



ROBINS RevUp



Get fit
Page B-1

Robins Air Force Base, Ga.

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EM comes out on top in five inspections

By Lanorris Askew
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The critical days of summer at Robins brought with them more than just hot temperatures for the Environmental Management Directorate. After a series of inspections during the months of June, July and August, the directorate and the installation have reason to be proud.

Similar to our recent MSEP inspection, the Environmental Compliance Assessment and Management Program, or ECAMP, and back to basics inspections have identified potential problem areas before they could be discovered by regulators.

According to EM officials, during these three months the directorate underwent five major inspections. In all inspection areas, including hazardous waste, drinking water, underground storage tanks, air quality and wastewater the inspection agencies gave favorable comments and had no findings to cite as violations.

The Hazardous Waste Management program was inspected by the Georgia Environmental Protection Division in June. The inspection focused on more than 200 initial accumulation points and 21 waste storage areas. Only one minor discrepancy was noted and it was corrected on the spot.

Brent Rabon from Georgia EPD, in a report to the base, acknowledged the noticeable improvement in hazardous waste compliance at Robins. Other areas commended in the report were overall housekeeping and increased awareness.

"For a facility of this size, the outcome of the inspection was outstanding, according to John Gullock, Hazardous Waste Program manager. The people in the production areas are to be commended."

According to Mark Summers, Air Quality Program manager, The Air Quality Program at Robins is one of the best in the Air Force. Since the implementation of the Aerospace National Emission Standards for Hazardous Air Pollutants in September 1998, Robins has received no findings.

The NESHAP regulates the amount and types of pollutants that can be released into the air.

Kim Kelley, environmental protection specialist, said this accomplishment is due to the great effort made by each of the unit air coordinators working in the production areas who monitor the program.

"Environmental Management has worked diligently to oversee the air compliance program and ensure that all applicable regulations have been met," said Kelley.

The air quality inspection was conducted by the Georgia Environmental Protection Division on July 25 to ensure records were in order and to evaluate the effectiveness of the pollution control measures in the shops.

The Environmental Protection Division of the Department of Natural Resources made a sanitary survey of the drinking water on July 1. According to Shawn Politino, Water Protection Team lead, all six wells used for human consumption, as well as one used for recreation, and four water tanks were inspected.

"This is the first major look at our backflow prevention system," said Politino. "The inspector was pleased with the improvements we have made on its infrastructure." The water supply system was found to be in compliance with Georgia rules for safe drinking water.

Every year a Consumer Confidence Report pamphlet is published by 78 Medical Group, 78 Civil Engineering

See EM, Page A-3



U.S. Air Force photos by Sue Sapp

Above, the 19th Air Refueling Group Honor Guard presents the colors at the 100th C-5 Dedication Ceremony Wednesday. At right, Maj. Gen. George N. Williams, 21st Air Force commander, commends the 19th Maintenance Squadron on a job well done.



100 and counting

19th Maintenance Squadron celebrates triple-digit milestone at dedication ceremony

By Lanorris Askew
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The 19th Maintenance Squadron celebrated the dedication of its 100th C-5 aircraft to be delivered to Air Mobility Command in a ceremony Wednesday. The ceremony for the squadron's triple-digit milestone, celebrated the program depot maintenance completion of aircraft number 86-0012.

Maj. Gen. George N. Williams, 21st Air Force commander, commended the job done by the 19th.

"What once took 30 days to complete has now been cut down to eight," he said to the audience.

"That is 1,000 extra flying hours that would not have been able to be flown without you. This may not seem like a lot, but it means a lot to our efforts."

2nd Lt. Tim Kelley of the 19th MXS said, since Sept. 11, the 19th has reduced post-PDM first flight to an average of eight days per AMC aircraft.

"With the return of aircraft 86-0012, the 19th MXS will have delivered 13 FMC C-5s to the war fighter since 9/11," said Kelley.

"Teamwork and dedication got this done," said Lt. Col. Robert Lewit, 19th MXS commander. "I thank you all for your efforts."

As a memento, Lewit presented Williams with a 100th C-5 commemorative coin. Several members of the 19th also received coins.

"The 19th has a long and proud history, and this is yet another accolade," said Col. Barbara Faulkenberry, 19th Air Refueling Group commander.

According to Faulkenberry, the history of the 19th began in 1993.

"Our job was to reduce downtime in isochronal inspections," she said.

According to Kelley in January of

1993, AMC identified the adverse impact of aircraft availability and downtime following programmed depot maintenance delivery.

"After an assessment, the 19th MXS, which performed isochronal inspections and field level repairs on C-141s undergoing PDM was created," he said.

In May 1998, a C-5 unit from Kelly Air Force Base, Texas, was officially united with the C-141 unit. The C-141 flight was de-activated in August 2000 leaving only the C-5 unit.

Faulkenberry describes the C-5s that go through program depot maintenance at the Warner Robins Air Logistics Center as eagles, with the center serving as veterinarian.

"The 19th's job is to polish the beak and sharpen the talons," she said.

"The 19th has a long and proud history, and this is yet another accolade."

Col. Barbara Faulkenberry
19th Air Refueling Group commander



U.S. Air Force photo by 1st Lt. Jason VanNess

The 19th Air Refueling Group has logged 6,216 flying hours during this fiscal year – 200 percent of its allocated flying time. In addition to breaking the 200-percent mark, the 19th has earned an excellent rating in two operational readiness inspections this year.

Fill 'er up:

19th flies 200 percent of flight time

Refueling group first in AMC to reach mark

By Capt. Jason Thomas
19th Air Refueling Group

The 19th Air Refueling Group has been busy this year.

As of Aug. 12, the group hit a milestone when Capt. Waynetta Gentry piloted a refueling mission that put the group at 6,216 flying hours during this fiscal year – 200 percent of its allocated flying time.

"To maintain this pace during wartime without a safety-related incident is a true testimony to the dedica-

tion and determination of not only the crews, but all the maintenance and support folks (who) keep them flying," Col. Barbara Faulkenberry, 19th Air Refueling Group commander said.

The flying hour program is a mathematical formula designed to break down, by hour, the cost of training aircrews to get and remain combat ready.

The 19th was originally allocated 3,108 hours to fly between Oct. 1 and Sept. 30 – the group has doubled it.

And according to Lt. Col. Mike Smith, commander of the 19th Operations Support Squadron, the group is the first KC-135 unit to do so in the continental United States.

"We checked the reports from the

other Air Mobility Command KC-135 units, and we are the first to hit 200 percent of flying hours," he said.

Other units are similarly busy. Other KC-135 units have flown an average of 150 percent of their flying hour allocation for the year, Smith added.

During the fiscal year, the group has played an active part in the war against terrorism. It has participated abroad in support of Operation Enduring Freedom, while protecting the home front in support of Operation Noble Eagle.

In addition to breaking the 200 percent mark, the 19th has earned an excellent rating in two operational readiness inspections this year.

Don't drop your guard when it comes to safety

Commentary

By Lt. Col. Sheri W. Andino
Warner Robins Air Logistics Center
director of safety

As we enter the last week of the 101 Critical Days of Summer for 2002, it is time to pause and reflect on working and having fun safely. Let's look at how the Air Force and Robins Air Force Base have done during this summer safety campaign. As of Aug. 20, with several days remaining in the campaign — and three of those the last long weekend of the summer — all the mishap data is not yet available. What do the available statistics tell us about the performance

of Air Force personnel during this period?

Throughout the Air Force, overall fatalities for this period this year are higher than in previous years. Motorcycle — six — and privately owned vehicle — 15 — mishaps are the leading cause of fatalities, during the 101 Critical Days of Summer. The year 2002 has seen a total of 19 motorcycle fatalities. This number exceeds a previous high of 16 in 1990 and may close in on the 1988 record high of 27.

Motorcycles have two characteristics making them a greater risk than automobiles — vulnerability and limited stability. These two

To date there has not been an "on-duty" fatality Air Force-wide during this summer campaign.

characteristics are evident in every mishap. Mishap data indicates that many of the related causes were in the hands of the vehicle operator; the operator "lost control."

Loss of control is a blanket that covers a multitude of performance-related deficiencies. Excessive speed, failure to negotiate a turn, leaving the paved surface, running into another vehicle and other causes may fall under the "lost control"

category. The single biggest preventative step a motorcycle operator can exercise in mishap prevention is the conservative application of the throttle. Simply slow down.

As for automobile fatalities — 37 in 2001 and 46 in 2002 — many of these mishaps are also due to "lost control," accompanied by crossing the median or centerline into oncoming traffic and simply leaving the paved surface of the road. Alcohol was a factor in almost half of the automobile mishaps. In one automobile mishap, the vehicle operator had a blood alcohol content of 0.28. In most states, the level for

legal intoxication is 0.10. Leaving the road and crossing the median or centerline are indications of possible fatigue. These "micro naps" from reality can last long enough for you to travel beyond your ability to recover. Pull over, stop, get a room, get rested and then return to the road after you are alert and capable of handling the hazards of piloting your vehicle down the interstate or a back-country road.

To date there has not been an "on-duty" fatality Air Force-wide during this summer campaign. That's not to say we are doing well; however, as there have been six "on-duty" fatalities so far this year compared to three in 2001.

See SAFETY ... Page A-4

Spraying keeps pests at bay

By Lanorris Askew
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In the past what was one of the season's minor annoyances, has become a major issue as growing numbers of West Nile virus cases continue to make headlines. Though no cases have been cited on base, those pesky mosquitoes are still out in full force as summer dwindles on. To make sure the blood-sucking pests are kept under control, the Robins Air Force Base Civil Engineering pest control office, in conjunction with Public Health and Environmental Management, is on the job.

According to Bob Sargent, environmental resources division chief, though the West Nile virus is getting a lot of media attention it is important to know that the number of people bitten by infected mosquitoes is much larger than the number of people who exhibit symptoms of the disease.

"Less than 1 percent of people who are bitten by an infected mosquito exhibit signs of the disease, and those who do mostly are the elderly and those with already compromised immune systems," he said.

Sargent said the Public Health Flight does the actual surveillance work for mosquito populations, which includes trapping and collection. Environmental Management works with them to identify any possible breeding habitats to make sure that the number of those areas is kept to a minimum. Entomology enters the equation by going out and doing the actual fogging, when needed, to control mosquito numbers.

According to entomology officials, Robins is bordered by more than 4,000 acres of wetlands, which serve as prime breeding sites. To keep the number of mosquitoes down the pest control office conducts what is called larviciding as a primary method of defense. This method is performed by dropping small briquettes of biological bacteria that feeds on the larva into standing water in low-lying areas. This method kills the mosquito in its larval stage. As a secondary method of defense, fogger trucks patrol the base three nights a week.



U.S. Air Force photo by Sue Sapp
Airman 1st Class Hiram Floyd pours mosquito mist into the mist holding container on the mosquito spraying truck while Airman Darryl Seaton looks on.

"Fogging is only for the adult mosquitoes," said Danny Jones of entomology. "For this method to work the spray must come in contact with a mosquito."

"The sprays we use are synthetic pyrethrum that are very safe to people and the environment," said Jones. "The product is derived from chrysanthemum plants and has a very low residual effect, which means it does not stay in the air for long."

Jones said the spraying schedule for the base community is Mondays, Wednesdays and Fridays, weather permitting.

"We don't go out in inclement weather or high winds," said Jones. "During these conditions the product is ineffective."

Jones said, though the product used is an irritant, it is not hazardous. However, because it is an irritant there are certain precautions to take.

