



Cool your jets  
See Page 1B

NEWS  
YOU CAN USE

State of the Center Address  
Oct. 22-24

The State of the Center Address will be given in a series of seven sessions by Maj. Gen. Donald Wetekam Oct. 22-24, in Building 89 (on the flight line).

This is a mandatory briefing for all Center employees and 78th organizations, 339th Flight Test Squadron and 653rd Combat Logistics Support Squadron. Tenant organizations are not required to attend but are welcome. If a tenant organization would like to attend, contact the Commander's Action Group at 926-3826.

SOCA schedule:  
Oct. 22 - 10 a.m., 1, 3 p.m.  
Oct. 23 - 10 a.m., 1, 3 p.m.  
Oct. 24 - 8 a.m.

Parking will be limited to handicapped and senior staff members. All other employees will be required to ride the bus, walk or ride their bike to the hangar. A bus schedule will run in the Oct. 10 edition of the Rev Up.

CAC deadline now April 1

According to employees at the Robins Military Personnel Flight, a memorandum from David S. C. Chu, Under Secretary of Defense, dated Sept. 5 has extended the common access card registration date to April 1, 2004.

The extension comes after service sites, which have a requirement to issue large numbers of CACs in short time periods, continued to have problems. Robins has suspended resets until December, and employees won't need their PIN number to use their computers until April 4.

According to Master Sgt. David Lee, non-commissioned officer in charge of Customer Service, another reason for the extension is that remote populations, which include military personnel assigned to U.S. Embassies and other locations where there are no geographically convenient U.S. military facilities, did not allow for timely and efficient CAC issuance.

"We are continuing with appointment based service for CAC issue here at Robins," said Lee. "Our walk-in service is still being used, but for mission essential, promotion, lost or stolen, military dependent, and retired ID cards."  
Call the MPF at 327-7361 for an appointment if you do not have a CAC or for more information.

-Lanorris Askew

Good to be home



U.S. Air Force photos by Sue Sapp

Senior Airman Brandon McClendon, 116th Aircraft Maintenance Squadron, catches up with Jeri Pulsipher. The 19th Air Refueling Group brought home 21 airmen - 17 of their maintainers and aircrew, two from Air Mobility Command and two from the 116th Air Control Wing - Sept. 25.



Above, 99th Air Refueling Squadron pilot Maj. Gerry Hinderberger gets a kiss from daughter Kirsten. Right, Col. Raymond Rottman, 19th ARG commander, shakes hands with 99th ARS Capt. Mack Erwin and others returning. They were gone 45 days. Rottman said they will be swapping out about 25 people every 45 days, as long as things stay the same. This will become their regular rotation.



## Public urged to combat violence

By Chris Zdrakas  
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Domestic violence is not a private matter. It's everyone's business, and October is the month to spread the message.

Robins Air Force Base and surrounding communities joined Tuesday in declaring October as Domestic Violence Awareness Month, and resolved to launch a community effort to keep the issue of domestic violence before the public. The theme for the month is "Together We Can Stop Abuse."

Col. Tom Smoot, commander of the 78th Air Base Wing, along with city and county

Please see **VIOLENCE, 2A**

## Campaign halfway to deadline

### Robins doing well with two weeks left

By Holly J. Logan  
holly.logan@robins.af.mil

Robins' Combined Federal Campaign is at its midway point, and the base is making progress toward its goal, said Paul Nagle. To date, Robins has raised \$847,741 of its \$1,250,000 dollar goal.

CFC, a fundraising effort that lasts from Sept. 5 through Oct. 17, offers Robins' employees the opportunity to give something back to their local community by making financial contributions to their local and national charitable organizations, said Nagle, CFC director for 10 Middle Georgia counties.

"Robins is doing great in the campaign this

Please see **CFC, 10A**



What to know

Robins is the largest CFC contributor in Middle Georgia, generating 96 percent of CFC funds.

## Seeing red when you pick up the phone? Good!

By Chris Zdrakas  
chris.zdrakas@robins.af.mil

If you don't see red when you look at your government telephone, you should.

