concerns.

Form 2795 must be completed online within the two months immediately preceding deployment and three times during the 24 months immediately following deployment.

Lt. Col. Janette Goodman, 78th Medical Group Public Health office commander, said the Deployment Resiliency Assessment is aimed at combating such things as post traumatic stress disorder and other stressors associated with contingency operations.

Failure to fill out the required forms online will result in delayed processing, she said.

Airmen can fill out the forms on the Aero-Medical Services Information Management System Web site, which can be located on the Air Force portal.

The CAC-enabled Web site is: <https://asims.afms.mil/webapp/AppDir.aspx>.

People Spotlight



Craig Hollis

TITLE: Electronics integrated systems mechanic supervisor, 402nd Electronics Maintenance Group.

BACKGROUND: He has been employed by the Air Force for 11 years. He recently received the Air Force Association Carl Vinson Chapter quarterly performance award for his support of the warfighter.

HOMETOWN: Thomaston, Ga.

"Winning the Air Force Association award really means a lot to me. I never thought I was doing anything to accomplish that. I didn't know I was getting the award. My boss came and got me, and said he had to take me somewhere; on the way he said 'I might as well tell you, you are getting an award.'"

"I've been a supervisor for a year. The good part of it is I understand a lot of what the technicians go through. The bad part is now I am supervising people I used to work with."

"I wouldn't ask an employee to do anything I wouldn't do. I don't mind getting out on the floor and helping them do whatever. I focus on the team thing."

"I love drag racing. I used to drag race in Reynolds, but now I just watch. After I got married, my priorities changed. I still have the Mustang I raced with. The fastest I ever went was 155 mph. It's a big rush."

SUICIDE

Continued from 1

Group, the parent organization of the unit to which Gates-Benson was assigned.

In a voice often shaky but never halting, Joie Gates urged the Airmen to consider the impact suicide has on others and seek help when they need it.

"May 3, 2010, is the day that life as I knew it came forever to an end," she said. "Living it first hand is an endless ride of pain and confusion. There are no answers to my questions. There is no day you wake up and return to the way things were before your child dies by suicide."

Much has been said at Robins Air Force Base in the past couple of years about recognizing the warning signs of suicide, but by all accounts, Gates-Benson displayed none of those.

He smiled so commonly that one fellow Airman compared him to a game-show host, said Lt. Col. Donald Courmoyer, commander of the 54th Combat Communications Squadron.

He said Gates-Benson was an outstanding Airman who worked hard, showed initiative, and was thrilled to learn he was deploying to work with special operations troops.

"Throughout all of this, he never let anyone see anything other than that smile and that

'git-r-done' attitude," Courmoyer said. "He didn't open up to anyone."

Fred Boenig, a morning radio host, went on the air the very next day after he got the news. For two weeks, he choked back tears as he gave weather and traffic reports, and he talked about his son's death. His show became a lightning rod for people who had been impacted by suicide.

He recently mentioned on his show he was going to Robins to talk to 500 Airmen.

"In that room, statistically there's one person who is going to die from suicide, and I don't know who that person is," he recalled telling his radio audience, "because if I did, I would

go over to that person and say 'Talk to someone.'"

Joie Gates admitted she knew little about suicide on the day she got the news, but she went home that night and started reading about the problem, particularly the high rate among those in uniform. Three days later, she penned a letter to President Obama asking him to address the problem of suicides in the military.

"I will gather the greater forces of love and create a whirlwind to bring what is hidden to life," she wrote in the letter.

Gates' and Boenig's message is also going beyond their talk here. Their talk was videotaped and will be used by Chief

Master Sgt. of the Air Force James A. Roy next week during his presentation at the Air Force Association's Winter Symposium in Orlando.

Courmoyer ended the event by urging all Airmen in attendance to seek help if they need it.

"If you are considering suicide, reach out to someone. There are a lot of people who are there to listen and help you out, no matter what the problem is. It's the fight of your life," he said.