"Parents should warn their children to keep away from the trucks during spraying," he said.

He also urges drivers to keep a short

distance between themselves and the trucks when on the roads.

"We try to work with the joggers and others who have late-evening activities," said Jones. "That is not always possible though."

Jones said the spraying is done by routes. Though the entire base is not sprayed nightly, during the course of the three-day spraying schedule, the entire base is covered.

"Guidance on spraying comes from Air Force manual 91-91 and the military pest management handbook," he said.

Environmental Management also works with them looking at pesticides to make sure they are environment friendly.

Robins Public Health officials, who take weekly mosquito counts, offer these tips on controlling or eliminating mosquito populations in addition to the spraying.

Eliminate breeding sites within 50 feet of your residence.

Empty standing water in old tires, buckets, plastic covers, outside toys, air conditioning drain outlets, and/or anything capable of pooling water.

Remove boxes and other clutter from carports and porches; mosquitoes like to hide in dark places outside.

Empty and change the water in bird baths, fountains, wading pools, rain barrels, and potted plant trays at least once a week if not more often.

Make sure outdoor faucets are tightly shut off to eliminate dripping.

Keep swimming pools treated and circulating and rain gutters unclogged.

Use mosquito repellents when necessary, and follow label directions and precautions closely.

Wear head nets, long sleeves and long pants if you venture into areas with high mosquito populations.

If there is a mosquito-borne disease warning in effect, stay inside during the evening when mosquitoes are most active.

Make sure window and door screens are "bug tight" and in good repair (i.e. snags, rips, tears, etc.).

Questions about insect control may be directed to the Public Health Flight at 327-7613.

Limited service at base restaurant

The base restaurant is offering limited service and menu this week while work is being done on restaurant drainage pipes, according to Jerry Filler, business flight chief with the 78th Support Squadron Services Division.

During the time the work is being completed, the restaurant is not using its downstairs kitchen, Filler said, and the restaurant has reverted to using paper products.

He added that the work at the restaurant is expected to be completed early next week. Full service and menu will resume at that time.

ROBINS BRIEFS

Enlisted promotion ceremony

Col. Bonnie C. Cirincione, 78th Air Base Wing commander, will host the monthly 78th ABW Enlisted Promotion Ceremony on Aug. 30, 3:30 p.m., at the Smith Community Center auditorium. Those being recognized will be notified by their respective first sergeants. Commanders, supervisors, family members and friends are encouraged to attend. Show your unit's pride and spirit; come and join us in congratulating our new promotees. For more information, contact Senior Master Sgt. Editha S. Garcia, or Master Sgt. Mike Stanton, at 926-0792 for more information.

Voters Week

The Secretary of Defense has declared Sept. 1-7 as Armed Forces Voters Week. This week is the last safe week to submit a Federal Post Card Application, SF 76, request for registration and/or absentee ballot to meet most state deadlines for the November general election. All units are requested to appoint a voting assistance representative.

Visit www.fvap.gov for voting information. Contact Capt. James Mitchell at 926-8206 or james.mitchell@robins.af.mil, for more information.

Senior officer announcement

Brig. Gen. Mark W. Anderson is leaving his position as mobilization assistant to the commander, Warner Robins Air Logistics Center to become mobilization assistant to the director, logistics, Headquarters Air Mobility Command, Scott Air Force Base, Ill.

What is CAC?

CAC stands for common access card. The common access card is the Department of Defense's answer to "smart card" technology. The CAC will be the standard identification card for active duty military personnel, selected reserve, DOD civilian employees and eligible contractor personnel.

Many DOD installations have already begun issuing the CAC and Robins is scheduled to begin issuing soon. Please watch for additional information. Points of contact are Kathi Park at 327-7361 and Master Sgt. Rhonda Britt at

Airmen Against Drunk Driving seeks more volunteers

By Lanorris Askew
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Two years ago a group of airmen with the 93rd Air Control Wing decided to get together and do something that would not only save military members from the embarrassment of a driving under the influence stop, but save lives as well.

That something was the founding of the Robins Air Force Base chapter of Airmen Against Drunk

Driving.

Since the time of its founding, the number of volunteers with the program has fluctuated, but now Senior Airman Anthony Mettler, Robins AADD vice president, said the number is below the desired point and the recruitment drive is on.

"The mission of the organization is preventing needless mishaps caused by the consumption of alcohol," he said.

"We want to get as many people

as possible to come out to the meetings and learn what the program is all about."

AADD meetings are currently held every Wednesday from noon until 1 p.m. in the 93rd Air Control Wing conference room.

Mettler attributes the drop in volunteerism with busy summer schedules and recent deployments.

"We welcome anyone who wants to become a part of this association," said Mettler. "The more the merrier."

Mettler said the organization has grown beyond the 93rd to include the entire base and though the name is Airmen Against Drunk Driving the recruitment drive has opened the program to any interested rank.

In addition to knowing the efforts of the program have helped others, Mettler said it looks great on paper.

"Being a part of this organization is great for enlisted performance reviews," Mettler said.

He said since the beginning of

the campaign, the privately funded organization has given more than 100 safe rides.

"Saving lives and keeping our fellow military members from making decisions that could result in the loss of life, money or mobility is one of the primary reasons for this campaign," he said.

For more information on the program e-mail Mettler at anthony.mettler@robins.af.mil. Give your name, rank and duty number as well as any questions.

BEST still in use during system change

Some transactions on hold while Robins switches to Modern

Robins Office of Civilian Personnel

Officials of the Robins Office of Civilian Personnel have advised that during the deployment to the Modern System, employees should continue to use the Benefit and Entitlement Services Team, or BEST, automated Web and phone systems to make benefit and entitlement elections.

Federal Employees Health Benefits, Federal Employees Group Life Insurance and Thrift

Savings Plan elections made via the BEST automated systems prior to Sept. 8 will process to the appropriate data system — Legacy or Modern, update the employee's personnel record, and flow to and update the payroll system.

Beginning Sept. 8 and continuing until the Modern DCPDS is available for update — currently projected for Sept. 17 — the BEST-automated systems will initiate a process to hold TSP, FEHB and FEGLI transac-

tions. Elections made Sept. 8-16 will not update the employee's personnel record or flow to payroll, according to officials.

FEHB elections will continue to flow to the insurance carrier via automated carrier feed and update the carrier's records. Employees can request a copy of their health insurance election form, Standard Form 2809, through the automated phone system as soon as they make an election, officials said.

To verify elections made during this period, employees will access the corresponding personal/projected area of the phone system or

personal transaction, view/void area of the Web system. Once the modern DCPDS is available for update, civilian personnel will process the held transactions.

The benefit election effective date will be based on the date the employee made the election. Elections effective Sept. 8-21 should be reflected on the Sept. 27 leave and earning statement. Employees should review their LES carefully and contact BEST immediately if the transaction is not reflected, officials said.

Employees serviced by the Air Force Personnel Center can access the auto-

mated system to obtain additional information or to ask questions in the above areas and or complete transactions by dialing their toll free number at 800-997-2378 (BEST) or 210-527-2378, if calling within the San Antonio area. Employees can also access the automated system by Web at http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm. Employees needing to speak with a benefits counselor can do so by calling the numbers listed above. Hearing Impaired employees can reach a counselor by calling TDD 800-382-0893 or 210-565-2276, if calling within the San Antonio area.

Lunch celebrates women's equality

The Federal Women Program Committee at Robins Air Force Base will host the annual Women's Equality Day Luncheon Monday at the enlisted club.

The speaker will be Maj. Karon L. Uzell-Baggett, 78th Mission Support Squadron commander.

The celebration of Women's Equality Day commemorates the efforts of generations of women who worked to win the right to vote.

Correction

There was an error in the Aug. 16 Rev-Up on page A-4. The funds for the ice cream bars came from commanders discretionary funds.

EM

Continued from A-1

Group and EM regarding the base's drinking water providing analytical results from testing and confirming its safety.

This information was also made available to the inspector and can be found on the Web page at http://www.robins.af.mil/78MEDGP/aerospace/bio/water_quality_files/frame.htm

Two inspectors from Region 4 of the EPA made a visit on July 31 to inspect the Robins' underground storage tanks. According to Deborah Peterman, Tank Program manager, this was a complete

inspection following up on findings from the 1999 inspection.

"Instead of possibly fining us they decided to re-inspect," she said.

Peterman said the inspector was amazed and said in 13 years he had never had an inspection of this sort with no findings.

"Due to the diligence of the tank team, and their attention to detail — we came out on top," she said. The center's wastewater program also performed up to par. According to Sam Rocker, Wastewater Program manager, their annual inspection brought kudos.

Rocker said the replacement of plastic pipe with ductile iron pipe in the wastewater discharge pipeline



would halt future pipeline ruptures. The rapid completion of the pipeline project was praised by the inspectors.

"This process was completed in-house by Civil Engineering," said

Rocker. "Forty-nine hundred feet of pipe was replaced."

During the wastewater inspection, it was also noted that the Industrial Wastewater Laboratory personnel continue to make improvements in the detailed records they maintain for data management.

"As chairman of the Environmental Protections Committee, I want to personally commend the program managers and team members in all critical environmental programs said Brig. Gen. Larry Stevenson, Warner Robins Air Logistics Center vice commander. "Based on the inspection results, these individuals went above the

call of duty to correct deficiencies, monitor and track systems and ensure Robins Air Force Base is in compliance with state and federal laws. These individuals are among our greatest assets that make up Team Robins."

Steve Coyle, director of Environmental Management, attributes the team success to getting away from "end of the pipe" solutions and determining the root cause of problems.

"More importantly, Pollution Prevention projects, back to basics and ECAMP inspections, Lean events, 6S and a quality attitude centerwide has helped eliminate pollution before it becomes a problem," he added.

New drug policy expands testing to catch more users

By **Gerry J. Gilmore**
American Forces Press Service

WASHINGTON — The Defense Department is continuing its anti-drug efforts with a new policy that involves more frequent random testing of active duty military, reservists and civilian employees.

Signed by Deputy Defense Secretary Paul D. Wolfowitz on July 31, the new policy reflects the reality that the nation is at war, Andre Hollis, deputy assistant secretary of defense for counter-narcotics, said Aug. 13.

"It's even more critical during war that our service members are mentally alert and physically fit. Drug use is inconsistent with that," he emphasized. "I'm sure that's the message you'll hear from the NCOs all the way up to the secretary of defense."

Hollis said he was tasked to do a bottom-up review of DOD's drug policy after assuming his job in August last year. The new policy is a

result of that review, he noted. The primary purpose of the policy is to reduce demand for and the use of illegal drugs within DOD.

"We're going to increase our testing across all the services — active, National Guard and Reserve," he said. "That's very important, because all of our men and women in uniform and civilian members of DOD are involved in this war effort. It's critical that we all give 100 percent and that we're drug-free and able to help the secretary and the president in this war on terror."

Hollis said the new policy also calls for minimum, across-the-board consequences for anyone in DOD — military or civilian — caught using drugs. He said that he noticed during his review that rules varied across the services regarding drug use.

For example, he explained, in the past service members of different branches found using drugs under the same circumstances

might have received different punishments. DOD is working closely with the services to come up with minimum uniformity to improve not only the sense of fairness, but also the clarity of the message, he said.

Hollis noted that message is simple: Drug use is incompatible with military service or civilian employment at DOD.

"Drug use is not going to be tolerated. There are going to be consequences," he emphasized. "We will not tolerate it." Abusers, he said, could be subject to dishonorable discharges, dismissals, prison time, fines and criminal records.

