## **Looking Back**

Team Robins shares memories of Sept. 11



THE EAGLE LANDS

F-15 finds new home at Warner Robins City Hall



# ROBINS REV-UP

Sept. 12, 2014 Vol. 59 No.37

# NOVHERE TO HIDE



Jeffrey Nauss, 402nd Electronics Maintenance Group electronics technician, performs optic alignment and adjustment procedures on the rotating gimble assembly of a Sniper XR Advanced

## COMBAT PROVEN: COMPLEX SOLE REPAIR SOURCE FOR SNIPER PODS

"The backbone of

the partnership's

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success has always

work ethic and out-

standing attitude of

the team members

and their dedication

- Bill Spangenberg

Lockheed Martin

to the warfighter."

BY JENNY GORDON jenny.snider.ctr@us.af.mil

ou can run, but you can't hide. When there's a 450pound, electro-optical targeting system strapped under an F-15 Eagle following your every ground movement, there are few, if any

places, on the planet to seek cover.

After all, these eyes in the sky can provide situational awareness and intelligence, surveillance and reconnaissance that can target enemy forces from great distances with unparalleled precision unlike any other capability in a military's

arsenal.

Known as the Sniper pod, its combat-proven interior components are solely repaired here at Robins Air Force Base in the 566th Electronics Maintenance Squadron.

It's used across Air Force platforms including the A-10, F-15, F-16, B-1 and B-52.

Through a unique partnership with Lockheed Martin, company representatives and engineers are located just steps away from skilled technicians located in the repair

facility, which stood up in 2005.

"Our future looks bright with our workload," said Charles O'Malley, Sniper system supervisor." With the crew we have and pods we've repaired, we hear from the field how reliable these pods are."

Bill Spangenberg, Lockheed

Martin Sniper ATP program manager, said, "The partnership is a unique arrangement and leverages the strengths of both organizations to allow for a level of success not possible separately.

"The backbone of the partnership's success has always been the tireless work ethic and outstanding attitude of the team members and their dedication to the

warfighter," he added.

The squadron has repaired over 600 Sniper pods for U.S. military customers, as well as over 350 for foreign military partners.

There are plans to stand up five additional test stations in the future.

Pods are repaired across two phases here. During the first phase, a total of 28 different line reparable units are worked, which includes cleaning and changing the pod's

▶ see SNIPER, 5

# Ball ticket sales end Monday

#### **ROBINS PUBLIC AFFAIRS**

Targeting Pod.

Ticket sales for this year's Air Force ball end Monday. Price is \$30 for all ranks paid by cash or check only.

"A Hero's Welcome," is this year's theme, honoring America's wounded warriors.

The Sept. 20 event at the Museum of Aviation's Century of Flight Hangar highlights the service's 67th birthday.

This year's guest speaker is retired Maj Gen. Jim Graves, the former Assistant to Chairman of the Joint Chiefs of Staff for Reserve Matters.

The celebration is being hosted by Air Force Reserve Command, and is scheduled to kick off at 6 p.m. with a social hour before the bell rings signaling the formal festivities at 7 p.m.

Dress for military is mess dress or semi formal; for civilians, dress is formal.

**POCs for ticket sales:** 

▶ Chief Master Sgt. Angela Vazquez – DVs



▶Staff Sgt. Brena

Wilkerson – 5th CCG

▶Tech. Sgt. Jessica Helgerson - 51st CBCS

▶Senior Airman Abosede

Ajayi – 52nd CBCS ▶Tech. Sgt. Janine White

53rd CBCS ▶Tech. Sgt. Felecia Jones

► Master Sgt. Lesharee

Hicks – 78th ABW

► Master Sgt. Dawni-

nella Ghoddi and Tech. Sgt. Greene - 116th

► Master Sgt. Nicholas Caines – 461st ACW

▶ Tech. Sgt. David Bace – 461st Ops

▶Senior Master Sgt. Carlos Rivera –

▶Capt. Justin Shetter – ALC

▶ Tech. Sgt. Lawence Henry – ALC ▶ Urania McCormick – AFSC OIs

▶Dennis Shema – DLA

▶1st Lt. Loren Bryant – CGO

▶ Senior Master Sgt. TJ Duplantis – Off-base sales.



BY BRIAN SHREVE Robins Public Affairs

hough many of us may never fully understand what they endured, Team Robins and the local community will have a chance to formally honor America's prisoners of war and those missing in action.

The Robins POW/MIA organization's annual recognition ceremony will be Thursday at 3 p.m. in the Museum of Aviation's Hangar One in observance of the national day of remembrance the following Friday.

