

116th CES TRAINS AT SILVER FLAG

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BASE EVENTS GO GREEN

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Base to host fitness, sports month events

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ROBINS REV-UP

April 25, 2014 Vol. 59 No.16

NEWS

YOU CAN USE



AFAF Campaign nears end

The Robins 2014 Air Force Assistance Fund campaign ends May 2. Team Robins has donated \$35,424 – 46 percent – towards the installation's goal of \$77,130.

During 2013, Team Robins donated \$79,432. The funds assisted 71 Airmen and their families in the form of emergency assistance loans and grants, education programs, and community programs, including PCS childcare and spouse orientation programs such as Heart Link. The other charities supported by AFAF are the Air Force Enlisted Village; The Air Force Village; and the General and the Mrs. Curtis LeMay Foundation.

To donate, see your unit project officer or contact 1st Lt. Amanda Thurber at 497-3429 or Capt. Tracy Pete at 468-0992.



Shoot for the Hoops

April is National Sexual Assault Awareness Month, and Team Robins is doing what it can to educate folks about the wide-spread problem.

The month's final activity is the "Shoot for the Hoops" basketball event today at 10:45 a.m. in Bldg. 826 on the Base Gym Basketball Court.

Col. Chris Hill, Installation commander and Lt. Col. Richard Ulmen, 116th Maintenance Squadron commander, will be guest speakers. Students from Huntington Middle, Miller Elementary, and Warner Robins Middle schools will be performing.

Come and enjoy the basketball game between Robins and the Fort Valley State Army ROTC team and a 3-point shootout.

This year the theme is "Live Our Values: Step Up to Stop Sexual Assault."

For more information, call the SARC Office at 497-7272.

See related commentary on page 4.



U.S. Air Force photo by RAY CRAYTON

Rusty Painter, 560th Aircraft Maintenance Squadron aircraft electrician, cleans corrosion from a circuit breaker faceplate to ensure aircrews are able to read it when needed.

Work steadily continues on Afghan AF-bound C-130H

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

When a C-130H nose was separated from its fuselage at Robins March 6, it was the culmination of months of extensive research, planning and homework.

What makes this particular effort significant is this C-130H model is one of two currently on station scheduled to be delivered to the Afghan Air Force to help boost the country's military capabilities.

The disassembly process was a successful endeavor by

maintainers from the 402nd Aircraft Maintenance Group and an engineering team from the Air Force Life Cycle Management Center.

The moment the 9,000-pound section pulled away, it was a clean break.

Along with various engine cables, electrical, hydraulic and other components, a total of 364 bolts had been manually removed, one by one, some more easily than others.

Since then, each of the 728 holes which held those 364 bolts, representing holes from the nose and airframe's mat-

ing surfaces, have been put through nondestructive testing techniques to check for corrosion and cracks. The holes are similar in size to a dime, and must be cleaned, inspected and measured.

There are 25 holes on the airframe and 12 holes on the nose that will require special work where Bush-Locs will be installed to help rid the holes of cracks. The Bush-Locs are being manufactured here and will be installed prior to marrying a new donor nose

► see C-130H, 6



Dash is on to keep Robins clean

BY BRIAN SHREVE

Robins Public Affairs

It's time for spring cleaning, and this year's Dash for Trash provides Robins with a chance to get the base in tip-top shape.

The 60-day initiative, which runs through June 14, is aimed at helping the Robins workforce and the planet by gathering and disposing of unwanted materials and hazardous wastes.

Participating personnel are asked to quantify and categorize any obsolete materials in their workplaces and refer to a list of contacts, which can be found on the Robins home page at www.robins.af.mil, for assistance in discarding the rubble.

When workstations have too much trash or clutter for garbage or recycling containers, these contacts from the 78th Civil Engineer Group will provide directions to a facility to turnover the materials or make other arrangements to have them removed.

"The Dash for Trash offers an opportunity to improve base appearance and operations by removing junk and clutter from warehouses, outside storage areas and our offices," said Lex Stokes, Installation Management Division chief. "It's really a 'two-fer' as it also meshes with the Air Force Sustainment Center's Lean Operation's goal of eliminating waste."

Though any trash will be accepted, the cleanup is focused on four targeted categories: general refuse and wood pallets; recyclables; hazardous waste and any unused government equipment such as furniture and computer components.

According to a statement from the 78th Civil Engineer Group, the Environmental Division will measure the success of the endeavor by examining the changes in costs of tipping fees for disposal of refuse at the landfill.

In this first year of the effort, Col. Christopher Hill has set a goal of 100 tons to be collected during the event.

Dash for Trash is one of several environmental initiatives at Robins for the observance of Earth Month.

Camellia Gardens Memorial Service May 22

BY ROBINS PUBLIC AFFAIRS

Editor's note: To submit a family member, friend or coworker to be recognized, contact Staff Sgt. Ronelda Charles at DSN 468-2821, commercial 926-2821, or roneda.charles@us.af.mil by May 11.

The annual Camellia Gardens Memorial Service – which pays tribute to deceased members of Team Robins – will be May 22 at 10 a.m. in the tranquil garden across from Horizons Event Center.

The service, a moving, patriotic tribute to the departed, is a 38-year tradition. At the garden's entrance, a brick and mortar wall displays plaques with the names of more than 1,600 deceased military and civilian members from Robins honored in past ceremonies.

This year's ceremony is a project of the Team



U.S. Air Force file photo by RAY CRAYTON

Last year's Camellia Gardens Memorial Service paid tribute to 59 deceased members of Team Robins.

Robins Company Grade Officer Council and the base chapel. Tony Baumann, director of contracting at Robins, will provide the memorial address. A reception will follow at Horizons.

All military should wear the uniform of the day; civilians should wear business attire.

Let's do this: Secret stash doesn't stop good living

BY BRIAN SHREVE

Robins Public Affairs

She's no stranger to her favorite fast-food joints, eats chocolate just about every day and even keeps a "secret stash" drawer filled with assorted sugary goodies.

And, she doesn't plan to change any of that at any time soon.

In other words, Dani Lebovitz, base registered dietitian, is a lot like the rest of us and here to remind everyone that maintaining a nutritious diet isn't as complicated as we often make it out to be.