Responding to some media reports that allege a great increase in illegal drug use within the military, Hollis asserted, "Not so."

Recent DOD statistics bear out his contention there is no drug epidemic in the ranks. There is, however, a modest increase in the overall percentage of active duty troops testing positive for so-

called club drugs during the past three years, he noted.

For example, in fiscal 1999, 1.11 percent of the 1.1 million active duty service members tested were positive for illegal drugs. The positive rate for those tested in fiscal 2000 was 1.32 percent, and in fiscal 2001, 1.45 percent.

Hollis explained the increase by noting that more random testing by the services in recent years has been catching more drug users. Under the new policy, he asserted, random drug testing will become even more frequent.

Second, the services have significantly increased their ability to test for club drugs increasingly favored by younger people, he said. Upgraded laboratory technology also enables testers to detect a subject's drug use further back in time than was previously possible, he added.

In fact, more service members are indeed being busted these days for having the club drug ecstasy in their systems. DOD statistics show 495

ecstasy abusers among the 12,264 active duty service members found abusing illegal drugs in fiscal 1999. With more stringent drug screening standards in place, Ecstasy users totaled 1,744 out of the 16,759 abusers caught in fiscal 2001.

Those numbers hardly represent an ecstasy epidemic, Hollis pointed out. DOD statistics show the fiscal 1999 and 2001 active duty populations to be steady at roughly 1.3 million. The test pools were 1.105 million active duty members sampled in fiscal 1999 and 1.157 million in fiscal 2001.

Hollis noted that marijuana continues to be active service members' illegal drug of choice — used by 70 percent of the 16,759 drug abusers caught in fiscal 2001, down a few percentage points from 2000. The other drugs in the top three most abused by service members are cocaine and methamphetamine (speed). Ecstasy is a close fourth.

Drug abuse degrades per-

formance, Hollis continued, and it may also cause well-documented adverse health effects. DOD medical experts point to recent studies that show users can suffer permanent brain damage from even one small dose of ecstasy.

Hollis said the new DOD policy will simultaneously encourage and educate service members to avoid drug use. DOD's zero tolerance stance on drug use will also be made clear to potential recruits, he added.

"We don't want people who are going to take drugs," Hollis said. "We want the 'best and brightest.' If you're going to take drugs, go somewhere else."

Service members in particular, he pointed out, should recognize that today's world is a dangerous place. "You may be called upon to defend the country. You can't do that if you're 'high,'" he said.

"We want to make sure our policies are clear and that the consequences for breaking those policies are also clear," Hollis concluded.

AFMC leader earns engineering lifetime achievement award

By **Tech Sgt. Carl Norman**
Air Force Materiel Command News Service

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Determined leadership and generosity in sharing his experiences has led academic and industry officials to select the Air Force's only black four-star general for the 2003 Black Engineer of the Year Award for Lifetime Achievement.

Gen. Lester Lyles, Air Force Materiel Command commander here, will receive the award at the 17th annual Black Engineer of the Year Award ceremony set for Feb. 15 in Baltimore, Md.

The award is presented on behalf of the Council of Engineering Deans of the Historically Black Colleges and Universities, Lockheed Martin Corp., DaimlerChrysler Corp. and U.S. Black Engineer & Information Technology magazine.

"It's very meaningful to me that this comes from the deans of prestigious engineering schools, most of whom are not in any way associated with the Air Force," Lyles said.

"This recognizes that hard work, perseverance and dedication always pay off, and validates what I tell others in mentoring or counseling sessions — these are the ingredients to success in any endeavor."

Setting the tone for this honor, James Johnson, dean of Howard University's College of Engineering,

Architecture and Computer Sciences, reflected on a recent Lyles appearance at the college's leadership institute which introduces students to leadership principles.

"He told of a teacher he had one

time who gave them a problem, and if any part of the answer to that problem was incorrect, the entire problem was wrong," Johnson said.

"I think that sets the tone for the excellence he carries today. He set a very high bar for our students to follow."

Besides leadership and role-model qualities, the nine-member council chose Lyles for the award because of the general's career progression and contributions he has made at each level.

"Starting as a lead engineer and going to a four-star general in the Air Force, everything he's done he's done with dignity and style," said Johnson, who was Lyles' col-

"This recognizes that hard work, perseverance and dedication always pay off, and validates what I tell others in mentoring or counseling sessions — these are the ingredients to success in any endeavor."

Gen. Lester Lyles
 Air Force Materiel Command commander



Lyles

lege classmate in the late 60s. "I believe the real value of this award is that it will highlight for thousands of young people the vastness of the opportunities that await them."

Lyles' Air Force career began in 1969. He has served as program element monitor for the short-range attack missile; tactical aircraft systems director; and director of the medium-launch vehicles program office.

He has also served as Ogden Air Logistics Center commander at Hill Air Force Base, Utah; Space and Missile Systems Center commander at Los Angeles AFB, Calif.; and Air Force vice chief of staff.

He holds a bachelor's degree in

mechanical engineering from Howard University in D.C. and a master's degree in mechanical and nuclear engineering from the Air Force Institute of Technology Program, New Mexico State University.

"I can't think of any field as exciting as the technology field," Lyles said.

"To have the opportunity to understand and perhaps master the sciences, or to be able to shape technology to solve problems and needs is very enriching."

"That's why I try to encourage young people to have an interest in math and sciences. Now, couple that interest into a career like the U.S. Air Force, the pre-eminent technical service, and the rewards, fun and excitement are almost unbounded."

During the February award presentation, Johnson said Lyles will receive a plaque and tribute honoring the occasion.

Safety

Continued from A-2

To put things into perspective and evaluate the entire year to date, there have been 50 percent more fatalities throughout the Air Force in 2002 with 81 as compared to the 58 fatalities in 2001.

Where do Air Force Materiel Command and Robins stand in all these numbers? As a major command, AFMC has had four fatalities to date, including two private motor vehicle mishaps, one of which was a

motorcycle, one sports and recreation drowning, and one fatality where an individual fell off a seventh-floor balcony. The Robins community has been very fortunate. We have not suffered an accidental loss of life incident this year.

The accidental loss of even one life is too many. We must accept personal responsibility for our own safety and take care of each other. Care enough to intervene if you see someone not following proper procedures or not wearing required personal protective equipment at work. Care enough to stop

someone from getting behind the wheel of a car when they are exhausted or have been drinking.

As you prepare to travel the highways during the upcoming Labor Day weekend, plan ahead so that you don't take unnecessary risks. Get plenty of rest, count on heavy traffic, and drive defensively. Enjoy your time with family and friends. We want to see you back safe and sound on Sept. 3rd.

robinsjobs.com

Quality-of-life survey offers opportunity to raise concerns

By Staff Sgt. A.J. Bosker
Air Force Print News

WASHINGTON — About 75,000 Air Force people will have the opportunity to address their quality-of-life concerns when they receive the 2002 Chief of Staff Quality of Life Survey in the next few weeks.

This comprehensive survey, covering eight major quality-of-life priorities, will be sent via e-mail to both active-duty people and civilians, said Charles Hamilton, chief of the Air Force Personnel Center's survey branch at Randolph Air Force Base, Texas.

These priorities include manpower, work environment, compensation and ben-

efits, operations and personnel tempo, health care, housing, education and community and family programs.

"I am releasing this quality-of-life survey to get input from our people regarding current Air Force quality-of-life programs and to help us decide which programs or initiatives we need to pursue in the future," said Air Force Chief of Staff Gen. John P. Jumper. "It's important that people take the time to complete this survey to help me improve the quality



Jumper

of life for all our airmen and civilians."

Approximately 5,000 people will receive the survey each day over a three-week period, Hamilton said.

"We are asking that survey recipients complete the survey within two to three days of receiving the e-mail," he said.

"The survey participants and their feedback will remain anonymous," said Lt. Col. Frank Pombar, chief of the Air Force quality-of-life programs branch at the Pentagon. "The collected data will be compiled and given to senior leaders so they are aware of the concerns in the field and can raise these concerns before Congress during fall defense

budget hearings."

Senior Air Force leaders take these surveys very seriously and use the information gathered to develop new programs and initiatives to meet their people's needs, Pombar said.

Answering survey questions honestly is key to providing these leaders with the most accurate picture of current quality-of-life concerns, said officials.

Many of the recent quality-of-life initiatives owe their origins to concerns raised in past surveys, Pombar explained.

"I've seen firsthand how past surveys have benefited people at the wing level," Pombar said. "Concerns about adequate housing, fit-

ness centers, base exchanges and child-care facilities have resulted in numerous construction and renovation projects throughout the Air Force."

"I believe people are the Air Force's greatest resource," Jumper said. "This survey is their chance to help me help them and their families."

Thrift Savings Plan offering improvements

Air Force Print News

RANDOLPH AIR FORCE BASE, Texas — The Thrift Savings Plan's new computerized record-keeping system, set to kick off Sept. 16, will provide more control of accounts for investors and faster processing of transactions, said officials at the Air Force Personnel Center here.

During the transition period, until Sept. 16, access to accounts will be limited, officials said.

Some of the improvements include:

- Account values posted daily.
- Account balances reported in terms of number of shares and dollars value.
- Quarterly statements by mail (January, April, July and October).
- Loans, withdrawals and transfers between funds processed daily.
- Interfund transfers posted to accounts within two business days.
- Ability to increase or decrease the payment amount on TSP loans more than once.
- Online application for loans and



withdrawals.

TSP open season dates are Oct. 15 to Dec. 31 and April 15 to June 30.

"As with any new system, there is a transition period from the old to the new," said Janet Thomas, from the center's civilian benefits and entitlements service team. "So, for a short while, there will be a down time where contributors will not be able to make electronic transactions with the TSP. They will have the option to submit paper requests to the TSP service office."

Military and appropriated fund civilian employees can access the TSP Web system at <http://www.tsp.gov>. Select "civilian" or "uniformed services," click "TSP features," and click "TSP new record keeping system."

Additional information is available for appropriated fund civilian employees from the benefits and entitlements service team Web site and for Air Force military people at the TSP for uniformed services Web site. (Article courtesy of AFPC News Service.)

Deadline for submissions is 4:30 p.m. Monday. Send stories, story ideas and photos to Lisa Mathews or Rebecca Yull in Bldg. 215, Room 106. Call 926-2137 for more information.

Tunner area benefits from Lean applications

Tunner System Program Office

The manufacturer of the Air Force's Tunner aircraft cargo loader/transporter, Systems and Electronics Inc., or SEI, is doing its part in providing the war fighter with a cost-effective loader. SEI committed last year to convert its West Plains, Mo., manufacturing facility to a Lean enterprise.

The Tunner is a state-of-the-art aircraft cargo transporter and loader system that replaces existing 463L material handling equipment system 40K loaders and a portion of wide body elevator loaders.

Dan Rodrigues, president of SEI, initiated Lean initiatives to remain on the competitive edge.

"SEI has long recognized the need for continuous improvement in order to remain competitive in the dynamic environment of government contracting. A major initiative in this regard is the implementation of Lean manufacturing techniques in its various facilities. Because of its importance to both SEI and the government, the Tunner program was chosen for the initial application of the Lean technology. With the support and encouragement of the Tunner System Program Office, Lean concepts have been incorporated into various aspects of the Tunner manufacturing process with significant success," Rodrigues said.

The acquisition program, managed by the Tunner System Program Office, located in the Vehicles Directorate at Warner Robins Air Logistics Center, sees the benefits of increased productivity in the form of improved quality and reduced acquisition costs.