A vigil run kicks off the event at 3 p.m. Wednesday, with the goal of keeping a baton moving the entire 24 hours leading into the ceremony, said Senior Master Sgt. Shawn Page, organiza-

▶ see HOME, 8

## Answering the call: 5th MOB there in face of tragedy

#### BY BRIAN SHREVE

Robins Public Affairs

The 5th Combat Communications Group is known for its versatile, rapid and integral brand of emergency response, regardless of location and circumstances.

That's why it was no wonder they were some of the first called when disaster struck in a heavily forested, mountainous region in western Virginia on Aug. 27.

As the media reported news of the F-15C mishap in which Lt. Col. Morris Fotenot, Jr. – a decorated Air Force combat veteran – was killed, the 5th CCG, known more commonly as the 5th MOB, had no time to waste.

One of the group's three Hammer Adaptive

Communications Element special purpose communications teams was packed and out the door, arriving at the site, and fully operational within 24 hours.

In other words, in typical Hammer ACE fashion, they were more than ready when the call came from Air Force Space Command.

But, that's what they're known for.

"We did what we always do," said Master Sgt. Thomas Williams, flight chief of special missions. "We were contacted to go out and provide initial communications to the site and to the safety board president and back out to the Department of Defense."

Hammer ACE's Team 2 – comprised of Tech. Sgt. Mark Marberg, team leader, Staff Sgt. Andrew Hodges and Senior Airman Jacob Stamper, both Hammer ACE operators – will remain at the site anywhere from two weeks to 40 days, depending on the length of the investigation.

"We were paying close attention to this aircraft mishap," said Williams. "It's obviously something that falls into our purview; so, when we were notified for deployment, it was not necessarily a surprise. From phone call to execution, we were there in a matter of

The team traveled by government vehicle to the site at George Washington National Park near the West Virginia

# SECOND FRONT

## PRETTY SURE HE HAS THE RIGHT OF WAY REMEMBERING

**Base, city agencies work** together to move F-15 for new Warner Robins veterans' memorial

BY TECH. SGT. REGINA YOUNG

116th ACW Public Affairs

A different kind of vehicle rolled down Ga. Highway 247 Saturday.

Members of the 116th Air Control Wing Maintenance Group towed a decommissioned F-15 Eagle jet fighter to Warner Robins City Hall, celebrating the first phase of a new veterans' memorial.

"The whole operation was a collaborative effort that gave the Guard the opportunity to work hand-in-hand with the city and establish relationships that will endure for years to come," said Master Sgt. Ryan Page, the tow supervisor from the 116th MXG.

The Airmen were aided along the way by the Warner Robins Police and Houston County Sheriff's departments along with employees from other city agencies.

"Today showed what cooperation and



U.S. Air Force photo by TECH. SGT. REGINA YOUNG Airmen from the 116th Maintenance Group maneuver an F-15 Eagle down Watson Boulevard Saturday to the Warner Robins City Hall.

mutual respect with each agency as well as a partnership with the community can accomplish," said Lt. Jeff McCommon, Warner Robins Police Department.

The procurement of the aircraft by the city was made possible through a static display program managed by the National Museum of the United States

The jet was flown by the Georgia Air National Guard's 116th Tactical Fighter

Wing from 1986 to 1996 out of Dobbins Air Reserve Base, Ga.

After deactivation of the F-15 Eagles, the unit moved to Robins where it now operates as the 116th Air Control Wing flying the E-8C Joint STARS.

Prepping the aircraft for display was a joint effort between maintainers from the Air National Guard's 116th ACW and the 402nd Aircraft Maintenance Group from the Warner Robins Air Logistics

#### SEPT. $1\overline{1}$

"I was in college in Newark, N.J. You could see it from where we were. Newark has a higher elevation, and we could see the smoke coming out of the area. At that time it wasn't very clear what it was.



Even the radio was saying that a plane had simply crashed into one of the towers."

Octavio Mena

Lockheed Martin aerospace engineer

"I was here on base. A lot of us didn't know what to do. I was working on the flight line, and it was a clear day. It was unnerving, and I knew things would change here and everywhere from then on. The culture completely changed. I found out



later that day that my brother and nephew were in New York and planned on visiting the World Trade Center but my nephew overslept. I was so relieved."