Editor's note: *The National Suicide Prevention Hotline can be reached at 800-273-8255. See box on page 5 for a complete list of helping agencies.*

Pledging their support

Base leaders give to Air Force Assistance Fund



Lt. Gen. Charles Stenner
AFRC commander



Maj. Gen. Robert McMahon
WR-ALC commander



Brig. Gen. Lee Levy
402nd MXW commander



Col. Howard Davis
ASD director



Col. George Riebling
116th ACW vice commander



Col. Amando Gavino
689th CCW vice commander



Col. David Southerland
78th ABW vice commander



Donald Bagley
638th SCMG deputy director

The Air Force Assistance Fund campaign supports four organizations: The Air Force Enlisted Village Indigent Widows' Fund, Air Force Village Indigent Widows Fund, Air Force Aid Society, and the General and Mrs. Curtis E. LeMay Foundation.

The Air Force Aid Society is the official charity of the Air Force. It assists active-duty personnel and their families in financial emergencies, as well as Reserve and Guard personnel in certain circumstances. Air Force retirees and widows may also be considered for help on a case-by-case basis. Contact Maj. Demetrius Brown, installation project officer, at DSN 472-1036 or 222-1036 for more information.



ViewPoints

“Don't take life too seriously. You'll never get out of it alive.”
— *Elbert Hubbard*

Air Force Chief of staff releases reading list

The Air Force chief of staff recently announced his latest professional reading list.

“Effectively operating within our increasingly dynamic, interconnected and complex world requires steadfast commitment to personal and professional growth,” Gen. Norton Schwartz said in a letter to Airmen.

“Therefore, professional reading will continue to be vital as we maintain our initiative today and prepare for the future,” Schwartz said. “I am pleased to announce my 2011 reading list, which provides worthwhile options for all Airmen to further their professional education and augment their leadership skills.”

This year's list contains 14 books divided into three categories: leadership, strategic context and military heritage. General Schwartz will highlight these books throughout the year, and for the first quarter recommends these three:

“Three Cups of Tea: One Man’s Mission to Promote Peace...One School at a Time” by Greg Mortenson and David Oliver Relin; “Technology Horizons: A Vision for the Air Force Science and Technology” by Dr. Werner Dahm; and “The All Americans” by Lars Anderson.

— *Courtesy AFNS*

CSAF's 2011 Reading List

Strategic Context	Leadership	Military Heritage
<p>Title: Technology Horizons: A Vision for the Air Force Science and Technology Author: Dr. Werner Dahm</p> <p>Title: Monsoon: The Indian Ocean and the Future of American Power Author: Robert Kaplan</p> <p>Title: Cyber War: The Next Threat to National Security and What to Do About It Author: Richard Clarke & Robert Knake</p> <p>Title: The Return of History and the End of Dreams Author: Robert Kagan</p> <p>Title: A Savage War of Peace: Algeria 1954-1962 Author: Alistair Horne</p> <p>Title: Descent into Chaos Author: Ahmed Rashid</p>	<p>Title: Three Cups of Tea: One Man's Mission to Promote Peace...One School at a Time Author: Greg Mortenson and David Oliver Relin</p> <p>Title: Partners in Command: George Marshall and Dwight Eisenhower in War and Peace Author: Mark Perry</p> <p>Title: The Lost Peace: Leadership in a Time of Horror and Hope, 1945-1953 Author: Robert Dallek</p> <p>Title: Secrets of Special Ops Leadership Author: William Allen Cohen</p>	<p>Title: The All Americans Author: Lars Anderson</p> <p>Title: Fighter Pilot: The Memoirs of Legendary Ace Robin Olds Author: by Robin Olds, Christina Olds and Ed Rasmus</p> <p>Title: Red Eagles: America's Secret MiGs Author: Steve Davies</p> <p>Title: Cataclysm: General Hap Arnold and the Defeat of Japan Author: Herman S. Wolk</p>
<p>“Professional reading will continue to be vital as we maintain our initiative today and prepare for the future.” — Gen. Norton Schwartz</p>		

WR-ALC VISION STATEMENT
A “World-Class” Center of Acquisition and Sustainment Excellence

WR-ALC MISSION STATEMENT
Deliver and sustain combat-ready air power ... anytime, anywhere.

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SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication.

They should be e-mailed to
lanorris.askew@robins.af.mil.

Submissions should be of broad interest to the base populace. If there are further questions, call Lanorris Askew at (478) 222-0806.

DELIVERY

To report delivery issues, call Kendahl Johnson at (478) 222-0804.

Commander's Action Line

The action line is an open-door program for Team Robins personnel to give kudos, ask questions or suggest ways to make Robins a better place to work and live.