SEI has reduced material review board actions by 39 percent and scrap by 57 percent in areas where Lean manufacturing is fully implemented. In targeted test areas the Tunner program has identified more than \$250,000 in annual cost savings or cost avoidance.

In anticipation of equally impressive results, SEI anticipates implementing Lean manufacturing principles through out its organization. These accomplishments translate into a more reliable product to support the war fighter as well as a significant reduction in production costs for the Air Force.

SEI's implementation of Lean began with training for all involved, from company management to manufacturing engineers to the workers involved with manufacturing parts and assembling the Tunners. A consulting company provided the Lean training; the work force was trained in Kanban inventory control, line and process flow, process mapping and line layout, set-up reduction, and the 5Ss, or Sort, set-in-order, shine, standardize and sustain. The Air Force adds a sixth S for safety.

After training, lean implementation began in October by establishing core teams of both hourly and salaried members. The Tunner steel weld area was designated as the pilot work cell with the lean goal being the elimination of all non-value added activities. The culmination of activity in the steel weld cell identified the need to relocate the shop by swapping areas with the tube-forming cell. This relocation provided immediate results in the steel weld shop because productivity increased approximately 7 to 8 percent. Lean allowed for one-unit flow instead of batch orders,

reducing printed shop orders from 240 to 36 annually, and improved communications and morale in the shop. Additionally, the move of the tube shop provided point-of-use flow for tubes.

The positive results captured in the steel weld cell have flourished in other areas of the factory including the tube forming, gantry mill, machine shop, sub-assembly and aluminum weld areas. "Promoting 'win-win' scenar-

ios is the best way to meet our objectives," said Lt. Col. Jennifer Furr, Tunner System Program director. "In this case, everyone benefits, the war fighter, the contractor and the taxpayer."

The Tunner is a vital component of the 463L MHE vehicle fleet, ensuring rapid on- and off-load capability of military airlift and Civil Reserve Air Fleet aircraft. It's an integral part of the airlift system during peacetime

logistics missions and reduces ground times for increased airlift capability during wartime surges.

Master Sgt. Daniel J. Frazier, 86th Transportation Squadron, Ramstein AB, GE realized the Tunner's impact during Operation Enduring Freedom.

"Before the terrorist attacks, the 723rd Air Mobility Squadron, our 60K owners at Ramstein, processed an average of

5,400 tons of cargo loading 1,100 aircraft a month. Since the attacks, the amount of aircraft up/down loading increased by 33 percent and the amount of cargo-handled rose to a staggering 130 percent. Despite the massive increase in usage, the in-commission rate of the Tunner still climbed to 96.6 percent," he said.

"Shortly after the air war in Afghanistan started, Ramstein was called on to be the sole

launch point for C-17s to air-drop humanitarian daily rations. By March, the number of HDRs dropped was well more than 2 million. This humanitarian mission would have been greatly hindered if not for the 60K. With the fight against terrorism being waged and the massive support being provided to Operation Enduring Freedom, now more than ever am I glad Ramstein has one of the Air Force's largest 60K fleets."

Fitness center an open invitation to get fit

The Robins Fitness Center, the best in the Air Force, is always full of people biking, running, stepping or participating in sports. Middle Georgia is also a perfect location for those individuals who like to exercise outside. The mild weather conditions are nearly always suitable for running, biking, swimming or walking, unlike many of the northern tier bases. Considering these factors, there is no reason why our active duty population can't achieve a pass rate for cycle ergometry this year that would make us all proud.

Last year was a challenge due to several factors that included a vacancy in the exercise physiology position and a relocation of the testing site.

Sept. 11 also resulted in many people being deployed, making it difficult for them to meet their testing requirements.

Despite these factors, some of the cause may be the attitude and misperceptions of many of the people on base. A few weeks ago, I was riding a stationary bicycle during my lunch break and heard another colonel a few bikes down complaining about the cycle ergometry program. He complained that it was inaccurate and did not fairly evaluate his fitness. He also stated that he would prefer to go back to when we were testing everyone with the 1½-mile run. It was obvious that he would not have been there exercising had he not been forced to do so by having to pass the test.

Colonel, here are a few facts, just to set the record straight.

Cycle ergometry was started in the Air Force more than a decade ago. This test was embraced by Air Force leadership for several reasons. First, cycle ergometry is safer than a 1.5-mile run.

Before 1992, units would go to the track once or twice per year and run a timed test to prove fitness. The time requirement was not extremely difficult, but was challenging for those individuals who did not routinely participate in some type of aerobic exercise. These individuals would gut it out on the track and force themselves to run in order to not fail the test. In fact, commanders and first sergeants would frequently run with the people who were having the most difficulty and encourage them to run faster.

This process, unfortunately, resulted in one to two deaths in the Air Force every year from over-exertion.

The cycle ergometry test monitors the heart rate and gradually increases the workload until the individual is working at 70 to 85 percent of his maximal heart rate. If the heart rate increases too high, the test is immediately stopped. This results in an invalid score, so the individual has to be retested, but no one has died while undergoing cycle ergometry testing.

Another reason that the Air Force adopted the cycle ergometry test was to encourage all active duty personnel to exercise more often.

Most people who exercise effectively for 30 minutes three times per week pass the test with no

Fitness has many benefits for the member and the military. Workers who are fit are sharper on the job, and better able to accomplish both physical and mental tasks.

By Col. George P. Johnson
78th Medical Group commander



trouble. Conversely, most people that do not exercise regularly fail the test. If someone fails the test, they are instructed on exercises to perform to improve their aerobic capacity and are retested after three months. Nearly 98 percent of those who retest after 90 days of regular aerobic exercise subsequently pass the test.

Fitness has many benefits for the member and the military. Workers who are fit are sharper on the job, and better able to accomplish both physical and mental tasks.

They have increased energy, a higher tolerance to infection, decreased depression and lower stress. People who exercise regularly also have lower blood pressure, fewer heart problems, less fat and live a longer, healthier life. They have a lower incidence of stroke, diabetes and cancer.

The cycle ergometry test is based on techniques developed by leading civilian exercise physiolo-

gists and sports medicine experts. The test works by giving the tester a specific workload and then following the heart rate response to the workload. The concept is simple; a fit person who walks up a hill will reach the top with a lower heart rate than an unfit person if they climb at the same rate. Generally, the more you exercise, the better you do on the test. The fact that most people who start on a regular exercise program will subsequently pass the test supports the Air Force claim that the test is valid. It may not be perfect in all cases, but it is as accurate as any screening test on the market.

This year, the Air Force changed the cycle ergometry process from a requirement for one test every calendar year to a rolling 12-month year.

Every active duty member must be tested every 12 months. This new method of reporting allows commanders to take a snapshot of the fitness of their command at any

time in the year instead of having to wait until the end of each year. The Air Force grades each installation every month and the results are posted on the surgeon general's Web page.

Since January, we have made significant efforts to improve our standing among other Air Force bases. Despite these efforts, progress has been slow.

I know that we can do better than this. Robins is a great place to live, with the best people, leaders and missions. My goal is for Robins to be first in the Air Force during this year. I know we can do it, but it will require the efforts of everyone.

Commanders, senior NCOs and supervisors need to encourage their people to exercise regularly, granting time off in the regular duty day for exercise when duty permits. Senior members must set the example by exercising and supporting the Air Force fitness program. They must ensure that their people are tested every 12 months and then help those who are not able to pass the test to get fit.

All active duty members need to take personal responsibility for their health by following their own exercise program. Jaime Martin at the Health and Wellness Center is a trained exercise physiologist and can assist you in developing a personal exercise program designed for your needs.

Regular exercise will make a difference. You will notice more energy, less illness, and better overall physical and mental health. Let's do it — let's be No. 1.

Commanders' Action Line



Col. Bonnie Cirrincione
Commander 78th Air Base Wing

Action Line is an open door program for Robins Air Force Base personnel to ask questions, make suggestions or give kudos to make Robins a better place to work and live. Please remember that the most efficient and effective way to resolve a problem or complaint is to directly contact the organization responsible. This gives the organization a chance to help you, as well as a chance to improve their processes.

To contact the Action Line, call 926-2886 day or night, or for quickest response e-mail to one of the following addresses: If sending from a military e-mail system select, Robins Commanders Action Line from the Global Address List. If sending from a commercial e-mail account (AOL, AT+T, CompuServe, Earthlink, etc.), use action.line@robins.af.mil. Readers can also access Action Line by visiting the Robins AFB homepage on the World Wide Web at <https://www.mil.robins.af.mil/action-line.htm>.

Please include your name and a way of reaching you so we can provide a direct response. Action Line items of general interest to the Robins community will be printed in the Rev-Up. Anonymous Action Lines will not be processed.

Maj. Gen. Donald Wetekam
Commander
Warner Robins Air Logistics Center



Handicapped parking

Q: I in no way want to belittle the importance of the need for handicapped parking at Robins Air Force Base, and I don't want to offend any of my handicapped co-workers. However, I feel there are far too many unofficial handicapped parking places on base. I believe that Robins AFB has an official parking plan filed at the 78th Civil Engineering Group. A percentage of parking is set aside and officially designated for use by handicapped employees.

Why are there so many pieces of paper and orange cones unofficially designating handicapped parking? A piece of paper on an orange cone does not legitimize a parking place and turn it into an official handicapped designated slot. People are being given parking tickets and having their driving privileges suspended because they parked in unofficial handicapped designated parking. If the base needs more handicapped parking then have civil engineering draw up a new parking plan and have the paint shop make the proper official designation. In the meantime, please direct that all orange cones be put away and paper signs taken down.

Handicap employees deserve the right to park close to their work center and should have an official designated parking place.

A: Col. Cirrincione responds: Thank you for your concern in improving the parking situation at Robins AFB. Robins AFB Instruction

31-205 Base Parking, does address handicapped parking. Handicapped parking is not based upon a percentage of parking, but instead based upon proof of need provided by a copy of the state issued parking permit for the specific person in question.

We've spread the word through various avenues several times that the unofficially designated parking spots you refer to should be replaced with official stanchions. An orange cone with a piece of paper does not legitimize an official handicapped parking space; in fact, our 78th Security Forces Squadron is helping us adhere to the base instruction on parking and base appearance by picking up these cones whenever discovered.

All facility managers have been told that the papers with orange cones must be taken down and replaced with official stanchions with a handicapped sign and a unique four-letter designation. These stanchions are for temporary handicapped spots for individuals with handicapped permits of less than 180 days. The 78th SFS and the 78th Civil Engineering Squadron are working together with organizational parking monitors to ensure individuals with temporary handicapped parking permits do not park in those respective spots after their permit expires.

While we want to ensure our people who require handicapped parking are provided such close to their workplace, we also want as much

as possible open parking available for our base populace. Any questions concerning this matter should be directed to 1st Lt. Eric Queddeng, 926-5820 ext. 279.

Medical plans

Q: When I worked for the San Antonio Air Logistics Center my medical plan was Humana. I was very happy with their services and rates. Georgia is not serviced by Humana. Before moving here I switched to Aetna, which had the closest coverage to Humana. Upon arrival I was told Aetna was no longer available.

I switched to Blue Cross and Blue Shield since I knew nothing of the other plans. I attended last year's health fair and was disappointed to find only four vendors. Of the four vendors, most local physicians only deal with Blue Cross and Blue Shield. None of the providers have a dental plan to speak of, and all are very expensive. While the biweekly premiums are about the same, the percentage paid by the policy-holder can be prohibitive.

