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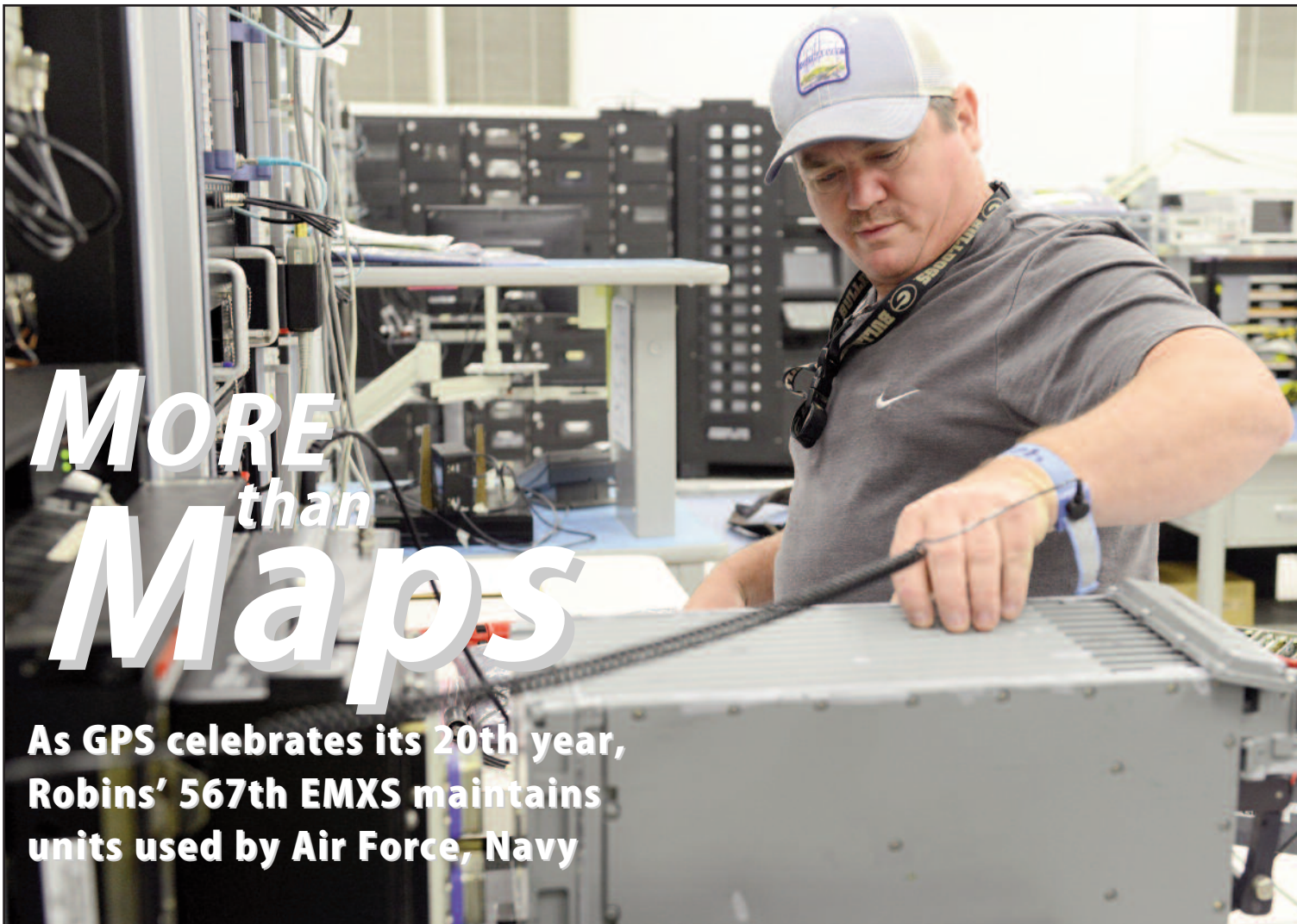


ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'Making Tomorrow Better than Today'

July 17, 2015 Vol. 60 No. 28



MORE than Maps

As GPS celebrates its 20th year, Robins' 567th EMXS maintains units used by Air Force, Navy

U.S. Air Force photo by TOMMIE HORTON

Charles Selph, 567th Electronics Maintenance Squadron electronics technician, runs functional tests on a GPS receiver. The GPS shop located in the Avionics Complex at Robins tests and repairs receivers used on various weapon systems supported by the Air Force and Navy.

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

For the last 20 years, the world has experienced the unique capabilities of a satellite precision navigation and timing system that has enhanced the quality of our everyday lives.

Today we celebrate the 20th anniversary of the GPS, or global positioning system - July 17, 1995 when Air Force Space Command declared full operational capability of the system.

The technology has enriched our way of life in such detail that many people could consider themselves lost without its fast-tracking, real-time capabilities, used by civilians as well as the military as part of national and global security efforts.

During this time, a shop in the 567th Electronics Maintenance Squadron has been responsible for repairing and testing receivers used on various weapon systems supported by the Air Force and Navy.

Guiding the Force

Bathed under bright lights and a maze of wires and work stations, there's a shop in the 567th EMXS responsible for repairing and testing several types of receivers used to communicate with GPS satellites.

John Fullington, a 402nd Electronics Maintenance Group electronics technician, has been at Robins since 1989. He said he remembers the shop getting its first assets in 1990, starting with prototypes.

"We've been going pretty strong ever since," he said.

He remembers the shop busily repairing receivers after the Sept. 11 terrorist attacks, and the workload is still active today.

In 2014, nearly 500 units came through the shop.

Technicians use one of several test stations to test individual circuit cards located inside a receiver.

Among several receivers tested by one of the shop's seven technicians is the 12-channel 3A SAASM receiver, which has been modified over the years to use less circuit card space, making it lighter and more efficient.