The most efficient and effective way to resolve a problem or complaint is to directly contact the responsible organization. This gives the organization a chance to help you, as well as a chance to improve its processes.

Please include your name and a way of reaching

you, so we can provide a direct response. Anonymous action lines will not be processed. Discourteous or disrespectful submissions will also not be processed.

Commander's Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up.

For more information, visit

<https://wwwmil.robins.af.mil/actionline.htm>.

To contact the Commander's Action Line, call **468-2886** or e-mail **action.line@robins.af.mil**.

BLDG. 2039 RESTROOM RENOVATIONS

I'm writing in regard to the renovation of bathrooms in Bldg. 2039.

Because of the renovation, only one of two men's bathrooms is available for the more than 200 men who work here. Now, the renovations have halted for some unknown reason, and we have no idea when the work will be completed. Something needs to be done before things get out of hand.

Would you please investigate this problem?

COL. BUHLER RESPONDS:

Thank you for your note. As you mention, there are too few restrooms in your building; however, there is an upgrade project in work to reduce the shortage.

When the project is finished, toilet capacity will double in the first floor men's restroom and increase by 33 percent in the first floor women's restroom. Unfortunately, as the renovation work progressed, unforeseen structural issues were found, resulting in a modification to the construction contract.

While work is ongoing to award the con-

tract modification, the 778th Civil Engineer Squadron has worked with the contractor to have them continue working on the project.

The estimated completion date to finish the original and modification work is May 1.

In the meantime, the 116th Civil Engineering Squadron will procure portable latrines to be installed outside the building by Feb. 18.

If you have additional questions, please contact Craig Ranger at 497-2994. Thanks again for your note.

▶ Security Forces	468-2187
▶ FSS (Services)	468-5491
▶ Equal Opportunity	468-2131
▶ Employee Relations	497-8253
▶ Military Pay	468-4022
▶ Civil Engineering	468-5657
▶ Public Affairs	468-2137
▶ Safety Office	468-6271
▶ Fraud, Waste & Abuse	468-2393
▶ Housing Office	468-3776
▶ Chaplain	468-2821
▶ IDEA	497-7281

On the Fly

Victim Advocates training

The Sexual Assault Prevention and Response office will sponsor a 40-hour training course for volunteer Victim Advocates March 7-11 from 8 a.m. to 4:30 p.m. in Bldg. 941, the Professional Development Center.

VAs provide essential support, liaison services and care to victims of sexual assault. They ensure victims receive the necessary care and support until it is no longer needed. The Air Force relies on volunteers to perform this function.

Advocates' responsibilities include providing crisis intervention, referrals, and ongoing non-clinical support, including providing information on available options and resources to assist the victim in making informed decisions.

Active duty military personnel, Reserve or National Guard personnel

on active duty, and DoD civilian employees may serve as VAs. Applications and other information may be found at <https://work-space.robins.af.mil/78abw/sarc/default.aspx>.

For more information or to schedule a VA interview, please contact the SARC office at 327-7272.

Upcoming

February is **National Children's Dental Health Month**, an annual event sponsored by the American Dental Association to promote awareness of the importance of children having good oral health.

The theme for this year's campaign is "A Healthy Smile Looks Good Up Close."

Members of the 78th Dental Squadron will be providing oral hygiene demonstrations and discussing oral health topics with Robins kids.

Planned visits include:
►Wednesday, 10 a.m. to 1 p.m., Base Exchange.

►Thursday, 9:30 a.m., Youth Program.

►Feb. 23, 9 to 10 a.m., Meadowdale Pre-K.

For more information, contact the 78th Dental Clinic at 497-8056.

Those interested in fielding an **intramural soccer team** should submit a letter of intent to the Fitness Center no later than Wednesday.

For more information, contact Kenneth Porter at 468-2128.

There will be a **Career Expo here Thursday**.

More than 40 military-friendly organizations will be on hand to speak with and interview job-seekers.

All military and former military members may upload their resumes and pre-register for the event at www.civilianjobs.com.

For more information, call (678) 819-4132.

There will be a **WR-ALC/78th ABW Enlisted Call** Feb. 18 at 3:15 p.m. in

the Heritage Club. A Boss-N-Buddy event will begin around 4 p.m. for all Robins units. Finger foods will be available.