Why can't Robins attract medical plans with more attractive rates and services? Aren't there enough people here? Doesn't the government have enough pull to sponsor better plans? While I realize active military and their dependents do not have to worry about this issue, I believe there are enough civilian employees working on, for or around Robins AFB to war-

rant attention to this matter.

A: Maj. Gen. Wetekam responds: I regret that you have not been able to obtain a health insurance plan that is more in line with your needs. The Office of Personnel Management has statutory responsibility for the types of health benefit plans offered to our employees. Unfortunately, there has not been a participating HMO in Central Georgia since January 2001, as Aetna U.S. Healthcare opted to serve only the Atlanta, Athens and Augusta areas.

You can visit the OPM Web site at www.opm.gov/insure/health/index.htm for information relating to plan comparison booklets and links to other guides and brochures. The comment button will allow you to ask specific questions about federal employees health benefit coverage. These comparison booklets may give you more options, but it is most important that the local treating physicians and hospitals are familiar with and honor the chosen plan.

A health fair will be held again this year at the base restaurant Nov. 5 and 6 from 8 a.m. to 3:30 p.m. each day. Representatives from the various federal health plans will be invited. Providers electing to participate will have a representative on site to explain the specific of their individual plan. Unfortunately, in past years, only the health plan providers with a large portion of the base population enrolled in their plan has attended this annual event.



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Sticking with resolutions

Fitness center helps Robins' employees get results

By Tisha Wright
Tisha.Wright@robins.af.mil

Resolutions are made every year. Some people make them and some people break them. Robins is home to some people who make them. Two ladies who work at the deli and bakery in the commissary have six months of a fitness resolution under their belt. And they have little to show for it, at least in their waists.

"I'm about four or five sizes smaller," said Kelly Engel, the manager of the deli and bakery at the commissary.

"And I'm 40 pounds lighter," said Nicky Stem, an employee at the deli and bakery.

In January, Engel and Stem started an exercise program under the guidance of Robins Air Force Base Fitness Center staff. More than half-way through the year, they are sticking with the program.

"Staff Sgt. Jessica Wilson showed us how to do everything correctly and showed us what we needed to do to lose the weight and gain the muscle," said Stem. "She's been very inspirational and motivational."

This is a commitment but we've had fun, she said.

The wide array of fitness alternatives available through the fitness center makes getting fit and staying fit possible for everyone from the lazy exerciser to the fitness buff. From nautilus equipment to an intramural sports program, the fitness center can accommodate all varieties of interests.

"We've got about a million dollars worth of state-of-the-art equipment for those individuals who are already experienced and knowledgeable in fitness," said Roger Braner, fitness center director.

For those who have no experience with fitness equipment, or fitness basics, the center is a perfect place to start. Individuals can make an appointment with fitness staff to do a baseline evaluation or health risk appraisal free of charge.

"For those who need extra help, I've got staff who have been trained in the Air Force Fitness Fundamentals Course and staff who have advanced certifications from the Cooper Institute Research Center for aerobics," said Braner.

Personal trainers are also available through a pay-per-service arrangement, he said.

The center also houses an indoor running track, 25-meter pool, basketball court, resurfaced volleyball court and indoor soccer area, aerobics room and boxing room. The center provides a full aerobic and spinning schedule to accommodate morning, lunchtime and evening workouts. Most martial arts classes and yoga require payment.

"We expanded the running trail," said Braner. "We wanted people to be able to run, walk or bike safely and we wanted people to be able to bring strollers on the path."

The running path is 3.1 miles long, the equivalent to a 5K, and comes complete with workout stations.

"The par course (stations) is designed to give cardiovascular benefits and flexibility and strength with the stations," said Braner.

Intramural sports are also organized through the fitness center and include volleyball, flag football, golf, bowling, softball and club soccer.

Why bother with working out? According to base physiologist Jamie Martin, obesity has become an epidemic in the United States.

"Today, heart disease effects one in every two people in some form," said Martin. And for military members, passing the yearly cycle ergometry test is an annual reminder that fitness is important.

The "ergo" test, as it is mostly commonly known, measures VO2max or aerobic fitness. The standards, required by the Air Force, are based on statistics gathered by the American College of Sports Medicine.

Air Force personnel can expect a push-up and sit-up requirement to accompany the test in the near future.

"We want to educate people so they can have a fitness behavior that stays with them after their time in the Air Force," said Martin. "Our main focus at the health and wellness center is a better quality of life and independence as one ages."

"No matter how old you are, you still need to be strong," said Stem. "People are getting fatter and getting diabetes and in the direction I was going that is where I was headed."

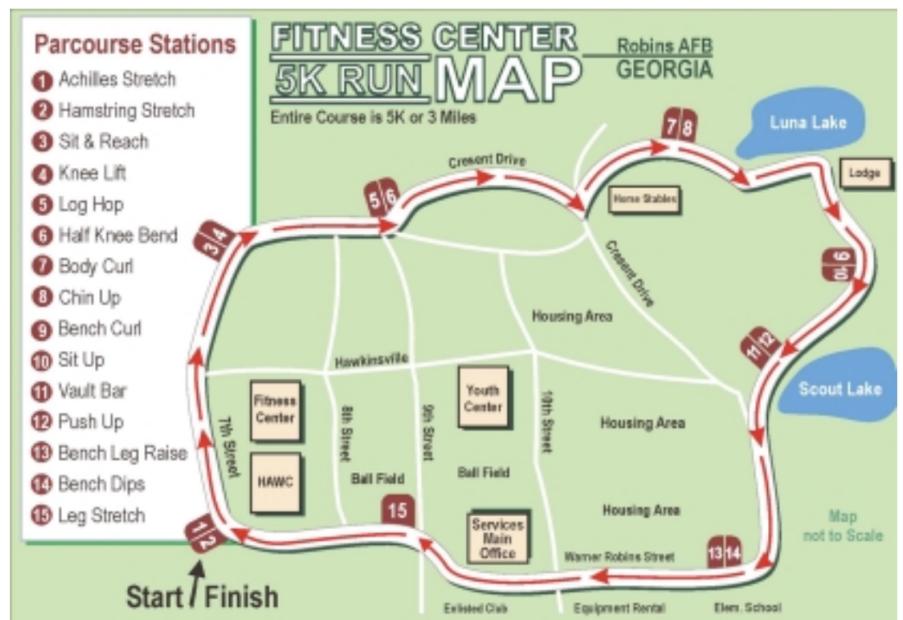
"We both were getting much larger," said Engel, "and I went into another size that I wasn't willing to buy and I just said I'm not doing this anymore."

Stem and Engel are proof that commitment to fitness and utilization of fitness center resources can make the difference — a 40-pound difference.

For more information regarding the fitness center, access the Web site at www.robins.af.mil. Click on services and then fitness center to see what's available.



U.S. Air Force photo by Sue Sapp
Nicky Stem, front, and Kelly Engel do crunches at the Robins Air Force Base Fitness Center. Below left, Engel works on toning her hips and thighs on a nautilus machine.



"Our main focus at the health and wellness center is a better quality of life and independence as one ages."

Jamie Martin
base physiologist

TV SCHEDULE

These shows will air on Cox Cable channel 15 and Watson Cable channel 15.

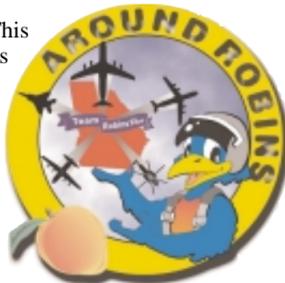


Friday

Robins Report: 8 p.m. – News from around base.

Around Robins: 8:30 p.m. – This week's Around Robins highlights members of the junior golf team and how they fared during a recent championship. Also featured are highlights from this year's Summer Bash. Lindy Kurtz offers a nutrition tip, and John Anderson talks about the base golf championship.

Inside Robins: 9 p.m. – This week's Inside Robins features an interview with Lt. Col. Paul Dunbar. Dunbar discusses how Robins supports the C-17, if Robins will get modification work for the C-17, and multi-mission capabilities of the aircraft in Afghanistan.



Sunday

12:30 p.m. - **Robins Report**
1 p.m. - **Around Robins**
1:30 p.m. - **Inside Robins**

Monday

Noon - **Robins Report**
12:30 p.m. - **Around Robins**
1 p.m. - **Inside Robins**

MOVIE SCHEDULE

All shows begin at 7:30 p.m.

Tickets are \$3 for 12 and older, \$2 for ages 5-11. Visit the movie schedule online at <http://www.robins.af.mil/services/Events/TheaterSched.htm>.

Today — Lilo & Stitch (PG)

Animated
Lilo adopts a small ugly dog whom she names Stitch. Stitch would be perfect pet if he weren't in reality a genetic experiment who has escaped from an alien planet and crashed-landed on Earth. Lilo helps unlock Stitch's heart and gives him the one thing he was never designed to have the ability to care for someone else. (mild sci-fi action)



Saturday — Crocodile Hunter (PG)

Starring Steve Irwin and Terri Irwin.
In the outback and through the bush, the Crocodile Hunter is out to save the gorgeous croc and relocate him. It won't be easy, but if he can handle bird-eating spiders and venomous snakes without getting bitten, secret agents shouldn't be too much of a problem. It's a little beauty! (action violence/peril and mild language)



CHAPEL SERVICES

Catholic Masses are celebrated at the chapel each Saturday at 5:30 p.m., Sunday at 9:30 a.m., and on Holy Days of Obligation at noon and 5 p.m. and Monday through Friday at noon. The Sacrament of Reconciliation is on Saturday from 4:30-5:15 p.m.

Catholic CCD classes for ages 4 through adult meet every Sunday from 11 a.m. until noon — from September through May — at Robins Elementary School.

Protestant services take place every Sunday at: 8 a.m. inspirational; and 11 a.m. traditional.

Protestant religious education classes for people of all ages meet every Sunday — from September through May — from 9:30-10:30 a.m. in Bldg. 905.

Jewish service time is each Friday at 6:15 p.m. at the synagogue in Macon.

Islamic Friday Prayer (Jumua) is each Friday at 1:30 p.m. in the chapel annex Rooms 1 and 2.

Community fellowship and Bible study is held at 5:30 p.m. Wednesdays for the following groups: adult mixed, adult singles, adult women, youth and elementary school children. Free dinner is served from 5:30 to 6:30 p.m. Bible study follows.

The chapel helps with any spiritual needs that arise. For further information, call the chapel at 926-2821.

SERVICES ANNOUNCEMENTS

Aero Club 926-4867

Safe Summer Cash-In offers aero club members the chance to win \$250 worth of flying hours or merchandise by attending safety meetings through September. Bi-monthly safety meetings offer members information on flight safety as well as an opportunity to network with other aero club members. A safety meeting will be held Wednesday at 11:45 a.m. For more information on Safe Summer Cash-In or membership, call the aero club.

Enlisted Club 926-4515

The Press Box is open for lunch Monday through Friday from 11 a.m. to 1:30 p.m. and dinner 6-9 p.m. every Friday and Saturday. The dinner special will be two-for-one 10-ounce T-bone steaks for \$14.95 today and Saturday, and Tulsa chicken-fried steak for \$6.95 on Aug. 30 and 31. Reservations are welcome but not required.

The Press Box offers an express lunch buffet and J.R. Rockers offers the big 12 menu Monday through Friday from 11 a.m. to 1:30 p.m.

World Wrestling Entertainment Summer Slam will be held Sunday at 8 p.m. Cost is free for members and \$5 for guests.