There's also JPADS, or the Joint Precision Airdrop System. It's used to direct equipment to the ground once it's deployed from an aircraft.

According to AFSPC, today's airmen conduct resupply missions with battlefield precision airdrops to combat forces with GPS-guided parachute-delivered equipment pallets; and during Operations Enduring Freedom and Iraqi Freedom, significant contributions were made, including the delivery of 5,500 GPS-guided Joint Direct Attack Munitions with pinpoint precision.

► see GPS, A5

New commander takes reins of 116th ACW

BY TECH. SGT. REGINA YOUNG

116th Air Control Wing, Public Affairs

The 116th Air Control Wing welcomed Col. Mark Weber Saturday as its new commander during a change of command ceremony.

Brig. Gen. Jesse Simmons, Jr., Georgia Air National Guard commander, presided.

"The 116th ACW is more than a deployable flying wing," said Weber.

"Independent of the aviation package, we deploy civil engineers, security forces personnel, explosive ordnance disposal teams, communication specialists and medical professionals. All of us are supported by a top-notch support group. In a nutshell, it's a big, multi-talented machine."

Weber has served in the Georgia ANG for almost 20 years, and is returning to the 116th ACW where he was both a squadron and group commander. Most recently, Weber served as the chief of Joint Staff with the Georgia Department of Defense.

"Under my command, we will triangulate our focus in three key areas and continue to provide unprecedented and assured access to the ANG," he said. "Those three areas are safety, compliance, and mission execution."

"Safety can never be compromised, compliance is non-negotiable, and executing the mission anywhere in the world is our job and we will always be ready when called," he added.



Weber

Top-down briefings cover enlisted evaluations, promotions

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

A team from Headquarters Air Force and the Air Force Personnel Center visited Robins Tuesday as part of a roadshow being conducted across bases worldwide.

The intent of the session was to provide consistent information regarding changes already implemented, as well as those in progress on the Enlisted Evaluation System and Weighted Airman Promotion System.

Detailed information focused on new enlisted performance report forms, forced distribution and senior rater endorsements - with job performance as the most impor-

tant factor when evaluating and identifying airmen for promotion.

One focus highlighted how commanders will now have a direct impact in promoting their airmen since they have direct knowledge of their top job performers.

Commanders are already making a determination of who their top performers are, Col. Arch Bruns, AFPC Personnel Services director, said.

"We're just taking it to a different level here on the EES, and we're expanding the opportunities to make those decisions," he added.



U.S. Air Force photo by MISUZU ALLEN

(Standing right) Col. Arch Bruns, director of Personnel Services, provides opening remarks during an enlisted evaluation and promotion system briefing here Tuesday.

► see BRIEFINGS, A5

FRIDAY FLYBY: OPM acts to protect workers, others from cyber threats, Page A4

Save the Date! AF Birthday Ball

Save the date for the Robins Air Force Base Air Force Birthday Ball Sept. 19 at 6 p.m. in the Museum of Aviation's Century of Flight Hangar. This year's ball honors the 50th Anniversary of the Vietnam War.

Cost and additional details will be released closer to the date of the event.

For More information, contact Capt. Shane McMillen at (478) 201-2274.



Be a part of the Diversity Month celebration

August is Diversity Month, and the Robins Diversity Council will be hosting events all month long.

If you would like to help assist with an event, the council will be holding planning meetings in the Heritage Club Bingo Room Tuesday and July 28 starting at 11:30 a.m. For more information, visit the council's Facebook page at www.facebook.com/RobinsDiversityCouncil.

The Robins Diversity Council is comprised of committees dedicated to hosting events specific to their holiday or awareness month.



Women's History Month, Black History Month and Pride Month are just a few of the committees that make up the Robins Diversity Council.

Weekend Weather

Friday 95/73



Saturday 97/74



Sunday 97/74



"Safety should never be optional."

SECOND FRONT

The colors of summer safety

Cycling work, rest vital to health when temperatures climb

BY ANGELA WOOLEN
Angela.woolen.ctr@us.af.mil

Hot weather is not only uncomfortable, making people sticky with sweat – it can also be deadly. Heat is one of the leading weather-related killers in the U.S., according to the National Weather Service.

Twenty years ago, more than 750 people died in Chicago during a heat wave. This year, the high temperatures in India caused the deaths of more than a thousand people.

So, Robins takes heat warnings seriously.

The desktop pop-ups and email alerts along with the LED and physical flags are all ways used to help spread awareness of temperatures reaching high levels.

Colored flags serve as a warning at the fitness center to remind those who are outside doing physical activity how much rest they need versus their level of activity. LED monitors are situated in break rooms on the flight line to notify those who work outside about the rising temperatures.

Robins uses the Wet Bulb Globe Temperature to keep track of how hot it is. The WBGT uses temperature, radiant heat from the pavement, humidity and wind speed to determine the effect of heat on a person's body, said Tech. Sgt. Marty Shorter, noncommissioned officer in charge of environmental health in the Bioenvironmental Engineering Flight.

There are five stages to the flags, starting at white and ending with black, the most severe heat warning flag.

Each rise in temperature raises a new colored flag. A WBGT of less than 79.9 degrees issues no flag. Black-flag warnings are issued when the WBGT is equal to or greater than 90 degrees.

"It is different from actual temperature. It takes into account how the human body can cool itself," Shorter said.

Cooling down at the first sign of heat illness – usually cramps – is key. Two of the most important things to do in the summer are staying hydrated and listening to your body, said Shorter.

Military members coming from cooler areas are given a 10-day acclimation period to adjust to the weather here in Middle Georgia.

"Georgia is very hot. Heat stroke never just happens," Shorter said.