Military Saves Week runs Feb. 20-27, and the Robins Airman and Family Readiness Center will be offering the following activities:

►A booth with information on the Thrift Savings Plan, debt reduction and retirement. Feb. 22 from 10 a.m. to 2 p.m. at the Base Exchange.

►A savings class, presented by Suntrust Bank. Feb. 23 from 10 to 11 a.m. in Bldg. 794.

►A Credit Card Cut Up class, presented by Robins Federal Credit Union. Feb. 24 from 10 to 11 a.m. in Bldg. 794.

►An Investing for Retirement class, presented by the A&FRC staff. Feb. 25 from 10 to 11 a.m. in Bldg. 794.

To register for a class, call 468-1256.

The **Engineering and Technical Management awards** will be presented Feb. 23 at 9 a.m. in the Museum of Aviation's Century of Flight Hangar.

Maj. Gen. Robert McMahon, WR-ALC commander, will be the guest speaker.

The Global Logistics Support Center winners will also be recognized at this ceremony.

Air Force Reserve Command is **hosting a golf tournament** – the A3



U.S. Air Force photo by TOMMIE HORTON

Rotory Club

A Marine works on the rotor blade of a Marine Light Attack Squadron 773 helicopter. All three sections of the squadron were here last week to fly training missions.

Challenge Cup – on Feb. 25 at the Waterford Golf Course. Cost is \$40.

To register, contact Chief Master Sgt. Robert Wolfe at 497-1155 or Senior Master Sgt. Gary Drapeau at 497-1123.

Etcetera

The **Robins Tax Center** is open for the 2010 filing season.

The center is open Monday through Thursday

from 8 to 11 a.m. and 1 to 4 p.m. on the second floor of the library in Bldg. 905. It will remain open through April 21.

For a list of required documents, or for additional information, call 497-7390.

Operating hours for the U.S. Postal Service contract unit in Bldg. 910 are Monday through Friday from 10 a.m. to 2 p.m.

Air Force workers can find help here

Finances & Work-Life Balance	Airman & Family Readiness Center	468-1256
Health and Wellness Education	Health and Wellness Center	497-8480
Health Screenings	Civilian Health Promotion Services	497-8030
Work, Personal or Family Issues	Employee Assistance Program	(800) 222-0364
Work Stress, Psychological Issues	Organizational Consulting Office	497-9803
Mental Health & Substance Abuse	Houston Healthcare	922-4281
Unplanned Pregnancy	Houston Healthcare	922-4281
Suicide Prevention	National Suicide Prevention Lifeline	(800) 273-8255
Sexual Assault & Victim Advocacy	Sexual Assault Response Coordinator	468-2946

AFMC Wellness Support Center — www.afmcwellness.com

78th Dental Squadron dispels common myths

February is National Children’s Dental Health Month, and once again the 78th Dental Squadron (“2010 AFMC Medium Dental Clinic of the Year”) is proud to be a sponsor. Our kids are our nation’s greatest asset and because of this, the Robins dental staff would like to take this opportunity to help parents make healthy dental choices for their children.

There are a number of common myths about oral hygiene. Here are three:

Common Myth 1

“Consuming one soda throughout the day is better than consuming five in a shorter amount of time.”

Many patients believe cutting down on sugar intake by slowly sipping one carbonated beverage daily will decrease their chances for a cavity. This is false.

If you are “babying” your soda throughout the hour or day, the PH balance in your mouth drops, allowing the acid from the soda to dissolve the hard enamel on your teeth. Each sip of soda is an exposure and lasts up to 20 minutes. So, if you are sipping on your soda all day, the PH balance in your mouth will constantly remain low enough to cause cavities.

Drinking one soda is better than drinking five, as far as sugar intake; however, be cautious not to take all day drinking the one.

Common Myth 2

“Using mouthwash daily will take the place of flossing.”

Although mouthwash is a valuable aid cavity pre-

vention, it should not be used to replace floss. Flossing is a tool used to remove the harmful plaque built up between your teeth.

Flossing removes the bacteria left from foods which brushing fails to remove. Mouthwash can be an addition to your oral hygiene routine to prevent tooth decay and prevent gum disease, such as gingivitis. Studies show using mouthwash in addition to flossing will directly decrease your chances of a cavity.

Common Myth 3

“Brushing harder and using a hard bristle tooth brush will do a better job cleaning than a soft bristle.”

Using a hard bristle tooth brush abrasively to try and scrub away the plaque can actually cause damage to your gums and teeth.