Glen Cannon

C-17 production assistance specialist

"I was at the Armor Officer Basic Course at Fort Knox, Ky., having a dental procedure done. I was sitting in the lobby after having a tooth extracted and watching it on TV. As an Army

guy, I thought I needed to go home and get my bags packed because

I knew we were going to war with someone. It

was a big shock that this had happened on our soil, that someone had brought the fight to us." Army Maj. Quinn Brumfield

MI Detachment Joint STARS deputy mission crew commander

"I was in North Carolina, and it was before I was in the military. A lot of things went through my mind that day. How could that possibly happen in America? I had just graduated college and thought about what I could do to help. All I



could do was pray. But then I made up my mind right then that I was going to join the Air Force and enlisted that next year."

> Tech Sgt. Annette Long 55th Combat Communications Group cyber transport

"I was in my 11th grade first-period class. They brought in a television. I thought the first one hitting had been an accident like every one else. When the second plane hit, there was just confusion. I'm from



a lot of oil and chemical plants. They wanted to get every one home from school because they didn't know what was going on and were worried they might attack there."

> Lauryn Lane Air Force Life Cycle Management Center systems engineer

## National Preparedness Month boosts disaster planning

BY BRIAN SHREVE

Robins Public Affairs

It's always better to be prepared, and the month of September could be the best time to pick up a few tips.

National Preparedness Month is already in full swing at Robins. The 78th Civil Engineer Group Emergency Management team is hosting events at various locations around the base each week, during which instructional pamphlets and other materials will be passed

It's all in an effort to keep Team Robins informed on how to react to calamity.

This year's theme, "Be Disaster Aware, Take Action to Prepare," aims to raise Air Force preparedness through emergency awareness, said Tech Sgt.

Terri Adams, 78th Readiness and Emergency Management Flight NCOIC.

"We want to show personnel not only how to prepare for any type of emergency, but how to respond to it and protect their family as well," she said. "These handouts help regular homeowners with building a supply kit and with what they can do in the event of a flood, extreme heat or cold, or whatever the case may be.

The series of events kicked off Sept. 5 at the Fitness Center and will continue today at the Base Restaurant from 10:30 a.m. to 1 p.m.; on Sept. 19, the Base Exchange will serve as the location from 10:30 a.m. to 1:30 p.m.

The awareness campaign will wrap up on Sept. 26 – also between 10 a.m. and 2:30 p.m. at the Commissary, where a National Oceanic and Atmospheric

Administration weather radio will be raffled off.

At each event, the base's Mobile Emergency Operations Center – the 39foot vehicle which serves as a command post during disasters - will be show-

"People should definitely come out," said Adams. "Like the old adage goes, 'the best time to fix the roof is while the sun is still shining.' That's why we want to get the word out to help people plan for emergencies.

Sponsored by the Federal Emergency Agency and inspired by the events of Sept. 11, 2001, National Preparedness Month was incepted at Robins and around the country in 2004 with a goal of encouraging Americans to prepare for emergencies at home and around their communities.

## Military Retiree Appreciation weekend scheduled for Sept. 26

BY ROBINS PUBLIC AFFAIRS

The Retiree Activities Office is sponsoring its annual Military Retiree Appreciation Weekend Sept. 26 through 28.

The event offers Robins Air Force Base and community partners an opportunity to recognize and provide information to the retired military population.

A job fair at the Heritage Club kicks off the weekend Sept. 26 from 9 a.m. to 1 p.m. Forty five to 60 employers are expected to attend. It's open to all Team Robins members and eligible family members with base access.

Saturday's activities begin at 6:30 a.m. with a pay-as-you-go breakfast at the Wynn Dining facility. Briefings begin at 9 a.m.

Col. Chris Hill, Installation commander, will speak to attendees. Other briefings may be provided by the base pharmacy, immunization



clinic, TRICARE, security forces and oth-

The Base Legal Office will also offer will preparation and other legal services by appointment only on Sept. 27. To schedule an appointment, call 478 926-9276 or DSN 468-9276. All appointments will be in Bldg. 708 which is located across from the medical clinic.

A pay-as-you go lunch will be available in the Heritage Club's Pizza Depot from noon until 1 p.m.

A vendor fair will be held in the Heritage Bingo Room from noon to 4 p.m. The fair will provide on- and off-base

WHAT TO KNOW

For details, contact the following: ▶ Retiree Activities - robinsrao @gmail.com or Pat Delaney at pdelaney1948@gmail.com

▶Job Fair - Garret Gordon at garrett.gordon@us.af.mil

organizations, which support retirees, to introduce themselves and provide education on available resources and services.

Local businesses and organizations can set up a vendor table at no charge on a firstcome, first-served basis. Set up for the event will be from 10:30 a.m. to noon. All local veterans' organizations are encouraged to participate.