Lebovitz, 29, acknowledges that most nutritionists or dietitians are known to be more regimented – sometimes fanatical – in their approach, but her philosophy is not based on self-deprivation.

As her new video series found on the

official Robins Facebook page proves, Lebovitz is more than equipped to help make us all a little healthier.

"I'm a food lover, so I eat pretty much anything and everything I like," she said. "There's nothing I say that I won't have. I think if someone says you can't have something, that's all you think about, that's all you want."

According to Lebovitz, there are other options to nutrition and living a healthy lifestyle.

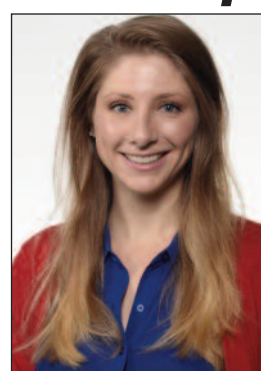
For instance, she said rather than depriving oneself of a guilty pleasure all together, it's possible to modify other areas of your diet and prioritizing while taking moderation and exercise into consideration.

She said many times students come into one of her classes, saying they "fell

off the wagon," a remark she's quick to dismiss.

"It's not about all or nothing," said Lebovitz. "Let's forget the wagon. If you splurge a little bit extra, that's fine. Next meal, let's try to do better, maybe look at your portions or add in another vegetable. Don't give up but look at the whole picture and try again."

Lebovitz – raised in Colorado – and her husband, an Air Force captain, arrived at Robins in 2009. She began working as a health and fitness specialist at the Health



Dani Lebovitz

and Wellness Center the next year, launching a variety of fitness programs while teaching numerous health classes.

In her current position as base dietitian, she teaches everything from performance nutrition to healthy pregnancy and diabetes courses.

Even before starting her professional career, Lebovitz's academic resume represents the makings of a food virtuoso.

After receiving a bachelor's degree in food science and human nutrition from Colorado State University, she went on to intern at Johns Hopkins Bayview Medical Center before earning a master's in health communication from Boston University.

She has worked several different positions in various hospitals and is a certified

► see NUTRITION, 6

Second Front



U.S. Air Force photo by RAY CRAYTON
Lt. Col. Dante Badia, 339th Flight Test Squadron commander, briefs Warner Robins Mayor Randy Toms from the cockpit of an F-15 Eagle during a visit to Robins April 17. Toms took office in January. His visit provided him with an inside look at the Warner Robins Air Logistics Complex.

Robins security assistant named AFSC award nominee

Lawrence Braker, 402nd Maintenance Wing security assistant, is the Air Force Sustainment Center's nominee for the 2014 Information Protection Award. He will go on to compete at the Air Force Material Command level. Braker is credited with many outstanding job performances including his design and execution of security programs for 50 buildings and more than 4,000 personnel.



Braker

He also cut the security re-investigation workload in half by taking on base-level taskings which resulted in more than 300 employees processed and more than 150 contractors granted clearance to the flight line in support of the warfighter. Lt. Gen. Bruce Litchfield, AFSC commander, sent out a note of thanks to all of the nominees. *"I want to congratulate our Air Force Sustainment Center award winners,"* he wrote. *"These high performers have gone above and beyond what's been asked of them in supporting their fellow warfighters. A personal 'thank you' goes out to each and every one of the nominees."*

VPP Gold Site numbers grow

The following work sites have achieved Gold recognition through the Occupational Safety and Health Administration's Voluntary Protection Program at Robins.

Gold banners were presented April 4 by Col. Patricia Ross, 78th Air Base Wing vice commander. They included: 78th Force Support Squadron's Airman Leadership School and the 78th Security Forces Squadron Kennels.

The Safe Site Challenge continues as the installation's premier platform for strengthening and reinforcing employee involvement and participation in the local safety and health program. The challenge began in 2008 and recognition is awarded to offices, shops or teams and smaller areas for commitment to safety and health. Assessments are conducted to help ensure a thorough examination of a site's true maturity level in adhering to VPP principles.

Air Force Association annual award winners

The Carl Vinson Memorial Chapter of the Air Force Association has announced the recipients of its 2013 Annual Awards, and 15 of 19 awardees are from the base.

The presentation of the awards will be made at a luncheon Thursday at 11:30 a.m. in the Horizons Event Center Ballroom. The Robins winners are:

- Acquisition Manager/Supervisor of the Year: **Lt. Col. William Robinson**, C2ISR Division
- Administrative Support of the Year: **Master Sergeant Gerrad Mutton**, Air Force Reserve Command
- Civil Engineer Manager/Supervisor of the Year: **Marshall Wall, Jr.**, 78th Civil Engineer Squadron
- Engineer of the Year: **Russell Alford**, AFLCMC, C-5 Galaxy Division
- Human Resources Management Career Field Person of the Year: **Cynthia Macias**, 78th Force Support Squadron

- Logistics Achievement of the Year: **Master Sergeant Cameca Ashley**, Air Force Reserve Command
- Maintenance Manager/Supervisor of the Year: **Capt. Robert Dossman**, Air Force Reserve Command
- Medical Profession Manager/Supervisor of the Year: **Senior Master Sergeant Emily Loretz**, 78th Medical Group
- Outstanding Mission Support of the Year: **Master Sergeant Michael Haywood**, 54th Combat Communications Squadron
- Specialist/Technician of the Year: **Philip Patisaul**, Air Force Reserve Command
- Support Manager/Supervisor of the Year: **Jerry Ruiz**, Air Force Reserve Command
- Trades and Craft Worker of the Year: **Scott Kersey**, 402nd Commodities Maintenance Group
- Reconnaissance/Rescue/Trainer Aviator of the Year: **Major Cecil Banuelos, Jr.**, 461st Operations Support Squadron
- Support Contractor of the Year: **Audrea Pointer**, C2ISR Division
- Weapon Systems Manager of the Year: **Capt. Esther Anderson**, C2ISR Division

Robins Chiefs' Group scholarship

Thursday is the deadline to apply for the Robins Chiefs' Group academic scholarship program. Applicants must be enlisted military members (Active Duty, Reserve, National Guard or retired), or the dependent of an enlisted military member (Active Duty, Reserve, National Guard, retired or deceased) assigned to or retired from Robins.