Using a soft bristle tooth brush is just as effective as a hard bristle, and easier on your gums and teeth. The proper way to brush is using a circular motion, angling the tooth brush head slightly at a 45 degree angle and brushing two or three teeth at a time.

This method of brushing will help prevent gum recession, which causes sensitivity.

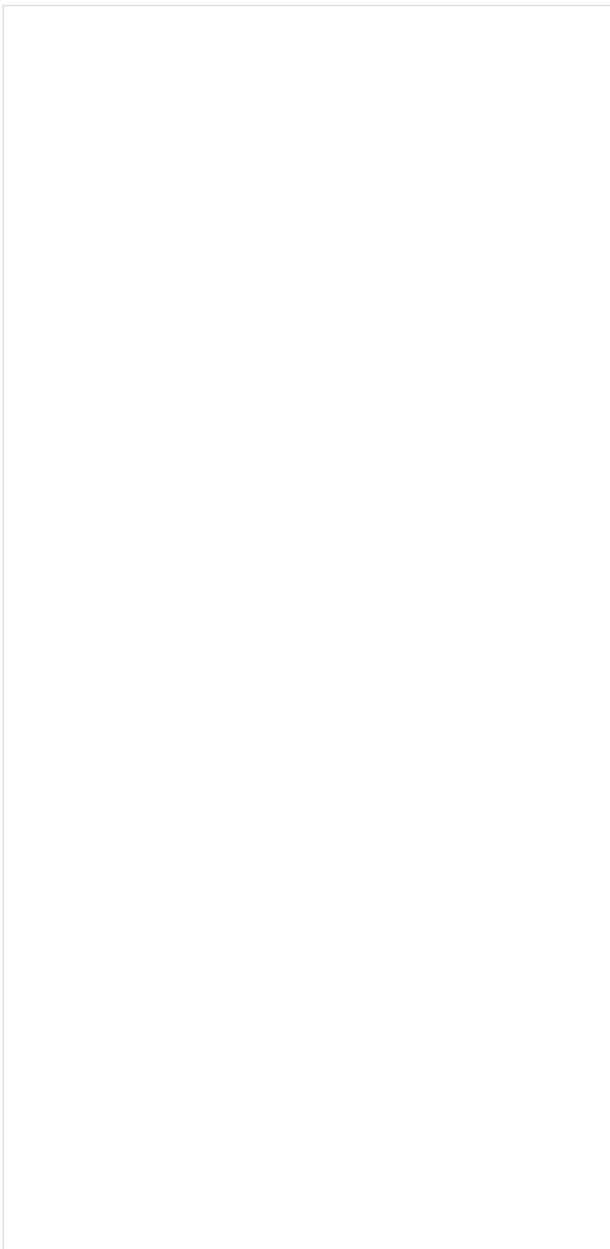
Hopefully this article has helped clarify the common misconceptions about oral hygiene. For more information, contact the 78th Dental Clinic at DSN 497-8056 or 327-8056.

Submitted by Staff Sgt. Mandy Williams, 78th Dental Squadron.



U.S. Air Force photo by SUE SAPP

Manny Cruz, dental team coordinator, shows children in the pre-k program the correct way to brush their teeth.



RECYCLE THIS PAPER



78th FSS BRIEFS

ON TAP
Texas Hold 'Em
Saturday
2 p.m.
Heritage Club Lounge
Members \$10, guests \$15
For details, call 472-7864.

UPCOMING
Boss 'N Buddy
Feb. 18
4 to 5 p.m.
Heritage Club Lounge
For details, call 472-7864.

Pee Wee Bumper League
Feb. 19 to April 23
Bowling Center
Cost \$25
For details, call 468-2112.

Resume & Cover Letter Writing Preparation
Feb. 22
9 to 11 a.m.
A&FRC, Bldg. 794
For details, call 468-1256.

Daytona 500
Sunday, Feb. 20
Tickets through ITT office

\$55 - \$199
For details, call 926-2945.

9-Pin No-Tap
Feb. 26
6 p.m.
Bowling Center
Cost \$15
For details, call 468-2112.

Ski Trip
Feb. 25-27
Outdoor Recreation
\$250 per person
Includes travel, hotel, lift ticket, ski session and lesson
For details, call 926-4001.