Drawings for door prizes will be held from 1:30 to 4 p.m. in the Heritage Club Bingo Room.

On Sept. 28 retirees will get to unwind with a golf tournament at Pine Oaks Golf Course beginning at 1 p.m.

## IN THE SPOTLIGHT

#### 'Keep it Green, Stay Clean!'

Pollution prevention will be the buzz word next week as Environmental Management spreads the word about its importance.

Pollution Prevention Week begins the third Monday in September and is an opportunity for individuals and the government to emphasize and highlight their pollution prevention and sustainability activities and achievements, expand current pollution prevention efforts and commit to new actions.

#### What is Pollution

#### **Prevention?**

Pollution prevention is reducing or eliminating waste at the source by modifying production processes, promoting the use of non-toxic or less toxic substances, implementing conservation techniques and reusing materials rather than putting them into the waste stream.

#### **National Pollution Prevention Policy**

The best way to protect Earth and its

people can drop off recyclable goods. Those locations include:

▶Bldg. 987 – the base Recycling Center, near the Base Exchange, accepts newspaper, magazines, phone books, aluminum, plastics (Types I&II only), cardboard, glass and toner cartridges.

Examples of Types I&II plastics include milk jugs, soda bottles, toys. Plastic will be marked as Type I (PET) or Type II (HDPE). Robins can't recycle plastics that are marked with a number

> other than I or II. ▶Forest Park, near Officers

Circle East and Holly Drive Intersection, accepts: newspaper, magazines, phone books, aluminum cans, and plastics (Types I&II only).

▶Turner Park, at the intersection of Lanier Drive and Oglethorpe Circle, accepts: newspaper, magazines, phone books, aluminum cans and plastics.

▶The Museum of Aviation's recycling station in the front parking lot near the



# AROUND THE AIR FORCE

# Wolfenbarger humbled by Order of the Sword induction

#### WRIGHT-PATTERSON AIR FORCE BASE, OHIO

In an emotional ceremony Sep. 3, Gen. Janet Wolfenbarger, commander of Air Force Materiel Command, learned she has been selected for induction into the AFMC Order of the Sword.

The surprise notification was made in front of hundreds of Airmen from Wright-Patterson as well as senior leaders from across the command – gathered at the base for a senior leader conference – at the close of the day's conference sessions.

Chief Master Sgt. Michael Warner, AFMC's command chief and senior enlisted leader, announced the induction and explained the significance of the honor.

"This award was established by our enlisted force to recognize and honor senior officers for distinct and significant contributions to the welfare and prestige of the enlisted force, to mission effectiveness, and to the overall military establishment," he said.

Wolfenbarger's nomination was reviewed by the AFMC Order of the Sword executive committee, who represent the command's 12,666 enlisted Airmen. The committee, comprised of the AFMC command chiefs, voted unanimously in favor of the general's induction.

"You lead with passion; you care about every one of your Airmen; you have made their quality of life, their training and development, and their resources in a tough environment a priority," Warner told her. "We are excited to induct you into our Order of the Sword because you are a leader among leaders and an Airman among Airmen!"

The general was noticeably surprised and humbled by the notification.

"This has got to be the highest honor I could ever have bestowed on me, of anything that I could think of in my entire three-plus decades in the United States Air Force. It doesn't get any better than this," she said. "Thank you all very, very much."

Wolfenbarger's formal induction ceremony is scheduled for Feb. 5, 2015.

#### In Other News

#### Air Force revamps AEF

**WASHINGTON (AFNS)** – The Air Force will deploy Agile Combat Support Airmen under its redesigned air expeditionary force construct October 1.

The primary purpose of the redesign was to look at ways to deploy more ACS Airmen with their units and standardize dwell times across the Air Force as much as possible to present a consistent Air Force capacity to the warfighter.

While the construct was approved in April 2013, by Air Force Chief of Staff Gen. Mark Welsh III, the first deploy-



U.S. Air Force photo by JC SNEDIKER

Gen. Janet Wolfenbarger, Air Force Materiel Command commander, expresses her surprise and gratitude to Chief Master Sgt. Michael Warner, AFMC command chief (left) – and all the command's enlisted Airmen – at being selected for induction into the Order of the Sword.

ments under this construct will be in October. Under the revised AEF construct, installations will deploy larger numbers of Airmen from the same unit under a 1:2 deploy-to-dwell ratio for active component, ACS Airmen. The revised construct establishes an 18-month battle rhythm where an Airman may deploy for six months and be home for 12. This will allow wings to more effectively posture their forces to meet global mission requirements as well as continue home station training.