Any enlisted rank or branch of service is eligible. In the case of retired or deceased sponsors, the applicant must have remained in the Robins area.

Applicants must have applied to, been accepted at or currently attend an accredited institution of higher learning on a full-time basis.

The scholarship program is divided into two distinct categories: Graduating high school seniors and adults continuing their education.

For more information, send an email to info@robinschiefsgroup.org.

Office closure

The 78th Comptroller Squadron will close at 10 a.m. May 2 for an official function. Emergencies please call Tech. Sgt. Matthew Knowles 478-442-4427.

BAH recertification underway

A military-wide recertification of service members and their families receiving Basic Allowances for Housing is underway.

Every member who receives with-dependent rate BAH will be required to complete a new AF Form 594 (no digital signature, must be wet signature) and provide a copy of their supporting documentation such as; marriage certificate, birth certificate or approved dependency application. Members may come by the 78th Comptroller Squadron Finance Office, Bldg. 301, East Wing, from 8:30 a.m. to 3:30 p.m. or the Library, Bldg. 905 lobby, from 10 a.m. to 2 p.m. Mondays. This process must be completed by Dec. 31.

ALL in a Day's WORK



U.S. Air Force photo by MISUZU ALLEN

Name: Emmanuel Andico Jr.
Unit: 778th Civil Engineering Squadron/Fire Prevention
Work title: Fire inspector
Hometown: Los Angeles, Calif.
Number of years in federal service: 15

What does your work involve? "I perform facility inspections and advise unit commanders, facility managers and supervisors of fire hazards and fire safety deficiencies noted in their facilities."

How does your work contribute to the Robins mission? "To prevent fires, facilitate early intervention of fires that occur, and ensure the safety of exposed personnel during fires."

What do you enjoy most about your work? "The positive interaction I have with the base populace while conducting facil-

ity inspections, fire drills, fire prevention week and fire extinguisher classes."

What prompted your interest in your current career field? "I wanted to further my experience and knowledge in fire protection and prevention."

Who has been the biggest influence in your life? "My God and family. They're the reasons I am able to wake up and perform my job to the best of my abilities."

What is the accomplishment you are most proud of? "Baptizing my daughter, thus becoming a Christian."

What is something people would be surprised to know about you? "I am a deacon for Warner Robins Church of Christ."

Around the Air Force

DOD releases estimated impacts of sequestration-level funding report

WASHINGTON (AFNS) – The Department of Defense released a report April 16 that documents the damaging cuts to military forces, modernization, and readiness that will be required if defense budgets are held at sequester-levels in the years beyond fiscal 2015. This report fulfills a commitment made by Defense Secretary Chuck Hagel to provide details on the effects of these undesirable budget cuts.

As the report says, sequester-level budgets would result in continued force-level cuts across the military services. The Army would be reduced to 420,000 active duty soldiers along with 315,000 in the Guard and 185,000 in the Reserve. The Marine Corps would drop to 175,000 active duty personnel. The Air Force would have to eliminate its entire fleet of KC-10 tankers and shrink its inventory of unmanned aerial vehicles. The Navy would be forced to mothball six destroyers and retire an aircraft carrier and its associated air wing, reducing the carrier fleet to 10.”

To read more, visit www.af.mil.

B-1B software upgrade will ensure future warfighting capabilities

EDWARDS AIR FORCE BASE, CALIF. (AFNS) – In order to keep the B-1B Lancer's capabilities ready to operate now and well into the fast-paced integrated battlefield of the future, the 419th Flight Test Squadron began testing Sustainment Block 16A software upgrades here April 1, to work in conjunction with the long-range bomber's recently added glass cockpit configuration.

The SB 16A software is a fielding configuration that will enhance the glass cockpit introduced as part of the B-1 Integrated Battle Station modification, increase Link 16 capabilities and provide a leap in situational awareness for the B-1 operators. Link 16 allows all Link 16-equipped military aircraft, as well as naval and ground forces, to interact and exchange overall tactical pictures in near-real time.

To read more, visit www.af.mil.

Air Force researchers test Google Glass for battlefield use

FORT GEORGE G. MEADE, MD. (AFNS) – Whether trying to coordinate multiple aircraft in a three-dimensional battlespace, calling in precise close air support or evacuating personnel caught behind enemy lines – effective multitasking is at the heart of the mission for Air Force special operators.

Researchers with the 711th Human Performance Wing at Wright-Patterson Air Force Base, Ohio, are now working to make missions lighter and faster for Airmen by testing Google Glass and its head-mounted optical see-through display technology, for potential battlefield use.

Still in beta-testing as part of Google's Explorer program, the trials are conducted by the Battlefield Air Targeting, Man-Aided Knowledge, or BATMA(N) group, an advanced technology demonstration and research program commissioned by the Air Force Special Operations Command to develop, build and



U.S. Air National Guard photo by TECH. SGT. MATT HECHT

Gotcha Covered

Senior Airman Sean Meehan, left, and Staff Sgt. Kane Lawlor, tactical air control party specialists with the 227th Air Support Operations Squadron, New Jersey Air National Guard, provide cover after a tactical air insertion with an Army UH-60 Black Hawk helicopter at Fort Dix, N.J. The New Jersey National Guard participated in a joint training exercise with the Marine Corps.

investigate advanced wearable technologies.

To read more, visit www.af.mil.

Prior service program open but limited

JOINT BASE SAN ANTONIO-RANDOLPH, TEXAS (AFNS) – A very limited number of specialized careers are open in the Air Force Prior Service Program.

The prior service program is an enlistment option that allows a select number of people who separated from military active duty, the Guard or Reserve, to enter full-time Air Force service. The number of applicants being accepted for fiscal 2014 has dropped from 250 to 50.

“The goal number for the prior service program is based on the needs of the Air Force,” said Angelo Haygood, the Air Force Recruiting Service deputy division chief of operations. “It is reviewed by Air Staff A1 at least once annually.”

Headquarters Air Force in Washington D.C., determines prior service requirements by examining career manning and determining the need for experienced people.

“Currently, we are only accepting applications for the direct duty and retraining categories,” said Tech. Sgt. Todd Benson, the AFRS enlisted accessions program manager.

To read more, visit www.af.mil.