ONGOING
Frequent Flyer Challenge
Through April 30
Aero Club, Bldg. 186
For details, call 468-4867.

Nine-Hole Tournament Package
Pine Oaks Golf Course
\$13, includes green fees, cart and range balls
For details, call 468-4103.

Private Golf Lessons
Pine Oaks Golf Course
\$40 per half-hour
\$190 for 5 half-hour sessions
For details, call 468-4103.

Winter Golf Special
Sundays
10 a.m. to 1 p.m.
Pine Oaks Golf Course
Through Feb. 27
Buy 3 rounds, get 1 free
For details, call 468-4103.

February Golf Special
Sunday through Friday
After 11 a.m.
Pine Oaks Golf Course
Play 18 holes, cart - \$19
For details, call 468-4103.

Ballroom Dancing
Thursdays
6 to 7 p.m. and 7 to 8 p.m.
Heritage Club Ballroom
For details, call 468-2105.

The Afterburner
Located in Bldg. 166
5 a.m. to 1 p.m.
For details, call 472-7827.



U.S. Air Force photo by SUE SAPP

Bargain hunting?

Jo Drinkhahn, Thrift Shop volunteer, straightens a rack of clothes.

The Thrift Shop is open Wednesdays from 10 a.m. to 1 p.m. and 3 to 6 p.m.; Fridays 10 a.m. to 1 p.m.; and on the first Saturday of the month from 10 a.m. to 1 p.m.

Consignments are accepted until 30 minutes before closing time.

NOW PLAYING

Tickets - \$4 adult; \$2 children (up to 11 yrs)
For details, call 926-2919.



TODAY
7 P.M.
GULLIVER'S TRAVELS
PG



SATURDAY
7 P.M.
SEASON OF THE WITCH
PG-13

78th FSS DIRECTORY

- ▶ FSS Administration . . . 468-3193
- ▶ Community Center . . . 468-2105
- ▶ Outdoor Rec 468-4001
- ▶ Base Chapel 468-2821
- ▶ Arts & Crafts 468-5282
- ▶ Horizons 468-2670
- ▶ Heritage Club 468-2670
- ▶ Library 497-8761
- ▶ HAWC 497-8480
- ▶ Fitness Center 468-2128
- ▶ Fitness Center Annex . . 472-5350
- ▶ Youth Center 468-2110
- ▶ ITT 468-2945
- ▶ Bowling Center 468-2112
- ▶ Pine Oaks G.C. 468-4103
- ▶ Pizza Depot 468-0188

FITNESS CENTER

"POUND DOWN"
Now - Feb. 25

Robins Fitness Center invites you to participate in the 3rd Annual Weight Loss Challenge! It's time to shape up and give those new holiday pounds a proper **"BEAT DOWN"**

Set your personal goals or compete against a friend, to see just how much holiday weight you can pound down. Open to Robins AFB community

Bldg. 826 • DSN 468-2128
Commercial 926-2128
Annex Bldg. 301 • DSN 468-2840
Commercial 926-2840



Youth
Baseball Softball
T-Ball
Registration
Feb. 14 - March 5

Start Smart T-Ball
3 & 4 years old
T-Ball
5 & 6 years old
Baseball & Softball
7 - 17 years old

Cost
5-17 years old \$50
3 & 4 years old \$30

Coaches Needed

More Information
FSS DSN 468-2110 - Com, 926-2110 YP

MEDGROUP

Continued from 1

the same provider due to urgent care needs, mission requirements and provider availability, we will strive to schedule all appointments with the folks who know you best – your provider team,” Wheeler said.

Beginning Monday, the 78th Medical Group will also transition from a walk-in sick call for active duty members not in flight status to appointments only.