AFI 33-219, the Telecommunications Monitoring and Assessment Program, makes red stickers, DD Form 2056, on government telephones mandatory.

"Think about them this way: They are the first commandment of communications security: Thou shalt not dis-

cuss classified information," said Bob Kinsey, security manager assigned to the 78th Communications Squadron Information Assurance Office. "And for anyone who may be in a 'so what' frame of mind, the stickers say that using the phones constitutes consent to monitoring."

"The stickers mean what they say," Kinsey said. "Communications security - COMSEC - and its first cousin COMPUSEC - computer security - are as straightforward and serious as programs can get. They call on us to work

as a team to safeguard information every minute of the day."

Even the color of the stickers is significant.

"They're red because red suggests the command 'stop!' That's exactly what people should do when they pick up a government phone - stop, be cautious, think, remember all the security stuff you learned at mandatory briefings over the years.

"Because the red stickers are so

Please see **PHONE, 2A**



U.S. Air Force photo illustration by Sue Sapp  
Red stickers like the one above are mandatory on government telephones.

## Air Force news

## Changes limit number of IMA training periods

WASHINGTON - Changes went into effect Wednesday limiting the number of inactive duty for training periods a reservist may perform during a three-month quarter.

The changes provide a training schedule policy for all members of Air Force Reserve Command. They provide senior managers better management of training resources, according to Noah Gibson, chief of education, training and readiness policy in the Office of Air Force Reserve's personnel programs and training division.

Under the new policy, individual mobilization augmentees who are required to perform 48 inactive duty for training periods per year will be authorized a maximum of 16 IDT periods per quarter, not to exceed 48 training periods during the fiscal year. IMAs who must perform 24 IDTs per year will be authorized by their supervisor or program manager to schedule a maximum of eight training periods per quarter not to exceed 24 per fiscal year.

In the past, the number of training periods IMAs could schedule during a quarter was unrestricted.

The changes also require IMAs to project a yearly schedule of IDTs with supervisors not later than Aug. 15 for the fiscal year starting Oct. 1 each year.

Unit commanders must prepare their fiscal year IDT schedule for unit training assemblies not later than May 15 for the upcoming year. They are also limited to scheduling 16 training periods per quarter, not to exceed 48 periods per fiscal year.

Units must go through their numbered air force commander to request an exception to policy, and IMAs must seek approval from their program managers and the commander of the Air Reserve Personnel Center in Denver. (AFRC News Service)

## VIOLENCE

Continued from 1A

officials gathered in the atrium of the 78th Medical Group to sign the proclamation and to "urge all citizens to participate actively in the events, programs and efforts to eliminate the use of violence against men and women."

The Robins Air Force Base program is rooted in the 78th Medical Group's Family Advocacy Office, which this year received \$11,000 in quality of life funding from the 78th Air Base Wing for a Prevention and Relationship Enhancement Program designed to teach couples effective communication skills.

Family Advocacy Outreach Manager Veronica Griffin said that violence in military families undermines both the military mission and military families.

"We must have strong families so we are always ready and able to serve our country whenever we are called. Mission readiness is our common goal," she said.

Griffin said Smoot has been a strong supporter of family advocacy programs, which identify, prevent, assess and treat families involved with family violence. Family Advocacy works with the base legal office, security forces, the service-providers in the Integrated Delivery System and other base agencies to both fight and shed light on the problem.

During October, family advocates will be stepping up domestic violence visibility with displays and briefings.

## Among the plans:

☞ Distribution of purple ribbons throughout the base. Purple is the color that symbolizes domestic violence prevention.

☞ A rotating "Silent Witness



U.S. Air Force photo by Sue Sapp

Initiative display" and "An Empty Place at the Table display" denotes the belongings of a person killed by domestic violence, a newspaper story about how the person was killed and items - a cup, favorite T-shirt, eye glasses - that belonged to the person. The silent witnesses display represents individuals who died in domestic violence disputes. The display will be at the 78th Medical Group atrium through Oct. 10; Smith Community Center, Oct. 13 to 17; Base Library, Oct. 20 to 24; and Base Exchange Oct. 27 to 31. Table displays filled with pamphlets and other educational material will be available.