To read more, visit www.af.mil.

### AF implements static EPR closeout dates, eliminates change of reporting

**WASHINGTON (AFNS)** – The first in a series of changes to the enlisted evaluation and promotion systems announced July 31 will include implementation of static enlisted performance report closeout dates, or SCOD, for each grade and elimination of change of reporting official EPRs.

Evaluation system changes are focused on purposefully evolving the enlisted evaluation system to ensure job performance is the most important factor when evaluating and identifying Airmen for promotion, according to a letter to Airmen from Air Force Chief of Staff Gen. Mark Welsh III and Chief Master Sgt. of the Air Force James Cody. The changes will occur in stages during the next 18 months for the Regular Air Force and 30 months for the Air Force Reserve and Air National Guard.

Regular Air Force technical sergeants will be the first Airmen to experience the change, with a Nov. 30, SCOD.

"Technical sergeant EPRs due between Aug. 15 and Nov. 30 will all shift to the Nov. 30 closeout date," said Will Brown, the AFPC Evaluation and Recognition



U.S. Air Force photo by TECH. SGT. MATT HECH

## Room with a view

Senior Airman Austin Daniel, an F-16C Fighting Falcon crew chief with the New Jersey Air National Guard's 177th Fighter Wing, flies with the Raiders Flight Demonstration Team in a Yakovlev Yak-52 demonstration aircraft Aug. 13.

Programs Branch chief. "What that means is evaluation periods during this initial crossover phase will range from 12 to 15 months. Annually, after that, all technical sergeants will have the same EPR closeout and will be assessed for the same number of days."

To read more, visit www.af.mil.

## **Perspectives**

## AFSC leader sends Air Force birthday wishes

"Our Air Force has been so dominate, that no American military member has been lost to an enemy air attack since the Korean War."

Lt. Gen. Bruce Litchfield Air Force Sustainment Center commander



On Sept. 18, 1947, the United States Air Force was established as a separate service. Since then, it's grown into the world's dominate Air Force; able to protect and defend America with global reach, power, and vigilance – in air, space and cyberspace – at a moment's notice.

As we celebrate this birthday, we are mindful that there are more than 25,000 Airmen at nearly 100 deployed locations worldwide. By providing cost-effective readiness for today's warfighter, you, the total-force Airmen of the Air Force Sustainment Center, play a vital role in their success and safety. From our administrative offices and depot production floors to our supply chain management and air base wing operations, our job is to generate airpower for America.

Our service's great pioneers started the engines of innovation and determination 67 years ago, although the effects of airpower have been around longer than that.

This past June, we celebrated the 70-year anniversary of D-Day. Our troops could not have successfully stormed the beaches of Normandy during World War II, if it weren't for our ability to provide airpower as a strategic asset. That desire to remain a strategic asset is seen today across AFSC – as we continue to strive for 'Art of the Possible' results which enable America to fight and win today and tomorrow's wars.

As we celebrate our shared heritage, I want to encourage each of you to remain focused on the result-driven processes which will help AFSC carry the torch of innovation forward. We must be equally great wingmen – vigilante and responsive – dedicated to ensuring every member of AFSC is treated with dignity and respect.

Just as flight defies gravity, we must aim high to fly, fight and win. Our Air Force is counting on us.

Keep 'em flying ... it's what we do!

## Welsh: RAND study "not just another survey"

BY GEN. MARK WELSH III
Chief of Staff of the Air Force

Many of you have recently been

invited to participate in the 2014 RAND Military Workplace Study. This web-based survey assesses your recent experiences with military workplace relations, professionalism and personal safety. It's not "just

another survey."

This one is part of our newly designed, recurring set of surveys that will allow both the Air Force and the Department of Defense to establish baselines and measure progress against issues that keep you or those around you from feeling like the critically important member of the team that you are. We've worked hard to stagger these surveys so we periodically give each of you a chance to help us improve the Air Force without burying you in surveys over time.

This week marks the mid-way point for the survey and I want to personally thank the 30,000 plus Airman who have already completed it. The secretary and I appreciate getting your direct feedback on these issues.

If you have been invited to take the survey but have not completed it yet, I hope you recognize its importance and will find a few minutes to sit down privately and answer these questions about your experiences. It really doesn't take long and your input is critically important to making our Air Force a better place to live and work.

This survey can be completed using a government computer during duty hours or on a smartphone or home computer. The RAND Corporation, which is conducting the study, will protect the confidentiality of your survey responses. No one in the Air Force or in the DOD will ever be able to identify your individual survey responses.