U.S. Air Force photos by TOMMIE HORTON

Patrick Stone, 78th Air Base Wing recreation assistant, raises the black flag indicating outdoor heat conditions at Robins. White, green, yellow, red and black flags are used to alert those outside of the current heat index.

Work/Rest Cycles

Stage 1

Easy work - no limit
Moderate work - no limit
Hard work - 40/20

Stage 2

Easy work - no limit
Moderate work - 50/10
Hard work - 30/30

Stage 3

Easy work - no limit
Moderate work - 40/20
Hard work - 30/30

Stage 4

Easy work - no limit
Moderate work - 30/30
Hard work - 20/40

Stage 5

Easy work - 50/10
Moderate work - 20/40
Hard work - 10/50



Adam Huttner, Pine Oaks Golf Course groundskeeper, aerates the greens as a part of regular maintenance for the course. Outdoor jobs like this require close attention to heat warnings.



WORK DEFINITIONS

Easy work: Walking on level terrain, hiking with less than 15-pound load, weapons maintenance, drill and ceremony, and marksmanship training.

Moderate work: Walking on rolling terrain, hiking with 15 to 25-pound load, calisthenics, team sports, physical fitness testing and rappelling.

Hard Work: Hiking on steep terrain or with more than 25-pound load, obstacle courses, intense fitness drills.

Note: The list is not all-inclusive. However, it should provide supervisors a starting point for making sound decisions regarding workers' work/rest cycles.

CONGRATULATIONS TEAM ROBINS MASTER SERGEANT PROMOTEES

Sterling Amos II, 461st Operations Support Squadron
Omar Antuna, 5th Combat Communications Group
Christopher Arnold, 16th Airborne Command and Control Squadron
William Aschnewitz, 461st Air Control/Networks Squadron
Adam Avery, 402nd Aircraft Maintenance Group
Ira Aycok, 566th Electronics Maintenance Squadron
Nicholas Billow, 29th Training Systems Squadron
Michael Brooks, 78th Aerospace Medicine Squadron
Derrick Bundren, 461st Aircraft Maintenance Squadron
Christopher Carr, 402nd Aircraft Maintenance Group
Lamartreal Carter, Air Force Life Cycle Management Center
Kimberly Coley, Headquarters, Air Force Reserve Command
Zachary Coley, 461st Aircraft Maintenance Squadron
Brandon Collins, Headquarters, Air Force Reserve Command
Jessica Colunga, 461st Maintenance Squadron
Amethia Dandy, 78th Force Support Squadron
Mathew Delmonte, 12th Airborne Command and Control Squadron
Konshinea Edwards, 78th Medical Operations Squadron
Christopher Ekstrom, 78th Security Forces Squadron
David Foster, 78th Air Base Wing
William Goolsby, 402nd Aircraft Maintenance Group
Wynn Hamic, 461st Maintenance Squadron
Shawn Hardee, 52nd Combat Communications Squadron
Jacob Kaminski, 78th Logistics Readiness Squadron
Eric Kimball, 16th Airborne Command and Control Squadron
Kristen McAnaney, 51st Combat Communications Squadron
Jeffrey McCoy, 373rd Training Squadron
Carie McDonald, 461st Maintenance Group
Terry McDonald, 52nd Combat Communications Squadron
Justin McFall, 78th Dental Squadron
Peter Misik, 51st Combat Communications Squadron
Bobby Murphey, 461st Maintenance Squadron
Danielle Naja, 78th Operations Support Squadron
Sharon Nichols, 461st Operations Group
David Noverola, 51st Combat Communications Squadron
Brandon Odell, 12th Airborne Command and Control Squadron
Rhelita Ramos, 409th Supply Chain Management Squadron
Denise Rice, 78th Dental Squadron
Brandon Russell, 373rd Training Squadron
Cameron Smith, 461st Maintenance Squadron
Robert Taylor, 461st Maintenance Squadron
Andre Turner, 78th Logistics Readiness Squadron
Daniel Valenzuela, 402nd Aircraft Maintenance Group
Michael Watson, 5th Combat Communications Support Squadron
Anthony Weiger, 78 Force Support Squadron
Juronda Wheeler, 78 Force Support Squadron
Rodney White, 52nd Combat Communications Squadron
Jerry Williams, 402nd Aircraft Maintenance Group
Wali Williams, 402nd Aircraft Maintenance Group
Brandyshay Winfrey, 461st Maintenance Squadron
David Wolf, ACC Training Support Squadron

Practice OPSEC every day, everywhere.

AROUND THE AIR FORCE

General Harrigian cites AFSC's F-35 support

BY 72ND AIR BASE WING
PUBLIC AFFAIRS

TINKER AFB, OKLAHOMA –

The head of the Air Force's F-35 Lightning II integration team cited the Air Force Sustainment Center's overall joint-strike fighter support during a recent visit to the center headquarters.

Maj. Gen. Jeffrey Harrigian, F-35 Integration Office director, Headquarters U.S. Air Force, lauded the work being done in AFSC.

"I'm exceedingly impressed by the people and the work they're doing to support this incredibly important weapon system," the general said. "From an operator's perspective, we don't often get to see the underpinnings of a weapon system and all it takes to make it successful."

The general, who is responsible for integrating F-35 activities, was briefed by AFSC leadership on the center's sustainment and logistics support programs.

"I've learned a tremendous amount about all the things the AFSC is doing not only for the F-35 program but really across the Air Force at large," he said. "And I think we are – as the F-35 program – really just touching the edges of what AFSC can provide. I think

there's a whole lot more we can tap into."

During the visit, AFSC Commander Lt. Gen. Lee Levy II, briefed "The AFSC Way," an Air Force Sustainment Center program designed to continuously improve the center's ability to deliver combat power faster, with higher quality and at less cost.