CMSAF thanks Airmen serving in Afghanistan

BAGRAM AIRFIELD, AFGHANISTAN (AFNS) – Chief Master Sgt. of the Air Force James A. Cody recently visited with Airmen at several locations throughout U.S. Air Forces Central Command to encourage, inform and thank them for their hard work supporting Operation Enduring Freedom in the region. At each stop during the tour of Bagram Airfield, Cody answered personal questions and addressed many of the concerns on Airmen's mind including force management, compensation, promotion changes and updates to



U.S. Air Force photo by TECH. SGT. RUSS SCALF

Intake check

Staff Sgt. Matthew Roberts, a dedicated crew chief with the 380th Expeditionary Aircraft Maintenance Squadron inspects the intake of an RQ-4 Global Hawk April 15, in Southwest Asia. The inspection insures the serviceability of the engine fan blades, preventing any foreign objects from damaging the aircraft during flight.

the enlisted evaluation system.

“There is a lot going on in our Air Force,” Cody said. “Our Airmen are in tune with what's happening even in the deployed environment and they have lots of questions – which are all legitimate questions and concerns.”

To read more, visit www.af.mil.

Perspective

Every Airman has a role in preventing sexual assault

BY GEN. LARRY SPENCER

Air Force Vice Chief of Staff

WASHINGTON (AFNS) – Every April we recognize Sexual Assault Awareness Month, using it as an opportunity to renew our commitment to treating each other with dignity and respect. I applaud and support the idea of a month focused on sexual assault prevention and response, or SAPR, but what we really need is everyone's focus on this critical issue every day.

Sexual assault is a crime and impacts the very trust and respect integral to our profession. For our Air Force to be successful, we must trust each other. All it takes is one incident to break that bond of trust, but it takes all of us to work together to solve the issue.

In the past 18 months we've emphasized the importance of treating each other with dignity and respect, and we've made progress through a renewed emphasis on training and education. We've seen a real difference in areas like the Special Victims Counsel Program, which provides individual legal support to victims of sexual assault and now serves as a model for the Department of Defense.

Reporting of sexual assault allegations has increased, which we believe is an indicator of increased trust and confidence in the reporting process. We've also seen an increase in the number of victims that convert to unrestricted reports, which we feel also indicates increased

trust and confidence in our system.

But, you won't find us high-fiving our success. With that success and pride comes the unquenchable need to do more.

None of us should be comfortable with the fact that we have sexual assaults occurring in our Air Force. And none of us should rest until that crime is eliminated; it's everyone's responsibility. Sexual predators are determined to carry out this offense and will do so unless you and I step in and stop it.

We need to be on the lookout for those among us who would commit such a horrible crime. You may be aware of a former wing commander who recently left our Air Force following a series of incidents involving the compromise of integrity. On his last day in command, he sent a very poignant note to his Airmen. I was struck by the sentence that read, “If only one person had stood up and did or said something, the situation would have ended differently.”

Sexual assault is no different. Bystander intervention can be a game changer. We need each of you to be that one Airman willing to step forward when a situation starts heading in a bad direction. We need you to be part of the solution. We know that takes courage, but we also know you possess it because we see it every day.

This battle against sexual assault is a marathon, not a sprint. This is not a program or a campaign that will go away in a few months – consider it an enduring effort



U.S. Air Force photo by SCOTT ASH

The Air Force Vice Chief of Staff Gen. Larry Spencer testifies on the Air Force Readiness Posture April 10, before the House Armed Services Committee in Washington, D.C.

that serves to honor the dignity and respect of all Airmen.

Let those around you know that sexual assault will not be tolerated. Start by taking responsibility for your workplace and do not tolerate inappropriate or degrading remarks or the display of sexually explicit or suggestive materials.

Thank you for all you do in service to our nation. As I have always said, every Airman counts. From the time you first put on your uniform until the time you leave the Air Force, I expect you to be committed to a culture of dignity and respect among all Airmen.

Don't let each other down.

ROBINS REV-UP

COMMANDER
Col. Christopher Hill

HOW TO CONTACT US

Robins Public Affairs
620 Ninth Street, Bldg. 905
Robins AFB, GA 31098
468-2137
Fax 468-9597

SUBMISSION GUIDELINES

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They should be e-mailed to lanorris.askew.ctr@us.af.mil and vance.janes@us.af.mil

Submissions should be of broad interest to the base populace. For information, call Lanorris Askew at 472-0806.

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To report delivery issues, call 472-0802.

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INTERNAL INFORMATION
CHIEF
Geoff Janes

EDITOR
Lanorris Askew

PHOTOGRAPHER
Ray Crayton

STAFF WRITERS
Jenny Gordon
Brian Shreve
Holly Logan-Arrington

In the Spotlight

ANG civil engineers train for combat ops at Silver Flag

BY MASTER SGT.
ROGER PARSONS
116th Air Control Wing

Thirty-four Georgia Air National Guardsmen from the 116th Civil Engineer Squadron, capped off a successful week of intensive contingency training April 24 at Silver Flag located at Tyndall Air Force Base, Fla.

Deployed to a simulated bare-base combat environment, the Prime Base Engineer Emergency Force, or Prime BEEF, from the 116th Air Control Wing, along with 219 Airmen from multiple active-duty, Reserve, and Guard units, set up and maintained a fully operational base from the ground up.

While combating simulated attacks, the Airmen stood up a command and control center, erected shelters, set up water and power operations, repaired damaged runways, cleared minefields and conducted emergency management and security operations.

“Silver Flag enabled us to train to our wartime task standards,” said Chief Master Sgt. David Fite, 116th Mission Support Group superintendent. “This training, accomplished every 45 months, provides our wing with top-notch certified engineers that will be able to rapidly deploy anytime, anywhere in the world.”

Nearly 50 percent of the squadron has deployed in the past two years.

Silver Flag provided the Airmen a large stock of contingency equipment with which to train for these deployments that most Prime BEEF units don’t have at their home stations due to cost.

During the course of the week

leading up to the exercise, the civil engineers received intensive classroom and hands-on equipment training in each of their respective career fields from some of the Air Force’s top subject matter experts from the 823rd Red Horse Squadron.