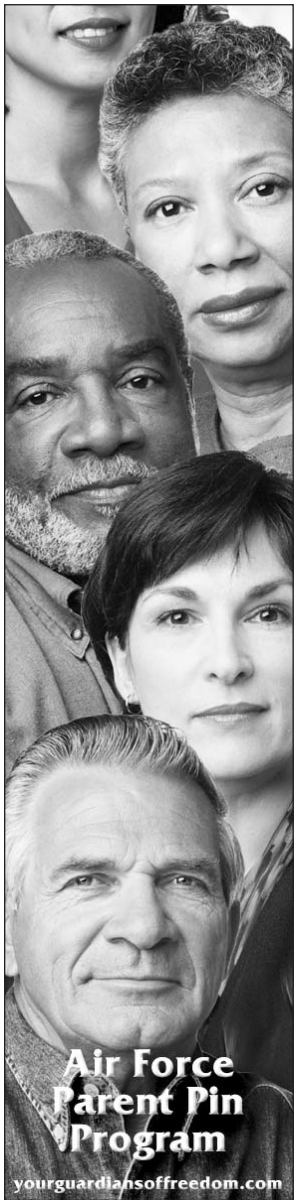
With the change, all active duty members not in flight status will call the appointment line at 497-7850 for their healthcare needs. The appointment line is open from 7 a.m. to 4 p.m. Monday thru Friday, except holidays.

“This change in operations will increase the number of appointments available and aid in efficiency,” Wheeler said. “It will also foster the patient and provider relationship desired by PCMH.”

Some important things will not change.

Flight Medicine will continue to conduct sick call at 7:30 a.m. Sick call is necessary for aircrews and special duty personnel who require an AF Form 1042. Flight Medicine patients can contact the clinic at 497-7575.

Additionally, supervisors will continue to be allowed to send Airmen home for 24 hours without requiring them to see a health care professional. Also, some labs and medications can continue to be ordered without an appointment.



Think twice, energy has a price.

Robins military justice actions

The following legal actions took place in October, November and December.

Administrative Discharges

►A staff sergeant received an Under Honorable Conditions (General) service characterization for misconduct; specifically, minor disciplinary infractions.

This member was previously punished under Article 15 for wrongful appropriation of money on seven separate occasions.

►An airman first class received an Honorable service characterization for conditions which interfere with military service; specifically, a mental disorder.

►An airman first class received an Under Honorable Conditions (General) service characterization for misconduct; specifically, minor disciplinary infractions.

This member was previously punished under Article 15, UCMJ, for failure to go and dereliction of duty. This member also received other administrative action for failing to report for recall; failing to respond to telephone recall; failing to report to work on time on two separate occasions; disobeying a direct order on two separate occasions; violating AFI 36-2903 by not having a proper haircut; playing sports when physician gave order to rest; and driving a government vehicle without a valid government driver's license.

►An airman received an Under Honorable Conditions (General) service characterization for misconduct; specifically, drug

abuse. This member was previously punished under Article 15 for wrongful use of marijuana.

►An airman received an Under Honorable Conditions (General) service characterization for misconduct; specifically, drug abuse. This member was previously punished under Article 15 for wrongful use of marijuana.

►An airman received an Under Honorable Conditions (General) service characterization for misconduct; specifically, minor disciplinary infractions. This member was previously punished under Article 15 for failure to go and making a false official statement. This member also received other administrative action for failing to report to work on four separate occasions, disobeying a direct order, and driving another airman's vehicle without permission.

►An airman received an Under Honorable Conditions (General) service characterization for misconduct; specifically, minor disciplinary infractions. This member was previously punished under Article 15 for disobeying a lawful order and failing to keep his facial hair trimmed within standards of AFI 36-2903. This member also received other administrative action for failing to report to duty on three separate occasions and disobeying a direct order on two separate occasions.

►An airman received an Under Honorable Conditions (General) service characterization for misconduct; specifically, minor

disciplinary infractions. This member was previously punished under Article 15 for failure to go to her appointed place of duty. Additionally, this member received a Vacation of Suspended Nonjudicial Punishment for failing to go to her appointed place of duty and making a false official statement. This member also received other administrative action for failing to go to a scheduled appointment, disobeying an order, failing to report to duty, and making inappropriate comments on two separate occasions.

►An airman basic received an Under Honorable Conditions (General) service characterization for misconduct; specifically, minor disciplinary infractions. This member was previously punished under Article 15 on two separate occasions for sleeping on duty while posted as a sentinel.

►An airman basic received an Under Other Than Honorable Conditions service characterization for misconduct; specifically, drug abuse and minor disciplinary infractions. This member was previously sentenced by a Summary Court-Martial for wrongful use of marijuana.

This member also received other administrative action for failing his dormitory room inspection, failing to report to duty on four separate occasions, failing to wear proper gear, failing to properly search vehicles, consuming alcohol within eight hours of duty, and twice failing to have required equipment on post.

— Robins Legal Office



www.robins.af.mil/library/transportation