By just taking a few minutes of your time to complete the survey, you will help us provide a stronger and healthier workplace for all Airmen. No one else can give us your perspective; we need to hear it!

Thanks for your help with this, and thanks for the incredible things you do every day! Continue to take care of each other.

#### ROBINS REV-UP

COMMANDER
Col. Christopher Hill

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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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## MOB Continued from 1

border to save the time and for greater versatility, Williams said.

Because of the remoteness of the site, vital communications would have been nearly impossible without Hammer ACE, he added.

The team set up its entire mobile system which includes tents equipped with power generation, and both secure and non-secure Internet, phones, various radio and satellite communications, and television capabilities so the on-scene commander could follow what news agencies were reporting about the mission.

"It's not like you have a building with air-conditioning and power," said Williams. "We bring those things so they can have their office in the field while they're conducting their investigation. That way they can be as close to the incident site as practical."

Before this deployment to Virginia, Hammer ACE's last highprofile mission was its response to Hurricane Sandy two years ago.

Though the 5th MOB turned 50 years old this year, Hammer ACE in particular dates back to the mid-1980s, when it was established to respond specifically to nuclear incidents in which secure military communications were crucial.

Since then, it has served as a quick-response unit for a range of catastrophic events, from natural disasters and Defense Department aircraft accidents to chemical, biological, radiological, nuclear and high-explosive – CBRNE – missions.

Though the 5th MOB handles global communications requirements, Hammer ACE provides assistance for incidents around North America.

"They're out there doing exactly what they're trained to do and exactly what is expected of them," said Williams.

"Every one assigned here is handselected," he added. "When we send them out, we have every confidence they're going to completely exceed the expectations of whoever they're supporting.

"They're the best of the best."

## SNIPER Continued from 1

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circuit cards.

A majority of the components are tested and assembled inside another modular clean room.

Four separate stations sit inside the specially-designed clean room – a controlled environment that filters dust and other contaminants – which include several electronics technicians who repair the pod's fiber optics, perform laser checks and test repeatedly once re-assembled.

As you move down a small hallway inside the modular building, each room holds specialized equipment, several containing test alignment tables which were stabilized nearly 10 feet underground due to vibrations felt from trains passing across Ga. Highway 247.

The work is painstakingly detail-oriented, requiring steady hands, a perfectly trained eye and a committed mindset that failure is not an option.

As you move down the hall, each room takes separate pieces of the pod before it's eventually put back together. One room repairs and tests boresight modules, which are located on the rear of the pod's gymbal unit

Another performs optical alignments, a mechanism station where motors are tested on all LRUs. Here, you can see how FLIR, forward-looking infrared video, can relay images of a potential target to an aircrew.

Caleb Burt, an electronics technician, works in the fiber optics room, performing checks on the pod's laser transmitter.

"It's a pretty simple concept," he said. "One cool thing about this system is it has a marker laser inside that's used for air-to-ground communication. This little piece can line up and pick you up from miles away."

In the final assembly room, visitors can see how a simple toolkit can disassemble and reassemble any area of the pod itself.

It can even be used to hook a pod's connector from an F-15 to an A-10 in as little as 15 minutes. Software is also uploaded onto the pod here, as well as final testing procedures.

Another feature is the pod's ability to exchange information, taking signals off of one pod and using it to dispel weapons on another as needed.

It's all part of the most widely-deployed targeting system in use today, with a multitude of moving parts working behind-the-scenes to ensure strike mission requirements are ultimately met downrange.

"This is a great system," said Jeffrey Nauss, electronics technician. "It keeps our folks safe and us safe."

"This Sniper partnership has worked as a great team effort for nine years within EMXG, and has a bright future. I am proud of everyone's efforts to make this system readily available to the warfighter" said George Frazier, 566th EMXS director.

# A BETTER YOU

# September is Fruits and Veggies More Matters Month!

#### BY ARIELLE "DANI" LEBOVITZ

Base registered dietitian

Eat your fruits and veggies this month and join the Produce for Better Health Foundation's September initiative Fruits and Veggies – More Matters campaign.

The campaign is a health initiative focused on helping Americans increase fruit and vegetable consumption for better health. The program, led by the Produce for Better Health Foundation has partnered with the Centers for Disease Control & Prevention to help spread the word about the health benefits of adding more fruits and veggies to your diet.

Here are the Top 10 Reasons to eat more fruits and vegetables according to the Fruits and Veggies More Matters campaign.