"We've changed the way the Air Force generates combat power for America," Levy said. "We have freed ourselves from a culture of 'this is how we've always done it,' and embraced 'The Art of the Possible' to enhance speed, quality, and safety while reducing life cycle costs."

Harrigian toured the Oklahoma City Air Logistics Center facilities, focusing on the F135 Heavy Maintenance Center and F135 engine test cell which recently completed engine modifications on 10 Marine Corps F135 engines.

In addition to the F-35 depot maintenance operations at the Ogden Air Logistics Complex at Hill Air Force Base – which recently completed the first depot-level modifications on two F-35B STOVLs for the Marine Corps – the OC-ALC performs heavy maintenance on the F135 engine as well as providing organic software development and support.



U.S. Air Force photo by MARLIN ZIMMERMAN

Mike Opela, 544th Propulsion Maintenance Squadron director, discusses the process of modifying a Marine F135 engine with Maj. Gen. Jeffrey Harrigian, Headquarters U.S. Air Force F-35 Integration Office director, during a visit to the Air Force Sustainment Center and Oklahoma City Air Logistics Complex where the modification is performed.

The F-35 program also requires aggressive supply chain support.

"Seeing what the team is doing here from the F135 to the software development capabilities, there's a whole lot of capability out there – particularly for the F-35 – that I need to be able to take back and discuss with the program office, the Marines and Navy to make sure corporately we're making the best deci-

sions to move this weapon system forward," Harrigian said.

Levy said the work done by the OC-ALC and OO-ALC on the Marines Corps' engines and aircraft is just one of the aspects of the F-35 program that showcases the AFSC's ability to generate financial efficiencies and industrial base benefits for the U.S., partner nations and Foreign Military Sales customers.

In Other News

Air Force revolutionizes study material delivery for fiscal 2016

WASHINGTON(AFNS) –

Airmen studying for career development and promotion will begin to receive study materials solely online by Oct. 1, 2017.

Electronic delivery of Career Development Course volumes and Weighted Airman Promotion System study references have been in place for several years with a majority of the materials accessible on Air Education and Training Command websites.

"Air Education and Training Command's e-WORLD websites provide Airmen the opportunity to download study materials for use globally with the click of a mouse," said Chief Master Sgt. Scott Lumpkin, Air Force Enlisted Force Development chief.

"The electronic format also gives courseware developers the ability to add interactive content, making learning material more interesting, with the goal of increasing student comprehension," he added.

For more information on the transition to eDelivery, visit the myPers website at <https://mypers.af.mil>.

OPM acts to protect workers, others from cyber threats

WASHINGTON(AFNS) –

U.S. Office of Personnel Management officials have announced the results of the interagency forensics investigation into a recent cyber incident involving federal background investigation data and the steps it's taking to protect those affected.

In late May, as a result of ongoing efforts to secure its systems, OPM discovered an incident affecting background investigation records of current, former and prospective federal employees and contractors, officials said.

The forensics investigation determined that the types of information in these records include identification details such as social security numbers; residency and educational history; employment history; information about immediate family and other personal and business acquaintances; health, criminal and financial history; and other details.

Some records also include findings from interviews conducted by background investigators and fingerprints.

Usernames and passwords that background investigation applicants

used to fill out their background investigation forms were also stolen.

For more information, visit <http://www.defense.gov/news/newsarticle.aspx?id=129254>.

Air Force, Army participate in International Jump Week

RAMSTEIN AIR BASE, GERMANY(AFNS) –

U.S. Air Force and Army counterparts joined service members from nine allied countries to participate in International Jump Week.

The five-day event was hosted by the 435th Contingency Response Group and gave multiple nations the opportunity to work side by side, increasing interoperability and strengthening relationships.

"The overall goal of this event was to get everyone to work with each other," said Staff Sgt. Chris Zavala, a 435th Security Forces Squadron jumpmaster.

Paratroopers traveled throughout Europe, including England, Poland, Greece, France, Germany, Estonia, the Czech Republic, Belgium and New Zealand to build stronger partnerships by jumping out of C-130J Super Hercules assigned to the 37th Airlift Squadron at Ramstein Air Base.



U.S. Air Force photo by CAPT. DAVID MURPHY

Well done

Staff Sgt. Michael Rickman, an 823rd Expeditionary RED HORSE Squadron pavements and construction equipment operator, removes a pickup pump to clean it at a well site in Honduras. The well is one of multiple projects in Honduras as part of New Horizons, an annual humanitarian assistance exercise.

PERSPECTIVE

A Place for Dignity and Respect

Fellow Airmen,

All airmen, both military and civilian, have a special trust and confidence placed in them to defend our nation. That trust allows our countrymen and women to rest peacefully in the knowledge that a select group of their fellow citizens have stepped forward to provide for the common defense – that select group is you.

Frankly, we should have that same trust in each other and anything that breaks that trust is simply incompatible with our mission. Sexual assault, harassment, and discrimination have no place in our

Air Force and no place in the Air Force Sustainment Center.

To care for our nation, we must care for each other and give dignity and respect to each teammate. It is how we should behave as airmen.

Everyone on the team has the authority and obligation to intervene when they see a situation that is counter to that standard. The Air Force Sustainment Center can only be successful in supporting the warfighter in an environment where dignity and respect is not a desire, but



Levy

a mandate ... an ingrained way that we do business. I need your help to ensure that mandate is fully understood and followed at all levels across the center.

As part of the Air Force Sustainment Center team, you directly deliver readiness to our Air Force enabling our nation to defend against those whom would do us harm. I am proud of you and proud to serve with you as we deliver combat power for America.