“Having just returned from tech school, this exercise gave me the chance to use the equipment I learned about in school,” said Senior Airman Terrell Green, a 116th CES structural apprentice. “Watching the NCOs in action and learning from the Red Horse instructors was one of the best things I took away from the exercise.”

In a sentiment expressed by a number of the Guardsmen, Staff Sgt. Marquette Davis, a 116th CES heavy equipment operator, commented about the camaraderie and teamwork prevalent at the exercise.

“Whenever I performed a task and needed help or guidance, someone always stepped up to help me,” said Davis. “Whether they were active duty, Guard or Reserves, if they saw I needed help they were there.”

“It was a great experience and something definitely needed before a deployment to put you in the right mindset and show you what you will be accountable for when you deploy,” Davis added.

They are also more prepared to respond to emergencies in support of their state mission according to Fite.

“Back in 1994 when Georgia had the flood, our utilities specialists assisted the Quartermaster Battalion from Alabama in making potable water for the citizens of Georgia,” said Fite. “That’s just one way that this training can help our local communities.”



U.S. Air Force photos by MASTER SGT. ROGER PARSONS

Tech. Sgt. Barry Duffield, left, 116th Civil Engineer Squadron explosive ordnance disposal technician, and Tech. Sgt. Dustin Turner, an EOD technician with the 123rd Airlift Wing, Kentucky Air National Guard, attempt to stop the bleeding from the leg of a Multiple Amputation Trauma Trainer during Silver Flag at Tyndall Air Force Base, Fla., April 17.



At left, Senior Airman Axel Fiksmen, a 116th Civil Engineer Squadron structures specialist, welds a cross bar onto a pole while building a fence during Silver Flag training.

Below, Staff Sgt. Edgar Mullinax, right, emergency management specialist with the 116th Civil Engineer Squadron, and Staff Sgt. Im Southavout, emergency management specialist with the 5th CES, Minot Air Force Base, N.D., test vegetation for radiological contamination.



C-130H

Continued from 1

to the aircraft.

Its nose experienced major structural damage due to a hard landing. Separated last month, the nose sits just a few feet away, ready to be installed on a second aircraft which will be used as a training fixture for maintainers with the 402nd Expeditionary Depot Maintenance team.

The donor nose is steps away from the AAF-bound aircraft, propped up by a special dolly designed here.

It is estimated to be joined to its new airframe within the next week to 10 days, according to Scott Latimer, 560th Aircraft Maintenance Squadron's Center Wing Box Fixtures team lead.

"At the same time, we are also prepping the aircraft to receive a corro-



U.S. Air Force photo by RAY CRAYTON

A nose detachment project on a C-130H is on time and going well for one of two aircraft scheduled to be delivered to the Afghan Air Force.

sion preventative compound," he said. "We're doing an isochronal inspection which will require about 900 total hours."

If all goes as planned, a 'dry' run will be performed this week when the donor nose will be fitted to the fuselage to see how close each hole will align.

"We don't anticipate any problems," said Latimer.

Once that happens, a sealant will be meticu-

lously applied to the surface surrounding each of the 728 holes to create a sealed barrier. Things will then move quickly at that point when bolts will begin to be installed through each hole.

A second C-130H bound for Afghanistan is also at Robins currently undergoing a standard programmed depot maintenance package.

To view additional photos, visit www.robins.af.mil or the Robins Facebook page.

NUTRITION

Continued from 1

diabetes educator and one of only about 550 certified sports dietetics specialists in the world.

When she began college, she initially majored in pre-med with aspirations to help others.

"I'd never really considered being a dietitian, and I hadn't thought about the field of nutrition until my freshman year," she said. "But after taking a nutrition course, I learned how food is medicine, and how I could use that to make a difference."

One question frequently tossed Lebovitz's way is how to feed a family a

nutritious diet on a budget given the commonly held belief that healthier means more expensive.

"It's true, with high-fat, high-sugar foods, you get more calories for your money," she said. "But when we compare and look at food options, it's easy to make healthy choices on a budget. It doesn't have to be more expensive."

In one of her upcoming videos, Lebovitz plans to tackle the subject of getting nutrition for less cost.

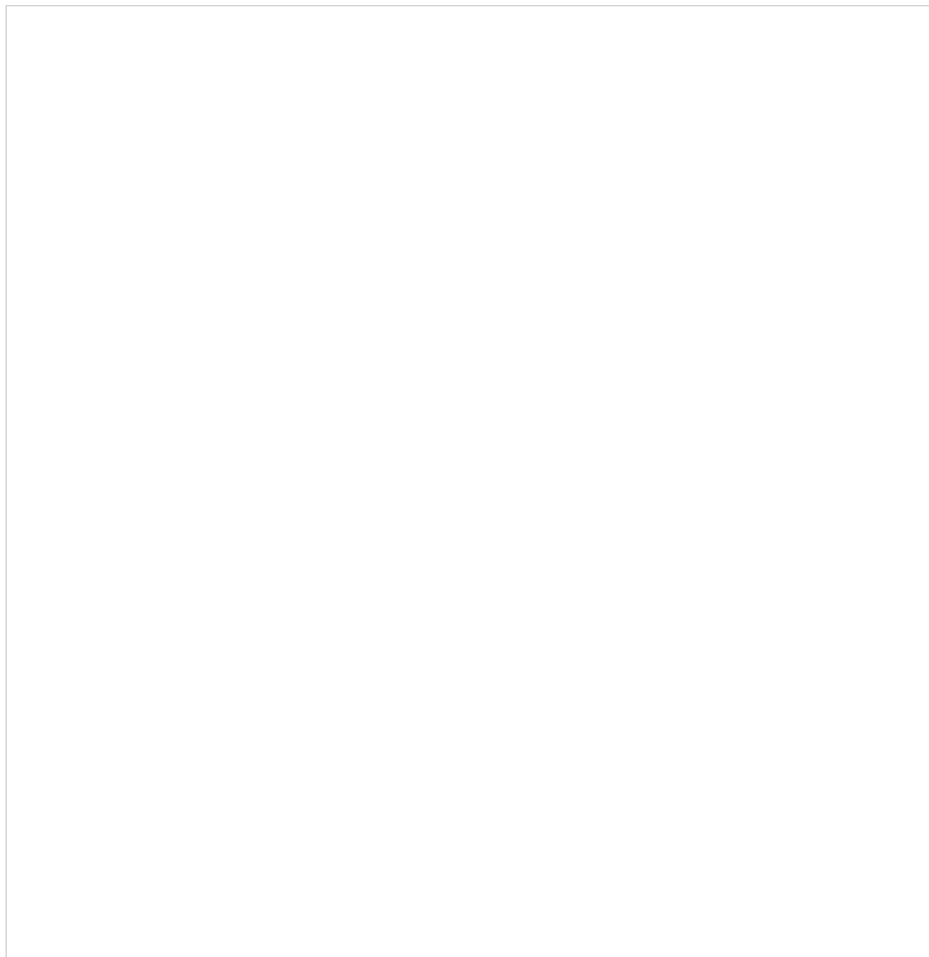
As for her primary mission of teaching healthier habits to active duty airmen, Lebovitz said the biggest issue is that of personnel trying hard to slim