Fitness Center 926-2128

The fitness center provides massage therapy at the health and wellness center, located in Bldg. 827. Victoria Warner, certified massage and sports therapist, accepts appointments between 11:30 a.m. and 3 p.m. Tuesday



and Friday. Cost is \$45 per hour or \$35 per half hour. Call the fitness center for an appointment.

Nutrition Connection, located in the fitness center in Bldg. 876, offers nutritious and delicious shakes and smoothies as well as a variety of nutritional supplements and snacks. Call 922-1508 to speak to a staff member.

Japanese Grill 922-0136

The Robins Japanese Grill, located in the community center, is open Monday through Friday from 10:30 a.m. to 8:30 p.m., and Saturday from 11 a.m. to 8:30 p.m.

Nature Center 926-4500

An end-of-summer craft program will be held on Aug. 31 from 3:30 to 4:30 p.m. Cost is \$5. Sign up by Wednesday.

Pizza Depot 926-0188

Buy a chicken-fried-chicken on a round bun for \$4.50 and enter into a drawing to win one of two \$25 Brakebush gift certificates to be used at the Pizza Depot. No purchase necessary with an index card sent to the 78th Services Division Marketing Office, 755 Warner Robins St., Robins AFB,

Ga. 31098-1469. No federal endorsement intended.

Skeet Range 926-4733

A hunters special is slated for Aug. 25 from 1 to 4 p.m. Cost is \$2 per 25 targets with state hunting license.

Skills Development Center 926-5282

The skills development center and wood shop will hold grand opening celebrations from Sept. 23 through 27. A ribbon-cutting ceremony will be held on Sept. 23 at 11:30 a.m.

Smith Community Center 926-2105

Smith Community Center is offering open chess play in the ballroom from 11 a.m. to 1 p.m. Tuesday and on Sept. 3 and 10.

Teen Center 926-5601

The following activities are scheduled at the center: basketball at youth center, 8 p.m., and movie night, 8 p.m. today; TRAIL event, 10 a.m., and center open, 6-11 p.m. Saturday; and open recreation, 3-7 p.m. Tuesday through Thursday.

Wynn Dining 926-2073

Starting Oct. 1, Wynn Dining Hall hours will be as follows: breakfast, 6-8 a.m.; lunch, 10:30 a.m. to 1 p.m.; supper, 3:30-6 p.m.; carry-out meals, 6-7 p.m.; midnight meal, 11 p.m. to midnight. Air Force Materiel Command base guidelines require service to be no more than nine hours per day.

FAMILY SUPPORT CENTER

Robins Air Force Base Family Support Center-sponsored classes, workshops, and seminars are open to all Team Robins Plus personnel and their eligible family members. Absences from duty sections to attend FSC offerings are the responsibility of the employee to coordinate with his/her supervisor. Because room assignments are subject to change, specific room numbers will be confirmed at the time of registration. The FSC is located on Ninth Street in Bldg. 794, across the street just before the Robins Enlisted Club. Hours are 7:30 a.m. to 4:30 p.m., Monday through Friday. For additional information, or to make a reservation, call 926-1256.

Pre-TAP briefing

A pre-TAP briefing will be conducted Tuesday, 1-3 p.m., Bldg. 905, Room 250.

The Transition Assistance Program is offering a briefing for personnel and their spouses who are within one to three years of separation or retirement. This session is designed to help individuals get a head start on long-range retirement or separation planning, benefits and other information. To register, call the center at 926-1256.

Bundles for babies

The Air Force Aid Society will conduct a Bundles For Babies class Wednesday, 10 a.m. to noon, Bldg. 700, Room 180. The class is specifically designed to assist new parents. This program consists of an educational session by the Family Advocacy nurse, which covers topics such as baby's brain development and how to stimulate that growth; personal financial program manager on financial matters concerning a newborn as well as an overall briefing on all the program opportunities the Air Force Aid Society offers.

This program is open to all active duty Air Force members and their spouses, who are expecting a child, regardless of rank or number of children in the family.

To register, call the center at 926-1256.

Interviewing 103

An Interviewing 103 workshop will be conducted Thursday, 9:30-11:30 a.m., Bldg. 905, Room 138.

This session is designed to assist in an overview of how to determine worth and know if the salary is negotiable, including how to and when not to factor in benefits packages. Strategies and tips are provided to assist in overcoming discomfort and empower applicants in gaining a better salary.

To make a reservation for this workshop, call 926-1256.

Financial workshop

The Consumer Credit Counseling Service of Middle Georgia, a non-profit organization funded by the United Way, will conduct a free money and credit management workshop on Aug. 30, 1-4 p.m., Bldg. 905, Room 127.

A comprehensive workbook is provided to all attendees. Information on credit management, debt reduction and consumer rights will be presented at this workshop. Assistance will be provided in the development of budgets and savings plan so that financial goal may be realized. This workshop is open to all Team Robins Plus members.

Call 926-1256 for a reservation.

Smooth Move

The next Smooth Move workshop is on Sept. 4, 8-11 a.m., in Bldg. 905, Room 141.

This program is designed for Air Force members on the move. It is three hours of information on how to get from here to there with the least amount of hassle, frustration and stress.

Base tour

The center is sponsoring a base tour for all Team Robins Plus members and their eligible family members on Sept. 4, 1-3 p.m. starting at the enlisted club. The tour is designed to help newcomers become acclimated with the base.

To make reservations, call 926-1256.

Back to school

A back-to-school college basics workshop will be conducted on Sept. 10, 1:30-3:30 p.m., Bldg. 905, Room 137.

Many people leaving active duty choose to start, return to or continue their education after military service. Information covered includes the application process, factors to consider when selecting a school, GI bill information and researching scholarships.

To make reservations for this workshop, call 926-1256.

Sponsorship training

The Center's Relocation Assistance Program will offer training for beginner and experienced sponsors on Sept. 10, 9-11 a.m., in Bldg. 905, Room 123.

The training provides information on what type of information to send to the member making the permanent change of station and where to obtain it; different ways to communicate with the inbound member; and information regarding responsibilities to the newly assigned member and their family, if applicable.

Advance registration is required.

Give parents a break

The Air Force Aid Society, in cooperation with the Air Force childcare community, has agreed to provide funding for childcare under the "Give Parents a Break" program. The purpose of this program is to offer eligible parents a few hours break from the stresses of parenting. Parents may use this time to suit their personal needs.

Under the program, the AFAS will pay the cost of having the base child development center for children younger than 6, and the youth activities center for children older than 6, open the first and third Friday of each month from 6:30 to 10 p.m. for families referred to the program.

A referral certificate must be issued and signed by a recommending official and forwarded to the child development center or youth center not later than close of business Wednesday prior to the third Friday of each month. Certificates may be reissued as necessary and should be kept on file at the CDC in order that center personnel may verify eligibility.

Nursing mothers program

The Air Force Aid Society Nursing Mom's Program provides a grant, up to \$100, towards the rental or purchase of a breast pump to eligible active duty Air Force families as an incentive to enroll in Family Advocacy's Parents Support Program. Most medical experts feel that breastfeeding is the best nutritional source available for new babies and strongly encourage expectant moms to feed their babies this way.

This program makes it possible for young families, who may not otherwise be able to afford a breast pump, to participate and at the same time, receive valuable advice and training from the Family Advocacy nurse specialist. The FANS determines need, certifies participation and provides the member or spouse with a voucher for the grant. If a participant has a need for assistance above the provided grant, an interest-free loan may be offered, up to \$200.

The voucher should be given to one of the participating rental agencies in your area who will receive payment monthly from the AFAS.

Employment assistance

The Employment Assistance Program provides ways for military spouses, military family members and displaced Department of Defense civilian personnel to identify skills and interests, plan careers, improve job search skills, and increase opportunities for employment or a career change. With increased access to employment opportunities and information, this program will help people get a head start on a new career.

For more information about this program or to schedule an appointment, call Doug Jones, career focus manager, at 926-1256.

Airman donates hair to charity

By 2nd Lt. Stacie Shafran
Air Force Print News

HANSCOM AIR FORCE BASE, Mass. — Senior Airman Terry Ide, from the Electronic Systems Center public affairs office here, has two choices when it comes to wearing her hair in uniform: either cut it or wear it up. For the past four years, Ide has worn her hair, more than a foot long, in a tight bun.

This changed recently when she had 14-inches of hair cut off at the base beauty shop and donated to charity. Locks of Love, a nonprofit organization, provides hairpieces to financially disadvantaged children across the country who suffer from long-term medical hair loss.

"I had been thinking about cutting my hair for awhile now, but being pregnant and tired all of the time gave me the final push.

"I was at the end of my first trimester when I cut my hair and it was a way of celebrating," she said. "My whole life is about to change anyways, why not the hair too?"

According to the Locks of Love Web site, the donated hair is used to make hairpieces for children who have lost their hair because of alopecia areata, an



U.S. Air Force photo by Jason Ide

Senior Airman Theresa Ide has 14-inches of hair cut off by Christina Ganley, at the base beauty shop at Hanscom Air Force Base, Mass. Ide donated the hair to Locks of Love, a charity that provides hairpieces to children suffering from medical illnesses.

auto-immune condition with no known cause or cure, or those who have suffered from severe burns, radiation treatment to the brain stem or dermatological conditions that result in permanent hair loss.

"Growing up is hard enough, I can't imagine having to do it with an illness," said Ide. "My contribution might help one little kid gain more confidence and have an easier time around other children."

ROBINS BULLETIN BOARD

School board elections

The Robins Air Force Base Elementary School Board has three openings for new members this year. Base residents are eligible to seek election for the board. An election will be held on Sept. 10 at the school from 8 a.m. to noon.

There are currently two openings from Area I — Pine Oaks, Lake Side, Officers' Circle, Chiefs' Circle — and one from Area II — located across from the school. Applications are available from the school and are due to be completed and returned to the school by Sept. 6 at 3 pm.

Anyone interested in further information about the school board can contact Joseph Guendon, district superintendent, at 926-3671.

Induction ceremony

The Robins Air Force Base Top 3 Senior Noncommissioned Officer induction ceremony will be held at 5:30 p.m. Wednesday at the Museum of Aviation Century of Flight hangar. The uniform is mess dress or semi-formal, for enlisted and civilians. See your first sergeant or a Top 3 member to make a

reservation. Tickets are \$20 per person. For more information, contact Senior Master Sgt. James A. Kindler, Senior Master Sgt. Phyllis A. Lopez-Velasquez or Master Sgt. Leroy Krind at 926-5889.

Chapel to hold jam fest

The Robins Chapel is offering anyone who plays an instrument or has another musical talent to join in a jam fest at the chapel on Aug. 30 at 7 p.m.

William Brown and Chief Master Sgt. Lawrence Knox, chapel music coordinators, said the fest will give singers and musicians a chance to hone their skills and have a good time with other musical people. The evening includes refreshments.

Anyone — military or civilian — interested should call chaplain assistant Airman 1st Class Sheleada Wells at 926-2821 for information and registration.

Scholarship available

The Olmstead Scholar Program provides an opportunity for outstanding junior line officers to study at a university abroad. The length of study is two years and the purpose is to provide the

officers with an in depth understanding of a foreign culture so they will be sensitive to viewpoints and concerns of people around the world. Since study must be in a foreign language, selected officers attend up to a year of language training before beginning their studies. Interested officers should mail their application to AFPC/DPAPE, 550 C St., Suite 1, Randolph AFB, Texas 78150-4734. Application procedures can be obtained from the officer PME Web site at afas.afpc.randolph.af.mil/pme or through local military personnel flight customer service. The deadline for applications is Oct. 15.