– This commentary was written by Lt. Gen. Lee Levy, Air Force Sustainment Center commander.

ROBINS REV-UP

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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COMMAND INFORMATION CHIEF

Geoff Janes

EDITOR

Lanorris Askew

PHOTOGRAPHERS

Ray Crayton
Tommie Horton
Misuzu Allen

STAFF WRITERS

Jenny Gordon
Angela Woolen
Holly Logan-Arrington

COMMANDER
Col. Jeffrey King

HOW TO CONTACT US

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

GPS

Continued from A1

Glenn Collins, an electronics mechanic at Robins for 33 years, has worked in the shop since its inception. He operates a ‘hot mock-up’ station where satellite signals are searched in real-time to make sure receivers are working properly.

“We can now see which satellites are available,” he said. “I’ve enjoyed many years getting things out back to the warfighter. I’m proud to have been a part of this.”

The station’s configuration was fabricated in the shop years ago and is still used today. Within about 15 minutes, Collins can get a quick fix on which satellites are in view at the moment, giving him a good read on whether information that’s been downloaded on a receiver works or not.

Whether GPS guides stormtrackers to accurately forecast the next big storm or successfully leads troops out of harm’s way, there’s little doubt its benefits have impacted the world and will continue for many years.

What else does it do?

GPS is a multi-use, worldwide utility that provides the highest-accuracy, free data to users everywhere.

It consists of a constellation of more than 30 satellites which fly thousands of

feet above the earth’s surface, circling the planet twice daily in one of six orbits to provide continuous, worldwide coverage.

The GPS Master Control Station, operated by the 2nd Space Operations Squadron at Schriever Air Force Base, Colo., is responsible for command and control of the GPS satellite constellation.

Every GPS satellite contains multiple atomic clocks which relay precise time data to GPS signals. GPS receivers decode those signals, synchronizing each receiver to the atomic clocks. This critical dimension of time is used in GPS, in addition to longitude, latitude and altitude.

Used in everything from surveying and mapping to agriculture, rail and recreation, the system has become part of the fabric of everyday usage across the globe.

For example, it’s used in mobile phones, watches and fitness equipment, and accurately pinpoints car and boat navigation. Its signal drives automated teller machines, debit card transactions and point of sale purchases.

GPS-based applications are used in precision farming for farm planning, and offers increased efficiencies and safety for vehicles using our nation’s highways.

It’s been used heavily as part of relief efforts with global disasters in creating maps for rescue and aid operations, and is employed by the New York Stock Exchange, using the GPS time stamp for every financial transaction down to the nanosecond.

BRIEFINGS

Continued from A1

Chief Master Sgt. Steven Trotter, Installation and 78th Air Base Wing command chief, agreed.

“The new Enlisted Evaluation System will be a great benefit to the Air Force leading to a better, more efficient force,” he said. “It will take time for our airmen to get used to it because there are a lot of questions before final exe-

What to Know

For more information, visit the Air Force Personnel Center website at www.af.mil/AboutUs/EnlistedEvaluationSystem.aspx. Additional updates will be released as they are approved.

cution. But at the end of the day, our airmen will get used to the change.”

The briefing also touched on performance report calculations for various ranks, score requirements on specialty knowl-

edge tests and other weighted factors as part of the WAPS scoring model.

For example the system takes into account factors such as decorations, time in service, time in grade and performance reports.

THINK OPSEC!
PRACTICE IT AT WORK, HOME, EVERYWHERE.



Thought for the Day

“Great minds discuss ideas. Average minds discuss events. Small minds discuss people.”

– Eleanor Roosevelt



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Lighter Fare

THE ROBINS REV-UP ■ JULY 17, 2015

THE PLACE TO LIVE, LEARN, WORK AND PLAY

Strikingly good fun



U.S. Air Force photos by TOMMIE HORTON

Jeff Herman, Robins Bowling Center pro shop manager, provides custom drilling service that ensures proper fitting and the most comfort for bowlers.



Left, Ralinda Cleveland, 78th Force Support Squadron food service worker, prepares food and beverages for guests at the On the Spot Café. The café is conveniently located inside Robins Lanes offering a nice variety of food and beverage choices.

Center, Josh Heyen, 15, and far right, Rondell Newsome, 10, enjoy an afternoon of bowling at Robins Lanes. The bowling center is available to all active duty, retirees and their family members, Department of Defense civilians and their family members, DOD contractors and technical representatives, and guests accompanied by authorized individuals.

Robins Lanes offers hot deals for cool entertainment

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

Robins Lanes spares nothing when it comes to fun. The bowling center, located on Ninth Street next to the Base Theater, is offering a lot of cool recreation options this summer.

“Kids Bowl Free’ on Mondays gives children ages 17 and younger a chance to get active and learn a life-time sport as well,” said Dan Bueno, Robins Lanes Bowling Center manager. “Children can bowl up to two games free.”

“Tuesday Mania” gives folks a chance to bowl without breaking the bank. A \$4 cover charge includes shoe rental and lets bowlers play for a quarter per game.

Bueno said the more games people bowl, the more they save.

“If you needed to fill an afternoon gap, this would be the one to take advantage of,” he said. “If you were to bowl five games, you’d save more than 65 percent off regular price.”

Wednesday Bowling Movie Days give customers the opportunity to watch a movie while they bowl up to three games. A \$6 fee covers shoe rental and popcorn as well.

“I was basically looking for ways to keep children entertained while they were bowling,” Bueno said.

“We have three giant screens that come down over the lanes that show music videos. I wanted to expand the options a little more, and that’s how the idea of showing movies came about.”

Bueno said his staff aims to provide families fun entertainment at an affordable price, and the movie/bowling combo has become one of the center’s most popular events to date.