down for physical training and other physical demands.

"They're working really hard to get that weight down and not necessarily in a healthy way," she said.

Among other motivating factors, Lebovitz lost her grandfather during her freshman year of college following his battle with diabetes, an event that brought even more passion to her career path.

"I would say that definitely had an impact on me," she said. "I thought, why not be an expert on something that can help so many people? So that's what I'm trying to do here."



Environmentally friendly

U.S. Air Force photos by MISUZU ALLEN

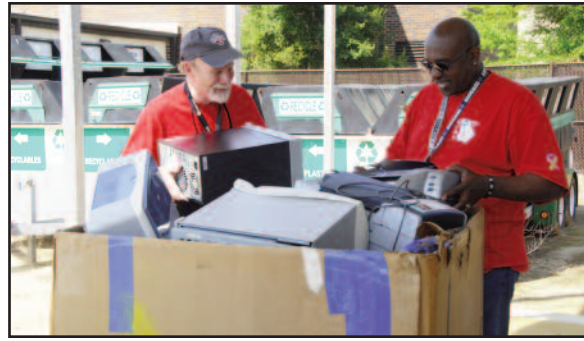
Top left, Tyler Adsit, 638th Supply Chain Management Group supportability analyst, picks up free energy-efficient light bulbs from Lynn Holder, Robins key account manager for Georgia Power, during Wednesday's Energy Exhibit at the Base Restaurant. The event was one of several to take place at Robins throughout April as Earth Month observances continue.

Bottom left, Randy Stillwell, Qualified Recycling Program manager (left) and QRP operations manager Darryl Mercer, get set to weigh equipment during record-breaking E-Cycling event, April 11.



U.S. Air Force photo by KRISTA MOTT

78th Medical Group members plant a Japanese Maple Monday during the Arbor Day Ceremony and Tree City USA Presentation. The tree was one of six planted during the ceremony and was dedicated to Col. James Dienst. The ceremony also included the Arbor Day Proclamation reading and signing, and the accepting of Robins' 21st consecutive Tree City USA Award from representatives of the Georgia Forestry Commission.



A Better You



U.S. Air Force file photo by MISUZU ALLEN

Capt. Whitney Lee and Lt. Col. Craig McPike, Air Force Reserve Command, run the sled-drag race during Installation Sports Day last year. Competitions like this will be the focus of Robins Air Force Base's Physical Fitness and Sports Month's calendar activities.

National Prescription Drug Take-Back Day is Saturday

TRICARE beneficiaries have a safe and easy way to dispose of expired prescription drugs during the Drug Enforcement Agency's National Prescription Drug Take-back Day is Saturday. The Bibb County Sheriff's Office will host collection sites at the Walmart at 5955 Zebulon Road, Macon, and the Bibb County Sheriff's Office District 3 at 600 Pio Nono Avenue from 10 a.m. to 2 p.m. for people to bring excess prescription drugs that otherwise could be abused or contaminate the environment.

A 2011 national survey on drug use found that Americans are twice as likely to regularly abuse prescription drugs as they are to regularly use cocaine, hallucinogens, heroin and inhalants combined. The same study found more than 70 percent of people abusing prescription pain relievers got them through



friends or relatives, often without their knowledge.

During the DEA's last take-back day in October, Americans disposed of more than 647,211 pounds of prescription drugs. The last seven events have collected more than 3.4 million pounds of medication.

Prescription and over-the-counter "solid dosage" drugs – tablets and capsules – are accepted, but intravenous solutions, injectable medications and needles are not. Illegal substances such as marijuana or methamphetamine are also accepted.

– Courtesy Tricare Communications

Walk-in services at the 78th Medical Group TRICARE Service Center and all Department of Defense military treatment facilities are no longer available.

Find out more at www.tricare.mil/TSC. Medical Group patients still have secure, customer service options available through www.tricare.mil.

Beneficiaries who want to get personal assistance can call Humana for enrollment and benefits help. All health care, pharmacy,

dental and claims contact information is located at www.tricare.mil/contactus.

Beneficiaries can get 24/7 TRICARE benefit information at www.tricare.mil and make enrollment and primary care manager changes, and more online at www.tricare.mil/enrollment.

Eliminating the TSCs will save about \$250 million over five years. More information is also available at www.humana-military.com.

Physical Fitness, Sports Month events aim to get people active

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

Fitness Month

May Fitness Month will kick off with a 5K run at 7 a.m. Thursday. Each week will focus on a specific theme related to Fitness including Fitness Education, Warrior Athlete, strength and cardio and competition weeks.

To view the full calendar of events visit the Robins home page at www.robins.af.mil.

"Fitness is one of the key ingredients to have a long, happy and healthy life," he said. "Putting the spotlight on it during the month of May helps to get people engaged and hopefully have them start taking an active approach in improving their quality of life."

Editor's note: For more information, contact the Fitness Center at 468-2128.

Robins Air Force Base's Physical Fitness and Sports Month calendar is packed with activities to keep people moving throughout the celebration.

The Fitness Center has themed each week of May to highlight certain fitness areas.

Themes include Warrior Athlete Week, Fitness Education and Competition Week, which will have events like a kick-off 5K; Bench Press competition; Wingman Swim Relay; Functional Fitness Combine; Water Polo Tournament; an Indoor Triathlon and more.