10. Color and Texture. Fruits and veggies add color, texture ... and appeal ... to your plate.

9. Convenience. Fruits and veggies are nutritious in any form – fresh, frozen, canned, dried and 100 percent juice, so they're ready when you are!

8. Fiber. Fruits and veggies provide

fiber that helps fill you up and keeps your digestive system happy.

7. Low in calories. Fruits and veggies are naturally low in calories.

6. May Reduce Disease Risk. Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure and some cancers.

5. Vitamins and Minerals. Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.

4. Variety. Fruits and veggies are available in an almost infinite variety... there's always something new to try!

3. Quick, Natural Snack. Fruits and veggies are nature's treat and easy to grab for a snack.

2. Fun to Eat! Some crunch, some squirt, some you peel ... some you don't, and some grow right in your own back-yard!

1. Fruits and veggies are nutritious and delicious!

Be sure to check out Dani's Delicious Dish on Facebook this month for more ways to incorporate fruits and vegetables into your diet and delicious recipes to try!





U.S. Air Force photos by ED ASPERA Capt. Brandon Reed, 78th Medical Group Optometry deputy flight commander, gives the Physical Therapy Clinic's AlterG Anti-Gravity Treadmill a test run Sept. 3.

## NASA-designed Anti-Gravity Treadmill now serving Robins

#### BY MAJ. LEE WARLICK

78th Medical Group Physical Therapy flight commander

t's not rocket science, but it's pretty close. Though it may appear to be an apparatus from a sci-fi movie, the NASA-designed AlterG Anti-Gravity Treadmill has found a home in the Physical Therapy Clinic at the 78th Medical Group.

The device is the new generation of treadmills for physical rehabilitation, resulting in faster recovery causing less pain and minimizing impact to the joints when walking and running.

It serves as a great segue to running outdoors, translating to a quicker return to duty and fitness training for active duty patients at Robins.

#### How it works

The machine uses differential airpressure technology to produce a lifting force to the body, reducing the person's body weight from as little as 20 percent to as much as 80 percent.

The patient first dons a pair of neoprene shorts which zip into the inflatable plastic air chamber attached to the treadmill.

Once the lower body is secured in

the air-tight chamber, the treadmill calibrates the patient's body weight.

After the percentage of body weight is punched into the control panel, air then fills the chamber to lift the patient until he or she is bearing partial weight, thereby reducing the impact on joints.

The patient can then walk or run forward, backward, or sideways with decreased load bearing and reduced ground reaction force.

#### Who are candidates

The treadmill has been used to rehabilitate a wide range of orthopedic to neurological patients who can benefit from strengthening and gait training.

Moreover, the treadmill can be used to condition elderly patients in a safe environment to reduce their risk of falling.

It can even be used to aid individuals with weight loss.

Athletes can also enhance their performance while preventing injury during sport-specific conditioning.

At the clinic about 50 percent of its patients are seen for injuries and conditions involving the lower body, making many of them great candidates for the anti-gravity treadmill.

# Airman & Family Readiness Center Classes, workshops & seminar schedule

► DoL/TAP/VA Workshop — Monday through Sept. 19 from 8 a.m. to 4:30 p.m.

► Career Technical Training Track

- Wednesday through Thursday from 8 a.m. to 4 p.m.

▶Bundles for Babies – Sept. 23 from 8:30 a.m. to noon. Call 478-327-8398 to register.

► Group Pre-Separation Briefings (retirees) – Sept. 23 from 8:30 a.m. to noon. (separatees) - Sept. 30 from 8:30 a.m. to noon.

► Navigating USAJOBS & Resume Writing – Sept. 24 from 8 to 11 a.m. ► VA Benefits Briefing – Sept. 24

from 11 a.m. to 3 p.m. ►Educational Track – Sept. 25 through 26 from 8 a.m. to 4 p.m. Call 478-327-3410 to register.

• Military and Family Life

Counseling – Mondays through Fridays from 8 a.m. to 8 p.m.

▶ PreDeployment Briefings — Tuesdays and Thursdays from 1 to 2 p.m.

► Survivor's Benefit Plan – Mondays through Fridays from 7:30 a.m. to 4 p.m. by appointment only.

Editor's Note: All A&FRC classes require pre-registration. For more information, call DSN 468-1256, commercial 478-926-1256, or visit Bldg. 794 Mondays through Fridays from 7:30 a.m. to 4:30 p.m.

## Safety event draws 200-plus

BY JENNY GORDON

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More than 200 military and civilian members gathered at the base theater Tuesday to learn about important survival tactics related to motorcycle safety.