The next Bowling Movie – My Dad’s A Soccer Mom – will be Wednesday at 2 p.m.

Robins Lanes is also offering Thursday Afternoon Thunder Alley and Sunday Fun Days.

“Robins Bowling Center is a great alternative to the hot Georgia sun,” Bueno said. “Bowling is a good time for bonding and relaxing with friends and family. It may even relieve the stresses of a long day at work.”

And, the fun doesn’t stop at summer’s end.

“League bowling is one of the most popular recreational sports,” Bueno said. “There are leagues available for all types of bowlers. If you’re one of the best bowlers in the area, or just beginning, there’s a league for you.”

Robins Lanes has leagues for ages 5 through 20. “One of the great benefits of being a U.S. Bowling Conference bowling youth is the chance to earn scholarship money every year,” Bueno said.

“We have youth bowlers at the age of 10 earning

scholarship money to continue further education.”

Bueno said the funds are kept in a Scholarship Management and Accounting Report account until youth are ready to enter college. To find out more on how your child can earn scholarship money, contact the Robins Youth Bowling director at (478) 926-2112.

Robins Bowling Center also has a full service Pro Shop with experienced drilling specialists to fulfill all bowling needs.

“Our technicians are fully International Bowling Pro Shop & Instructors Association certified with more than 64 credit hours of bowling education,” Bueno said. “We offer a wide range of bowling products and services to meet every bowlers needs regardless of skill level.”

When bowlers have worked up an appetite, the On the Spot Café’s menu offers a variety of made-to-order options.

Bueno said the center has free Wi-Fi and ample seating so people can catch up with e-mails, post to Facebook, or surf the web while enjoying lunch.

Robins Lanes is also offering a special group rate in July for squadrons and units hosting their next team building event.

“This is a great time to bond, relax and build ‘esprit de corps’ with fellow coworkers,” Bueno said. For more information, call (478) 926-2112.

A BETTER YOU

HAWC offers tools for safe, effective supplement use

BY ROBINS HEALTH AND WELLNESS CENTER

You really ought to think twice before you swallow that nutritional supplement.

With an increasing number of Defense Department employees and their family members using dietary supplements, it's important to get educated on the products – including their effectiveness, safety and regulation details.

A recent U.S. Army Research Institute of Environmental Medicine study revealed that 53 percent of active-duty military members self-report using supplements, but that fewer than half understand how the Food and Drug Administration regulates supplements or where to go to find out how safe and effective they are.

The study reports that one third of those surveyed mistakenly thought the FDA exercises pre-market approval of dietary supplements; however, generally the FDA only gets involved with a supplement when it gets notices that people are having adverse events from a particular product.

Sixty percent of military physicians included in a study said they had observed adverse effects in patients who use supplements.

Stuart Bapties, Robins Health and Wellness Center director, said the growing number of reported adverse effects – including death – has prompted the DOD to address the gap between use and knowledge.

“Operation Supplement Safety is an educational and awareness campaign that provides you with the tools needed to make informed decisions about supplements,” he said. “OPSS includes free access to the Natural Medicines Comprehensive Database through the Human Performance Resource Center Website at <http://hprc-online.org/dietary-supplements>.

“Anyone with a .mil email address can access the database for free, a service that otherwise would cost \$49 annually, he added.”

The database includes more than 86,000 entries detailing the origin, mechanisms, research and potential interactions of supplements, pharmaceuticals and foods in an easy to search format.

OPSS also includes information and links to help report adverse events involving supplements and drugs.



“After taking some time to explore the OPSS information, you can check out the rest of the Human Performance Resource Center Website at <http://hprc-online.org/>,” Bapties said. “The website is a free clearinghouse for evidence-based information and resources to help DOD personnel and their families in all aspects of performance to achieve total fitness and, ultimately, human performance optimization.”

Bapties said the HPRC has both general and cutting-edge information, resources, strategies, tools, and applications and videos organized around the following areas:

Family & Relationships: This area includes topics such as relationship enhancement, family resilience, deployment phases, family nutrition and physical fitness. Many are geared towards the specific needs of military families.

Physical Fitness: This section covers topics such as physical training and exercise, injury prevention, weight management, fitness tools and resources for women.

Dietary Supplements: Dietary supplements are covered and how to choose them wisely, with a special section about supplement safety.

Nutrition: This area includes nutrition basics, alerts, resources, interactive tools, and “Fighting Weight

Strategies.”

Mind Tactics: This section addresses topics such as mental focus or toughness, resilience, relaxation, stress management, sleep, and alcohol, tobacco and drugs.

Environment: This section contains information that will help you perform optimally in extreme conditions of heat, altitude, aerospace, water and more.

Total Force Fitness: This area highlights information and resources on total fitness, bringing together all the above domains to help warfighters develop resilience and optimal performance, as well as integrative performance enhancement programs and practices, and detailed strategies for pain management.

HPRC translates evidence-based materials on various aspects of performance, creates materials on specific topics, and highlights existing resources, Bapties said.

“You can go to any HPRC domain and find pertinent information – anything from brief downloadable “recipe/tip cards” to longer pieces that address specific topics and each domain has unique information related to its subject area, many related specifically to the military,” he said.

For more information, contact the Health and Wellness Center at 327-8480.

HEALTHY START SCREENING

It's that time of year again. The 78th Medical Group will be providing Healthy Start Screenings for Tricare beneficiaries entering Georgia schools for the first time.

Screenings are for students from pre-k through 12th grade and will be July 25 from 9 a.m. until noon in Bldg. 700A; no appointments are necessary.

Children will have vision, hearing and dental exams – all of which are required by the Georgia school system. In addition, height, weight, blood pressure and scoliosis screenings will be performed.