Scott Peavy, Fitness Program coordinator at the Fitness Center, said fitness is an important part of a healthy lifestyle.

Airman & Family Readiness Center

Classes, workshops & seminar schedule

► **Writing Winning Resumes** - May 5 from 9 to 11 a.m.

► **Military Spouse Appreciation Day** - May 9 from 7:30 a.m. to 4:30 p.m.

► **DoL/TAP/VA Workshop** - May 12 through 16 from 8 a.m. to 4:30 p.m.

► **Bundles for Babies** - May 20 from 8:30 a.m. to noon. Call 478-327-8398 to register.

► **Career Technical Training Track** - May 21 and 22 from 8 a.m. to 4 p.m.

► **Educational Track** - May 22 and 23 from 8 a.m. to 4 p.m. Call Ron Smith 497-3401 to register.

► **Senior TAP/DoL/VA Workshop** - May 27 through 30 from 8 a.m. to 4:30 p.m.

► **Navigating USAJOBS & Resume Writing** - May 28 from 8 to 11 a.m.

► **VA Benefits Briefing** - May 28 from 8 to 11 a.m.

► **DAV Medical Records Review** - Appointments Only

► **Department of Labor** - Tuesdays and Wednesdays from 8 a.m. to 4:30 p.m.

► **Military and Family Life Counseling** - Monday through Friday from 8 a.m. to 8 p.m.

Editor's Note: All classes require pre-registration.

For more information, call DSN 468-1256, commercial 478-926-1256, or visit Bldg. 794 Mondays through Fridays from

WINGMEN

WANTED

EAP – 327-7683;

AIRMAN AGAINST

DRUNK DRIVING –

335-5218;

335-5236; 335-5238

Going with the flow

First Street watershed drainage improvements continue

BY RUSSELL ADAMS
Water Quality Program manager

The second phase of construction to improve water drainage next to First Street has begun.

Here's what you need to know about the project:

The First Street "watershed" – the total area drained by its stormwater plumbing system – is bounded by First Street on the north, Richard Ray Boulevard on the south, Perry Street on the west, and Robins Parkway on the east.

It includes parking lots, buildings, tank storage areas and areas southwest of taxiways.

During heavy rain events, this watershed has historically suffered significant flooding problems, resulting in property and equipment damage, safety concerns, and general nuisance to the area workers and motorists on First Street.

Between 2006 and 2010, the Base commissioned engineering consultants to perform stormwater modeling to identify undersized storm drain pipes and other inadequate infrastructure, and to design upgrades for these structures.

The upgrade design was presented as a multi-phase strategy.

Phase I consisted of adding a new storm drain pipe parallel to the existing drain pipe that runs along First Street from Perry Street to Robins Parkway.



The 3,000-foot-long pipe, which was installed in 2009, varies in diameter from 24 inches to 72 inches.

Phase II started in 2014. This phase will continue the drainage improvements from Robins Parkway east to the discharge point near the runway.

The Phase II improvements consist of installing a 1,700-foot-long drainage pipe that is 60 inches in diameter, doubling the stormwater discharge volume for the First Street watershed area.

Construction related to Phase II is expected to be completed in October. This work should not interfere with traffic in that area of the base.

The contractor will work closely with airfield management, the Liquid Fuels Group and civil engineering to minimize impacts to the base mission, such as possible utility outages.

The capacity of the storm drain pipe network at the end of First Street to the watershed outfall will be significantly

increased to handle the expected flows from the planned Phase III project.

Phase III is planned for the near the future, and consists of completing the storm piping replacement along First Street between the intersection with Perry Street and Cochran Street and repaving the roadway.

Stormwater modeling indicates that the additional drainage capacity resulting from installation of these large-diameter pipes should greatly reduce the risk of flooding in this area during high intensity rainfall events.

Completion of Phase III will support mission essential work and hopefully eliminate inconveniences you may have experienced if you have ever driven down First Street on a soggy day.

For more information, call 468-9645.

Editor's note:
Stormwater Straight Talk is a quarterly column intended to educate and inform base personnel about stormwater pollution.

Counselor Connection
Lessons learned from EEO

Chemcore Industries, Inc. and Chemcore Industries of Georgia, LLC, a wholesale supplier of sinks, faucets and related accessories to fabricators, plumbing suppliers and contractors, will pay to settle a pregnancy discrimination lawsuit brought by the U.S. Equal Employment Opportunity Commission.

In its lawsuit, filed Sept. 29, 2011, in U.S. District Court for the Northern District of Georgia, Atlanta Division (Civil Action No., 1:11-CV-03323), the EEOC charged that Chemcore fired Marie Simmons, a customer service representative, within several hours after she disclosed her pregnancy to her supervisor. Such alleged conduct violates Title VII of the Civil Rights Act of 1964, as amended by the Pregnancy Discrimination Act, which prohibits employers from subjecting employees to discrimination due to pregnancy. The EEOC filed

suit after first attempting to reach a pre-litigation settlement through its conciliation process.

In addition to the monetary relief, the consent decree settling the suit includes provisions for equal employment opportunity training, reporting of internal discrimination complaints, and posting of anti-discrimination notices. In the lawsuit and consent decree, Chemcore denied any liability or wrongdoing.

The EEOC enforces federal laws prohibiting employment discrimination. More information about the EEOC is available at www.eeoc.gov.

78th ABW/EO
706 Ninth Street
Bldg. 936
Robins AFB GA. 31098
926-2131 or DSN: 468-2131

Out and About

FRI 25 SAT 26 SUN 27 MON 28 TUE 29 WED 30 THUR 1

ON TAP
Super Sports Day
 Today
 2 p.m.
 CDC East (Bldg. 943)
 For details,
 call 472-7899.

Summer Camp
 Today is the deadline for requests for summer childcare.
 Youth Center
 For details,
 call 468-2110.

Bar Bingo
 Sundays
 2 p.m.
 Heritage Club Bingo Room
 For details,
 call 468-4515.

Robins Popeye's new hours begin Thursday
 Mondays through Fridays from 10:30 a.m. to 8 p.m. Saturdays remain the same from 10:30 a.m. to 7 p.m.; and Sundays remain the same from 10:30 a.m. to 6 p.m.