The event, which included two separate hour-long sessions, was presented by the Robins Installation Safety Office.

Lead training instructors Don Johnson and John Paolozzi discussed various ridership skills, combat survival tactics, risk management, skills review and surviving city traffic.

"We wanted to bring awareness to the issue of motorcycle safety with recent events involving fatalities this summer," said Brandon Mitchell, safety and occupational health specialist and administrator of the Motorcycle Safety Program at Robins.

There are plans to promote similar events in the future.

Attendees also learned about SEE, or search/scan, evaluate and execute exercises, which involve scanning your surroundings, evaluating potential hazards and executing the proper maneuvers to avoid those hazards.



U.S. Air Force file photo Lance Chandler puts on his helmet before riding in the Basic Motorcycle Safety class.

Mentorship programs are also available, including Robins Riders and Green Knights, which offer opportunities for camaraderie and education.

For new or inexperienced riders, or experienced and advanced riders, training classes are conducted at Robins throughout the year.

For more information, call DSN 472-2059.

#### USE YOUR WITS NOT YOUR WATTS

## HOME Continued from 1

tion chairman.

"This is a real team-building event in honor of National POW/MIA Recognition Day," he said. "With the vigil run, we hope to boost camaraderie within the units and connect people across the base. They can sign up to come out and walk or run in a group or as individuals."

The ceremony's guest speaker will be retired Lt. Gen. Claude Kicklighter, the USA/Vietnam War Commemorative Partner Program director.

Base and civic leaders, former POWs and their families are also expected to attend, as well as representatives from the National League of POW/MIA Families – a group formed in the late '60s which was instrumental in launching the national recognition day, observed on the third Friday of September each year.

Page said last year's ceremony was a success that drew more than 300 attendees, and that this year promises to be even better.



"We're trying to put more emphasis on this because these people should never be forgotten," he said. "A lot of the same committee members are back working on this, and they all do an outstanding job putting this together. It's a very important event, and until all of these veterans come home, every American who cherishes freedom should come out and honor them."

Those interested in signing up for the vigil run may contact Master Sgt.

Margaret-Mary Aleman at margaret-mary.aleman@ang.af.mil. For more information on the ceremony, contact Senior Master Sgt. Shawn Page at shawn.page @ang.af.mil.

# OUT AND ABOUT

# FRI SAT SUN MON TUE WED THUR 12 13 14 15 16 17 18

ON TAP
70 Day Fit 4 Life
Polo Exercise Class
Today
6 to 7 p.m.
and 7:15 to 8:15 p.m.
Heritage Club Ballroom
Open to the first 10 club
members per session
For details,

League Bowling Begins Saturday Bowl for 30 weeks Bowling Center For details, call 468-2112

call 472-7899.

UPCOMING
Asian Cuisine
Membership Party
Sept. 16
5 to 7 p.m.
Heritage Club Ballroom
Free to all
Robins Club members
For details,
call 472-7899.

70 Day Fit 4 Life Belly Dance Class Sept. 19 6 to 8 p.m. Heritage Club Ballroom For details, call 472-7899.

Family Movie Night Finding Nemo Sept. 19
6:30 p.m.
Base Theater
Cost is \$2 and includes
popcorn and drink.
For details,
call 468-2001.

Airman Chef Competition Oct. 3 6 to 9 p.m.

6 to 9 p.m. Base Restaurant For details, call 478-926-3031 or DSN 468-3031.

ONGOING
Afterburner
September Special
Base Restaurant Bldg. 166
Mondays through Fridays
5:30 a.m. to 1 p.m.

Vanilla Latte

For details,

call 472-7827.

Atlanta Falcons Tickets
Atlanta games
Upper level tickets \$46
Lower level tickets \$78
For details.

70 Day Fit 4 Life Challenge Now through Oct. 31 Register Today Open to all base ID

call DSN 468-2945.

cardholders and their families For details, call 478- 926-2128 or DSN 468-2128.

Before and After School Care Youth Center For details, call (478) 327-6834 or 497-6834.

Twilight Golf Rates
Every day
4 to 6:30 p.m.
Pine Oaks Golf Course
Play 18 holes
\$20 with cart, no cart \$12.
For details,
call 468-4103.

Dream Higher Than Ever The Aero Club is now open to the public. For details, call (478) 926-4867.

Arts & Crafts gift ideas Looking for a special gift for someone special? Give gift certificates for classes and custom matting and framing, balloon bouquets, personalized pen sets, mugs, plaques, flags and retirement boxes. For details, call 468-5282.

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