Immunizations will be available, so bring a copy of your child's latest shot record. Georgia school forms 3300 and 3231 will be available and may be completed at the

event.

Only the above services will be performed at the school screenings. Sports physicals are offered daily; call DSN 497-7850 or commercial (478) 327- 7850 to schedule an appointment.

For more information, call Tech. Sgt. Konshinea Edwards at DSN 497-9441 or (478) 327-9441.

Air Force program takes care of special needs families

BY ANGELA WOOLEN
angela.woolen.ctr@us.af.mil

The Exceptional Family Member Program has been helping military members since October 2010.

As part of the Airmen and Family Readiness Center, EFMP supports those military members who need assistance with specialty care, mental health and other resources.

An exceptional family member is someone who has been diagnosed with a physical, intellectual or emotional condition which requires ongoing care, according to the Air Force brochure on EFMP.

“We have about 350 active duty members but that doesn’t tell the true story,” said V. Renea McFeeters, EFMP family support specialist.

Some families may have more than one member who needs the service, and the Department of Defense program doesn’t count retirees or civilians who may use some of the services, McFeeters said.

Active duty members who are enrolled in EFMP are also entitled to respite care.

McFeeters partners with the local Easter Seals organization on an individual basis to provide free child care for families. The service offers 12 hours of child care per month.

The program also holds events throughout the year.

Eighteen families went to Perry to participate in an EFMP Paint and Pottery event at The Peach Palette on Tuesday, McFeeters said. The 50 parents and children painted a pottery piece during the two-hour occasion.

In August, there will be another event with details to be announced at a later date.

The biggest challenge, McFeeters said, is getting access to the military member’s spouse who is usually the person taking care of the child or children. “If they are a stay-at-home mom and need these services, they might not have any idea they are available,” she said.

For more information about the EFMP program and future events, call (478) 926-1259 or by email at Virginia.mcfeeters.1@us.af.mil.



U.S. Air Force photo by TOMMIE HORTON

Tamika Smith, military spouse, creates crafts with her 12-year-old daughter, Tiana, at the Peach Palette pottery and arts studio in Perry Tuesday. No federal endorsement is intended nor implied.

**PRIVATE
INFORMATION
IS WORTH
KEEPING
HIDDEN**

**Protect
Your
Personal
Information**

GETTING TO KNOW YOU

Recycle! When you are done reading this paper.



U.S. Air Force photo illustration by **CLAUDE LAZZARA**

UNIT: 461st Air Control Networks Squadron

JOB TITLE: Cyber Surety Apprentice

TIME IN SERVICE: 1 year

HOMETOWN: Ramstein, Germany

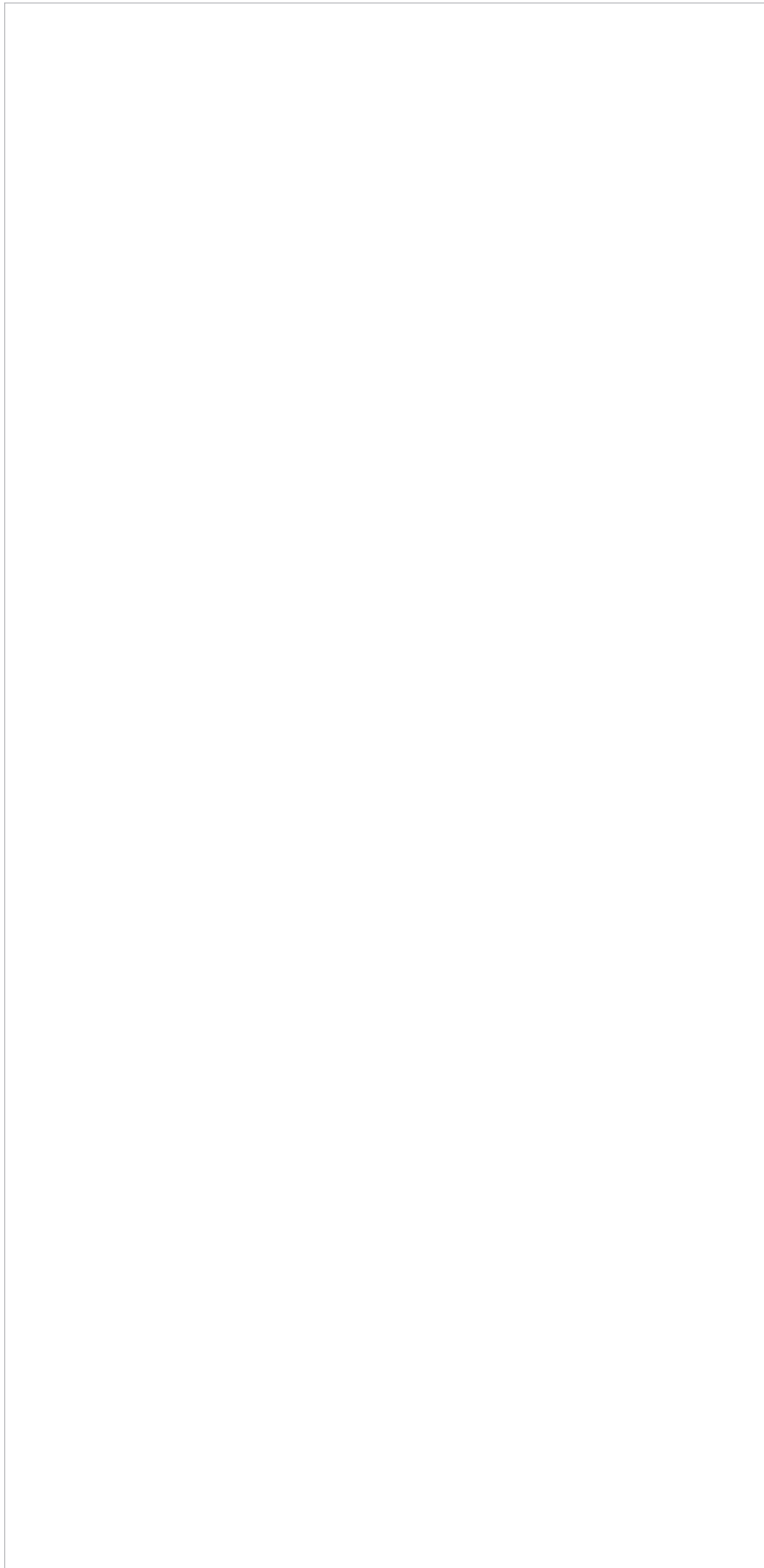
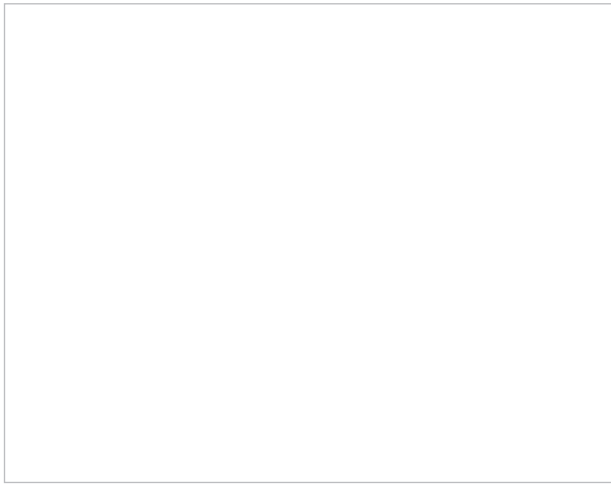
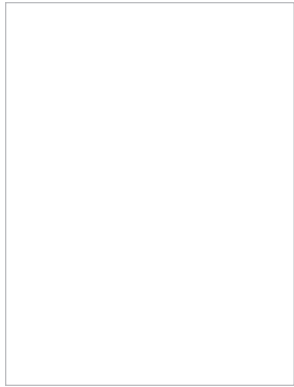
What does your work involve at Robins? I'm training to be a wing communications security accountant and an alternate security manager for my squadron.