Museum needs volunteers

The Museum of Aviation Flight and Technology Center is seeking volunteers to meet and greet visitors daily from 9 a.m. to 5 p.m. Monday through Sunday. Tour guide opportunities are available as well as special function opportunities. For additional information, please contact museum director of protocol and volunteers, Judy Blackburn at 926-4242 or 926-6870 for additional information on how your time and talents can be used.

Rev Up

Submit planner information, honor rolls, features and bulletin board items to Rebecca Yull, Rev-Up associate editor, Bldg. 215, Room 106. Also e-mail at rebecca.yull@robins.af.mil or fax to 926-9597.

REACH

The REACH program on Robins AFB provides employees a chance to work with local youth one hour a week. Anyone interested in becoming a REACH mentor should contact Laura W. Davis at 926-6094 or laura.davis@robins.af.mil.

HONOR ROLLS

Airman 1st Class Sharman L. Moore, 78th Civil Engineering Group, has been recognized for superior performance as a Robins Air Force Base Career Development Course Honor Graduate. Moore achieved a score of 97 percent on her end of course examination in the 3E651 - operations management career field in January.



Allen Quattlebaum was named the Plans and Programs Directorate Supervisor of Quarter for the third quarter. Quattlebaum is the chief of the A-76 and Productivity Division responsible for planning, managing, and directing subordinates in all phases of A-76, foreign military sales, IDEA program and productivity. Quattlebaum always seeks input on ways to improve processes he supervises. He will take on new challenges with a "can do" attitude; sees no problems only opportunities. His pleasant attitude sees the best in people; has no enemies. Quattlebaum also recently received the annual Federal Manager's Association Manager of the Year award, and has been selected to represent the FMA region as their nomination for the FMA national award.



Quattlebaum

Youths dominate Pine Oaks golf championship

By Phil Rhodes
phil.rhodes@robins.af.mil

With age comes experience, but that theory was as far off the mark as a bad slice as three teen-agers showed up the field at the Pine Oaks Golf Course Championships last weekend. Fifteen-year-old **Ben Kishigan** shot 71-74 to win the base championship; 18-year-old **Robert Burwell** took the Championship-B flight; and 15-year-old **Ryan Hall** obliterated the First Flight with a 9-stroke advantage.

More than 100 golfers played in the two-day, 36-hole event on Pine Oaks' narrow fairways and unforgiving small greens in conditions that couldn't have been more perfect. John Anderson, director of golf, said this was a great event because of the turnout and scoring.

Not one to gloat, Anderson was satisfied that none of the golfers were able to break par, partly due to deceptively difficult pin placements.

"If you missed the greens on either side, it was difficult to get to the pin with a decent chance at par," he said of his strategy. Apparently it worked; the average score for the Championship A flight for the tournament was 75.8 on the par 71 track.

Anderson said the women's flight was among the strongest ever fielded here. **Amy Rongey** ran away with the low-gross title with a consistent 79-80. Sheri Andino, a pre-tournament favorite, was three strokes back after the first day, but faltered in the second round. Low-net honors went to **Dee Kegley**, with a net 135 total.

Other notables: **Dean Soderberg** earned most improved honors with a 13-stroke turnaround to win the Championship C flight. He opened the tournament with an 85, but came roaring back with a smooth 72. **Mark Rongey** finished second in Championship C flight, but wasn't the big bread winner in his household. His wife Amy brought home the bigger paycheck with her ladies flight title.

Speaking of money, Anderson said the club paid out more than \$3,000 and more than half the field earned prize money (gift certificates).

This year's tournament was divided into three events: the base championship, which was open to all players; the Pine Oaks championship for members of the course; and the Air Force Materiel Command qualifier, from which five golfers were selected to represent the base in the command tournament here Sept. 10-13.

Kishigan won the base championship. **Chris McIlwain** won the Pine Oaks championship by defeating **Brian**

Tournament Summary			
Pine Oaks Golf Championship, Aug. 17-18, 2002. Robins Air Force Base, Ga.			
Championship A Yardage: 6,343; Par 71			
Ben Kishigan	71	74	145
Chris McIlwain	74	73	147
Brian Billingsley	75	72	147
Ed Wolfe	74	74	148
Barry McClure	73	77	150
Mike DeGroot	75	76	151
Danny Langevin	74	77	151
Mike Ashbey	75	80	155
Chris Danko	75	81	156
CJ Bartholomew	74	83	157
Phil Johnson	75	86	161
Championship B			
Robert Burwell	77	75	152
Tony Colbert	78	79	157
Phil Rhodes	79	78	157
Larry Stevenson	80	78	158
Bryan Van Hoose	77	82	159
John Pagura	81	79	160
B. Dodson	79	83	162
Dave Bridges	79	84	163
Jason Barlow	80	83	163
Shaun Southall	82	81	163
Eric Rider	81	86	167
Chuch Shipes	81	86	167
Johnathan Terry	82	88	170
Championship C			
Dean Soderberg	85	72	157
Mark Rongey	83	76	159
Larry Johnson	84	77	161
Marlin Hamil	83	79	162
Chris Wolfe Jr	83	79	162
Dave Bentley	84	79	163
Tracey Palmer	84	80	164
Dan Rowland	84	82	166
Michael Engel	85	83	168
Aaron Percival	89	82	171
Luke Hendon	97	86	183
James Norvelle	83	WD	
Hal Hamner	84	WD	
Thomas McDaniel	84	WD	
Brad Fuller	90	NC	
First Flight Yardage: 6,059; Par 71			
Ryan Hall	76	76	152
Ray Courtney	79	82	161
Roger Crozat	84	81	165
Stan Palat	79	89	168
Ron Turk	84	86	170
Todd Brewer	84	88	172
Duane Hall	84	88	172
Greg Hamilton	87	87	174
Mark Graves	85	94	179
James Jones	NS		
Second Flight			
Fred Otto	82	85	167
Frank Seames	85	91	176
Lynn Wilhelm	85	92	177
Jerry Arcenau	88	90	178
Alan Hastings	90	89	179
Louie Prieto	88	92	180
Alan Wallace	85	96	187
Jerry Vail	92	188	
John Grimila	NS		
Third Flight			
Ralph McElwain	80	84	164
Doug Lewis	89	84	173
Mike Shutter	87	87	174
Frank Woodcock	91	91	182
George Overbaugh	88	95	183
Zach Tyler	80	103	183
Wayne Thomas	81	101	190
James Dennis	86	WD	
Kevin Walb	87	WD	
Philip Waltze	94	NC	
Joe Mertz	109	NC	
Travis Stroud	NS		
Fourth Flight			
	G / N	G / N	G / N
G1 Wilfred Kusuda	92/74	90/72	182/146
G2 Ron Townsend	95/75	90/70	185/145
N1 Victor Mungia	102/71	102/71	204/142
N2 Dan Douglas	95/76	92/73	187/149
N3 James Berger	90/72	95/77	185/149
N4 Joe Paguilligan	93/73	97/77	190/150
Willie Council	106/83	97/74	203/157
Ray McCord	95/75	101/81	196/156
Wayne Saunders	93/74	98/79	191/153
Pete Ranjo	102/80	WD	
Randy Trahan	NS		
George King	WD		
Women's Flight Yardage: 5,530 yards Par 71			
	G / N	G / N	G / N
G1 Amy Rongey	79/71	80/72	159/143
G2 Colleen Dressler	86/71	80/70	171/141
N1 Dee Kegley	99/65	104/70	203/135
N2 Boyce Parker	88/72	84/68	172/140
N3 Sheri Andino	88/66	93/77	175/143
N4 Donna Crozat	100/76	97/73	197/149
Barb Manders	85/73	88/76	173/149
Pat Thomas	91/76	91/76	182/152
Sarah Landers	105/79	99/73	204/152
Alice Jackson	88/76	89/77	177/153
Note: Only the Fourth Flight and Women's Flight competed for low gross and low net scores G = Gross score N = Net score WD = Withdraw, NS = No Scorecard, NS = No Show			

Billingsly in a one-hole sudden death event after both posted 147 totals.

Both McIlwain and Billingsly earned spots on the Robins team. They will be joined by senior flight winners **Mike Degroot** (151) and **Danny Langevin**

(151), **Amy Rongey** (women's flight) and alternate **Mike Ashbey** (155) in the AFMC contest.

A side note: Anderson believes that Kishigan may be the youngest person to win the Pine Oaks championship.



U.S. Air Force photo by Staff Sgt. Richard Whitmill

AF bike team rolls across Iowa

BELLEVUE, Iowa — The Air Force's Team Aim High, in formation, rides into Bellevue, Iowa, during the 2002 Register's Annual Great Bike Ride Across Iowa, known as RAGBRAI. This year some 100 riders traveled the 480 miles as part of Team Aim High. An estimated 10,000 riders participated in the event.

SPORTS BRIEFS

Archery club

Straight Arrow Archery Club will host a 3D archery broadhead tournament Saturday, with a shotgun start at 10 a.m. There will be targets set at unknown distances and the top shooter will receive choice of one of two treestands. The tournament is open to all archers with archers shooting the equipment they bring. The entry fee for the tournament will be \$10.

The club would like to encourage shooters of all ages to come join the fun. For more information about the club and upcoming shoots, contact Gary Nitz at 929-0930, Karl Bodien at 971-4476, Kevin Inskeep at 328-7714 or Brian Durrance at 328-7435.

Golf tourney

The 10th Annual Hispanic Heritage Month Observance Golf Tournament will be on Sept. 13 at Pine Oaks Golf Course. Registration and lunch start at 11 a.m. A shotgun start will begin the four-person scramble at 1 p.m.

Cost is \$40 per person and includes lunch.

Robins Lanes

Preferred Plus! club members are welcome to bowl three free games every Sunday in August by showing their club card.

Roll into fall with youth bowling. Kids ages 5-21 are required to register by Sept. 7 from 10 a.m. to 2 p.m. Cost is \$20 and includes bowling shirt and Young American Bowling Alliance membership. For more information, call the center.

Bumper-to-bumper is a fun way to introduce kids to bowling. Registration will be held on Sept. 28 for children 3 to 7 years old. Cost is \$21.50 for a 10-week program and includes one game a week and shoes, starting Oct. 5.

Fall leagues begin in September, so bring last year's league card and bowl during open bowling for \$1.25 per game.

Air Force women sweep 2002 softball championship

Steve Brown
Chief Air Force Sports, HQ
AFSVA

NAVAL AIR STATION JACKSONVILLE, Fla. — The Air Force Women's Softball Team won all nine of their games at the 2002 Armed Forces Women's Softball Championship, hosted by Naval Station Jacksonville, Fla., Aug. 5-10.

The team opened the triple round-robin format championship with a 26-13 win over the Navy team. Senior Airman Monica Everett (Robins Air Force Base) and Senior Airman Autumn Brown (Kirtland AFB, N.M.) led the way batting getting hits four out of five at bats each, while four other players hit successfully three out of

four at bats (Capt. Marlys May, MacDill AFB, Fla.; Master Sgt. Cheryl Trapnell, Hurlburt Field, Fla.; Staff Sgt. Karrie Warren, Tyndall AFB, Fla.; and Senior Airman Virginia Gowin, Hurlburt Field).