UPCOMING
First Friday Latin Night
 May 2
 5 to 6 p.m.
 Heritage Lounge
 Food and DJ entertainment
 For details,
 call 472-7864.

Robins Burger King extends Saturday hours
 Beginning May 3, Saturday restaurant hours will be from 7 a.m. to 6 p.m.

Family Movie Night
 May 16
 6:30 p.m.
 Base Theater
 Cost is \$2
 For details,
 call 468-2001.

Yard Sale
 May 17
 8 a.m. to noon
 Outdoor Rec parking lot,
 1 table and 2 chairs for \$7
 For details,
 call 468-4001.


Annual America's Armed Forces Kids Run
 May 17
 Fitness Center Track
 Ages 5-13
 Register at the Youth Center or online at www.americaskidsrun.org by May 14
 For details,
 call Marvin Hawkins at 497-6831

ONGOING
Military Spouse Appreciation Daily Specials
 Base Restaurant Bldg. 166
 All through May
 ▶ Mondays – Garden Panini \$2
 ▶ Tuesdays – Bowl of Fried Rice 95¢
 ▶ Wednesdays – Egg Biscuit 75¢
 ▶ Thursdays – Bowl of Grits 75¢
 ▶ Fridays – 32 oz. Beverage \$1
 Must present a dependent ID card to receive discount.



TEAM ROBINS

"Making tomorrow better than today."



Check out Robins on Facebook.
 Get regular news updates and other base information.
 Visit www.robins.af.mil and click on the Facebook link.

Fit and Healthy Fair



Clockwise from top, from left, 1st Lt. Diana Hall, 78th Air Base Wing deputy sexual assault resource coordinator; 1st Lt. Amanda Thurber, 78th ABW Military Personnel Section chief; and Col. Patricia Ross, 78th ABW vice commander, pose with the Easter Bunny April 19 during the Fit and Healthy Family Fair at the Youth Center.



Farinaz Zahiri, 11, has her face painted during the fair.



Children enjoy a game of putt putt during the event which also included an Easter Egg hunt and other activities.

U.S. Air Force courtesy photos



HERITAGE CLUB Bldg. 956

Mother's Day Lunch

May 11 • 10:30 a.m. - 2 p.m.

- \$23.95 Members
- \$25.95 Guests
- \$8.95 Children (6-10)

All guests must RSVP by May 6
For details, call 468-2670.

AAFES customer survey now available

Robins Exchange shoppers have the opportunity to participate in the 2014 Customer Satisfaction Index now through May 17.

During that time, Airmen, Soldiers, retirees and their families are encouraged to visit the Robins Exchange to provide feedback on services available.

Shoppers who participate will receive a coupon worth \$5 off their next purchase at the Exchange.

"We want to hear from as many Robins shoppers as possible," said James Clark, Robins Exchange general manager. "Efforts like the CSI are critical to not only improving the shopping experience, but also bolstering the dividends the Exchange annually delivers to the community."

"Healthy exchange operations make the Robins community a better place to live and work while producing greater returns for the Air Force and Army quality of life programs," he added.

In an effort to constantly improve the level of service provided at its facilities, the Army & Air Force Exchange Service relies on an ongoing Customer Satisfaction Index for localized, real time snapshots of how successful the organization is at meeting the community's needs.

The survey, which addresses customer service, pricing, sales associate availability, merchandise assortment and other key issues, is administered at every Exchange main store annually.

April is



Prevent Child Abuse Awareness Month



U.S. Air Force Celebrates
month of the
Military Child

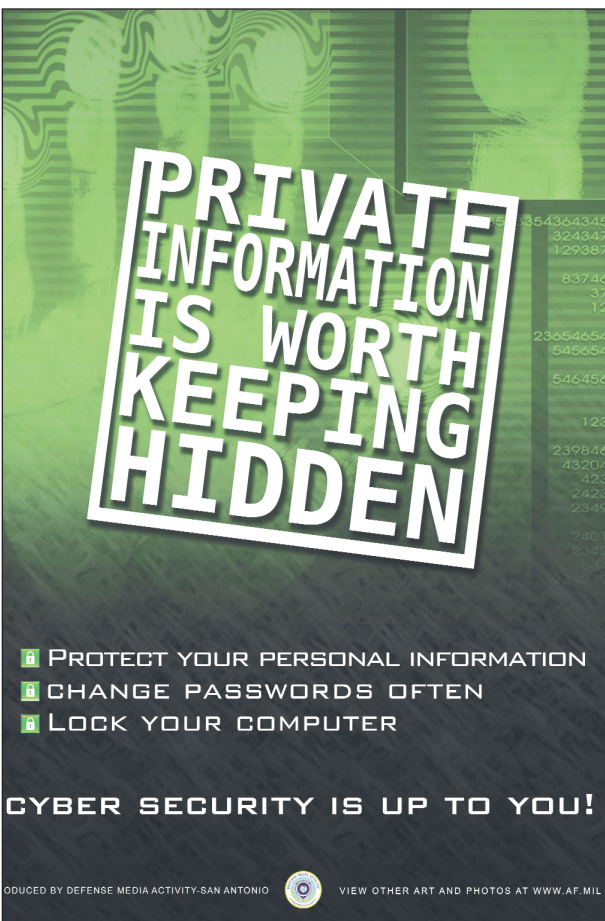
PHOTO BY ROBERTO SCHULZ/AP/WIDEWORLDPHOTOS.COM PRODUCED BY CECILIA WONG/DEFENSE MEDIA ACTIVITY SAN ANTONIO



U.S. AIR FORCE
EagleEyes

WATCH.REPORT.PROTECT.

**REPORT
SUSPICIOUS ACTIVITY
TO 468-EYES**



PRIVATE INFORMATION IS WORTH KEEPING HIDDEN

- PROTECT YOUR PERSONAL INFORMATION
- CHANGE PASSWORDS OFTEN
- LOCK YOUR COMPUTER

CYBER SECURITY IS UP TO YOU!

PRODUCED BY DEFENSE MEDIA ACTIVITY SAN ANTONIO VIEW OTHER ART AND PHOTOS AT WWW.AF.MIL

Personal Protective Equipment

PPE



ONLY WORKS IF YOU WEAR IT!