What do you enjoy most about your work? The attention to detail and the level of responsibility, definitely. You have a very real expectation to provide a seamlessly secure realm, and it feels good to be able to create something like that.

How does your work contribute to the Robins mission? My work is primarily for JSTARS. Much of the 461st will require the ability to work in a secured location on sensitive materials – all of which are necessary for a successful JSTARS mission. Inbound personnel will need to be in-processed, their clearances verified and given access to those secure environments and equipment. I would be the one to guide them through that process and assist the COMSEC manager in disseminating and issuing COMSEC materials we receive for our subaccounts.

What prompted your interest in your current career field? My career field is cyber surety actually, and COMSEC is a very small part of that. I actually knew next to nothing about computers a year ago. Linguistics were always my strong suite having lived abroad, but it really bothered me that my 9-year-old cousin at the time could repair my computer when I'd come home to visit. The information age was advancing at the speed of light, and I wanted to be a part of it.

CONSERVE ENERGY



HAPPENINGS/SERVICES

FRI SAT SUN MON TUE WED THUR
17 18 19 20 21 22 23

ON TAP

Boss and Buddy

Today
 5 p.m.
 Heritage Club Lounge
 For details,
 call DSN 472-7899.

Family Fun

Movie Night at the Heritage Pool

Today
 8 to 10 p.m.
 \$5 includes popcorn and drink. Bring your floaties and water guns.
 For details,

call DSN 468-4001.

Membership “BBQ Cuisine” Dinner

Tuesday
 5:30 p.m.
 Heritage Club
 For details,
 call DSN 472-7899.

Combat Fitness Country Run

Wednesday
 Registration 7 a.m.
 Starts at 8 a.m.
 Fitness Center
 For details,
 call DSN 468-2128.

Lucky Leo

Big Bingo Blowout

Thursday
 6:15 p.m.
 Heritage Club
 For details,
 call DSN 468-4515.

UPCOMING

Beers and Blues

July 24
 5 p.m.
 Heritage Club Lounge
 Club members \$10
 Guests \$12
 For details,
 call DSN 472-7899.

Airman & Family Readiness Center

Classes, workshops & seminars

► **Group Pre-Separation Briefings* (retirees)** – Tuesday from 8:30 a.m. to noon. (**separates**) – July 28 from 8:30 a.m. to 12:30 p.m.

► **Bundles for Babies** – Tuesday from 8:30 a.m. to noon. Call (478) 327-8398 to register.

► **Money and Credit Management** – Thursday and July 24 from 1 to 3 p.m.

► **Entrepreneur Training Track*** Thursday and July 24 from 8 a.m. to 4 p.m.

► **VA Benefits Briefing** – July 29 from 8 a.m. to 3 p.m.

► **Educational Track** – July 30 and 31 from 8 a.m. to 4 p.m. Call 497-3410 to register.

► **DAV Medical Records Review** – Appointments only. Call 472-1256.

► **Department of Labor** – Tuesdays, Wednesdays and Fridays from 8 a.m. to 4:30 p.m. Call (478)- 929-6801.

► **Military and Family Life Counseling** – Mondays through Fridays from 8 a.m. to 8 p.m. Call (478)-538-1732.

► **PreDeployment Briefings*** – Tuesdays and Thursdays from 1 to 2 p.m.

► **Survivor’s Benefit Plan*** – Appointments only from 7:30 a.m. to 4 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 7:30 a.m. to 4:30 p.m. * denotes military (spouses welcome.)*