The team followed this win with a 13-6 victory over the defending championship Army team. Brown again led the team going four for four at the plate, while Gowin, Trapnell, and Senior Airman Toni Owens (McChord AFB, Wash.) were perfect 3 for 3 at the plate. The Air Force team won their last game on opening day with a convincing 17-2 score over the Marine Corps team. Airman First Class Michele Strum (Hurlburt Field), Trapnell, and May were 2 for 3, while Brown contributed her usual 3 for 4.

The second day of competition started with the Air Force defeating the host Navy team by a score of 12-7. Master Sergeant Rhonda Hayes (Tyndall AFB) and May each contributed three hits.

The Air Force then beat the Army 11-7, with Brown 3-3, and Strum and Staff Sgt. Laurie Doughty (66th OAS, Fort Bragg, N.C.) 2-3.

The final game of the second day had the largest margin of the tournament, with the Air



Photo by Navy Petty Officer 2nd Class Eric Clay

Navy Petty Officer 3rd Class Sara Nolen, Naval Air Station Key West, Fla., slides safely into second base as Airman 1st Class Autumn Brown catches the ball during the 2002 Armed Forces Women's Softball Championship Tournament at Naval Air Station Jacksonville, Fla. Aug. 7 to 9. The Air Force swept the tournament with a record of 9-0.

Force overwhelming the Marine Corps 21-1. Airman 1st Class Laura Bradley (Hurlburt Field) and Capt. Frances Dennewitz (Hickam AFB, Hawaii) each contributed two hits in this game, while Airman 1st Class Leslie Eckley (Eglin AFB, Fla.) hit a key single in the team's first scoring rally.

The decisive day saw the Air Force clinch the championship with a 15-4 over the Navy, and then won close 9-8 and 7-6 games over the Army and Marine Corps. Defense was the key on this day of close scoring, with the outfield of Owens, Warren, Gowin, and Everett tracking down fly balls, while pitcher Doughty and the keystone of Trapnell and Brown guarded the middle. Third baseman Dennewitz and first baseman Bradley closed off the Marine Corps with two sparking defensive plays in the top of the seventh in the final game.

Master Sgt. William Hardy (Keesler AFB, Miss.) and Master Sgt. Mark Asbury (Eglin AFB) coached the Air Force Team.

Air Force players selected to the 2002 All-Tournament Team were shortstop Cheryl Trapnell, second baseman Autumn Brown, pitcher Laurie Doughty, extra player Marlys May, and outfielders Monica Everett, Toni Owens, and Karrie Warren.

JSTARS represents Robins at national softball tournament

By Airman 1st Class Tim Beckham
93rd Air Control Wing Public
Affairs

The JSTARS softball team recently represented not only the 93rd Air Control Wing and Robins Air Force Base, but also the state of Georgia in the U.S. Specialty Sports Association Armed Forces World Tournament Aug. 15-18 in Fort Knox, Ky.

The JSTARS softball team finished the tournament with a 1-2 record placing them in the middle of the intramural league.

The JSTARS team competed in the intramural league in the double-elimination tournament. Despite the disappointing record, the team still managed to end in a seventh-place tie out of 12 teams.

The JSTARS played the Army's Double Ds in the first game and lost 14-8 despite the great hitting of outfielder Randy Davis, who lashed two triples over the head of the Double Ds left fielder. Davis scored on both hits in an attempt to keep the game close.

"It felt good to get two solid hits, I felt my swing was on that game, but individual accomplishments mean nothing without a win," said Davis.

"The day I had at the plate would have meant more had we won."

JTSARS pitcher George "Riebs" Riebling also kept the game extremely close. Coming on as a relief pitcher, with two outs in the third inning, and the bases loaded, he got the

other team to fly out and end the inning.

"I was just trying to make the batter swing at my pitch, not his. In a tournament with this many great teams and awesome hitters, any juicy pitch would surely be crushed," said Riebling. "I didn't want to serve up a meatball. This time, things worked out."

Riebling also went 3-4 at the plate, which helped the J S T A R S stay in the game. In his first at bat it

seemed that the Double Ds underestimated Riebling having their outfield play a little shallow. Riebling crushed the ball over the left-center fielder's head for a triple.

For the second game, the JSTARS were matched against an Army team from Fort Meade, Md. JSTARS got off to a fast start scoring 14 runs in the first two innings.

However, their mistakes and poor execution led to Fort Meade climbing back, tying it at 16 a piece in the bottom of the sixth.

With one at bat left, the JSTARS knew it was either perform or go home. After scoring a run, JSTARS had two on with two out.

Outfielder Sherrod Brown, who had been in a bit of a slump to this point walked to the plate and with one swing propelled his team into the next round of the tournament by hitting a two-run triple off the right field fence. JSTARS beat Fort Meade 21-16.

The JSTARS now just had one hour of rest until their third and what turned out to be final softball game.

Geno Yerdon
JSTARS shortstop

They came out flat in the first few innings and were eliminated by Strike Force 13-3.

"We never seemed to get it going in the third game, and after getting down by a few runs we were unable to pull ourselves back," said JSTARS catcher and extra hitter Scott Gibbons.

"We were disappointed to lose, especially in such a prestigious tournament, but we had a good time and represented the 93rd with class," said Geno Yerdon, JSTARS shortstop.

The tournament was open to all services nationwide and 50 teams competed in three divisions.

The JSTARS play for state bragging rights this Saturday and Sunday in Macon.

"We had a good time and represented the 93rd with class."

Submit sports information to 1st Lt. Bryan Reed in the WR-ALC Public Affairs office, Bldg. 215, Room 106. Submissions are due by 4:30 p.m. Monday for consideration for Friday's paper. Submit stories and stats in person, by fax at 926-9597 or by e-mail at bryan.reed@robins.af.mil.

Operation Pillowcase softens sting of family separation

**Air Force Reserve
Command News Service**

WESTOVER AIR RESERVE BASE, Mass. — An award-winning program designed to make children feel less anxious is softening the sting while a parent is away from home on military duty.

Operation Pillowcase, developed by the 439th Airlift Wing family support center staff here, provides children of activated reservists with a pillowcase printed with a picture of their deployed parent. The family support center started the program after Sept. 11 created a demand for additional deployments of Air Force Reserve Command people.

The program recently received a \$3,000 grant as part of the Newman's Own Awards for Military Community Excellence. The grant will be used to make custom pillowcases for families of deployed service members such as Staff Sgt. James McLaughlin, a reservist with the 439th Maintenance Squadron.

"Family support helps to bridge the distance by helping us keep in contact while he's deployed," said the sergeant's wife, Stacy, after the family received pillowcases for their two children.

More than 400 pillowcases have been mailed to children age 10 and younger since the inception of the project, said Tech. Sgt. Kimberly Babin, a family support technician here.

"It's great to see a concept such as this receive recognition," Babin said. "The money will be spent on a heat-press machine, digital camera, special printer, color ink cartridges, envelopes and postage."



U.S. Air Force photo by Senior Master Sgt. Sandi Michon
Staff Sgt. James McLaughlin's son, Greg, hugs a personalized pillow printed with the image of his dad who was deployed earlier this year.

Previously, funding for the program came from activated reservists' monetary donations to the United Services Organization. Besides reservist donations, the Massachusetts' American Legion donated more than 900 white linen pillowcases, 410 iron-on transfers and \$100 for postage.

With donations and the grant, pillowcases will go to hundreds of children whose parents are deployed.

"We've had numerous cards and letters expressing how grateful the parents are for the pillowcase and how much the project has eased the stress associated with deployment," Babin said.

ROBINS CLUBS

Aerospace Toastmasters Club - meets the second and fourth Wednesdays from 11:30 a.m. to 12:30 p.m. in the Contracting Directorate conference room, enter door 201 of Bldg. 300 WW, to room 196. To develop or polish your speaking and leadership skills call club president Robert Mitchell at 926-7851 ext. 120, Keith Dierking at 926-0420 or Brenda Smith at 926-7676.

Company Grade Officers Association - meets the third Wednesday of each month at 4 p.m. at the Georgia Room in the officer's club.

Federal Managers Association - meets periodically. A variety of speakers provide information to ensure excellence in the federal workplace. For information, call Jan McDaniel, Ext.926-2564.

Major General Joseph A. McNeil Chapter of Tuskegee Airmen Inc. — meets the third Wednesday of each month, at 11:30 a.m. at a location designated by the executive board. For more information, contact Toledo J. Bradford, public relations officer, at 926-7851, ext. 114 or e-mail to Toledo.Bradford@robins.af.mil. Interested individuals may also contact German T. Acree, president, at work at 926-6881 or at home at 953-6261.

Middle Georgia Chapter of Blacks In Government — meets the fourth Thursday at 11:30 a.m. at the base restaurant in the private dining room. Guests may attend. For additional information, contact Toledo J. Bradford, chairman publicity committee, at 926-7851, ext. 114 or e-mail to toledo.bradford@robins.af.mil. Interested people may also contact Fred

Wilson, president of Middle Georgia Chapter of Blacks In Government, at fred.wilson1@robins.af.mil.

Military Surviving Spouses — meet on the second Monday of the month for dinner at 6 p.m. in the officer's club. The meeting follows. Any widow or widower of a retired spouse is eligible to be a member. For more information, call 923-1204 or 923-1098.

National Contract Management Association - meets once a month in the officers' club. For information, call Misty Holtz at 926-7121, or Maj. David Hincks at 926-3666.

Network 56 — Information for Network 56 can be found online at <https://www.mil.robins.af.mil/Network56>. The page has information on meetings, links for noncommissioned office development, the organizational charter and news about Network 56.

Officers' Christian Fellowship — meets each Monday at 7 p.m. For more information, contact Jeff or Nancy Smith at 953-7834 or Chris or Deb Holinger at 218-4598.

Officers' Spouses Club — If you are new to Robins Air Force Base and your spouse is eligible for officers' club membership, the Officers' Spouses Club would like to extend a warm southern welcome to you. Call Sandi Smith at 971-4359 to receive a welcome packet.

Procurement Toastmasters Club - meets the first and third Thursday of each month at noon in the Contracting Directorate's conference room, north end of Bldg. 300. For information, call Marian Hartley, 926-0886; or Bob Valdez, 926-9332.

Ravens Toastmasters Club - meets the first and third Wednesday of each month at 11:30 a.m. in the Special Operations Forces Management Directorate's conference room No. 1, Bldg. 300, East Wing, door 6A. For information, call Eddie Sanford, 926-9867.

Reserve Officer's Association - meets the second Tuesday of each month at 11:30 a.m. at the officers club. For information, call Lt. Col. Barry Taylor, 327-1191.

Robins Top 3 Association - meets the third Thursday of each month at 3 p.m. in the enlisted club. For information, call Senior Master Sgt. Kathy Gray at 327-8079, or Senior Master Sgt. Ida Koepke at 327-8312.

Robins' Voices International Training in Communication Club — meets the first Thursday of each month at 11:45 a.m. in the special functions room of the base restaurant. For information, call Evelyn Fountain, 926-7429.

The Retired Enlisted Association Warner Robins Eagle Chapter 94 — meets the second Thursday of each month at 7 p.m. at Warner Robins American Legion Post 172 on Watson Boulevard. For more information, call Dan Toma at 757-2525 or Jack Tooley at 929-6801.

The Society of American Military Engineers — Robins Air Force Base Post meets every third Thursday of the month, 11:30 a.m. at the officers' club for lunch with the meeting beginning at noon.

Editor's Note: Information provided by club members. If your club or group's information changes, notify the Rev-Up staff so that the club listings may be updated.