☞ Base marquees will bear domestic violence prevention messages during the month.

☞ Chaplains will mention the observance at Sunday services to promote prevention and education.

☞ Anger management seminars are scheduled for Wednesday and Oct. 15. To sign up call 327-8427.

☞ Griffin will brief health care providers about domestic violence. The week of Oct. 13 is also Law Enforcement Week, and Griffin plans to brief security forces on how to handle family violence situations.

Family Advocacy's community partners from the Houston County Family Violence Prevention Council, the Salvation Army Safe House, Rainbow House (Child Advocacy Center), HODAC Inc. and others are working together to promote awareness and education

Col. Tom Smoot, commander of the 78th Air Base Wing, signs the proclamation to "urge all citizens to participate actively in the events, programs and efforts to eliminate the use of violence against men and women." October is Domestic Violence Awareness month.

during the month. (HODAC, formerly an acronym for Houston Drug Action Council, is now simply HODAC and has a wider focus.)

"We want the public to know that when they see incidents of abuse occurring, they should call their law enforcement agency," Griffin said. "People who are victims are often afraid to leave abusive situations because of intimidation, financial reasons, threats, fear for the safety of their children and themselves."

"Public involvement helps law enforcement agencies build a case. The community's responsibility is simply to report abuse."

The proclamation marks a continuing collaboration between base and community agencies. The proclamation also notes that the crime of domestic violence breaches an individual's privacy, dignity, security and humanity through "the systematic use of physical, emotional, sexual, psychological and economic control or abuse."

Mary Hodgkins, Larry Miller and Judi Derriso, licensed clinical social workers for Family Advocacy, provide intervention counseling, assessment and family strength-based therapy to active-duty military members and their families.

They urged people who are in abusive situations or people who suspect others are in abusive relationships to report the abuse. Derriso said sometimes emotional maltreatment as mild as name-calling can escalate to a far more serious and dangerous level. For everyone, help is just a phone call away.

If someone witnesses an incidence of abuse taking place, the call should go to emergency 911.

Active-duty military members, their families and civilian employees who believe they need help should call the Family Advocacy Office at 327-8398.

## PHONE

Continued from 1A

common, there's a real danger they will be ignored," Kinsey said. "For that reason, we issue reminders that government communication systems are for official use only and are subject to monitoring."

Communications equipment includes computers,

which also carry familiar warning banners letting users know they are subject to monitoring; fax machines; portable electronic devices like text pagers and cell phones; hand-held radios and land mobile radios. In other words, they include any device by which government information is passed from person to person.

"There is no excuse for

sloppy communications security," Kinsey said. "You don't discuss sensitive information on the phone or on any unauthorized government device, period. You don't talk around sensitive or classified subjects, giving

partial information that could be pieced together to form a (coherent) security breach. You exercise caution and use common sense."

Anyone who needs DD Form 2056s can request them from their organiza-

tional forms managers. Anyone with questions about the telecommunications monitoring program should call Kinsey at 926-3800, extension 167, or e-mail him at robert.kinsey@robins.af.mil.

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# Gibbs set to speak at SOLE luncheon

The International Society of Logistics luncheon will be Oct. 8 at 11:30 a.m. at the Officers' Club Georgia Room.

Nelson Gibbs, Assistant Secretary of the Air Force for Installations, Environment and Logistics, will be the guest speaker.

Cost for the lunch is \$8.25 for club members and \$10.25 for non-members. Menu includes the light duo (tuna salad and chicken salad) and sherbet for dessert.

Please RSVP to Gayle Martin, Chief, WR-ALC Protocol, by phone DSN 468-2761 or 478 926-2761 or by e-mail

gayle.martin@robins.af.mil.

Upcoming guest speakers include: Brig. Gen. Darryl Scott, Center vice commander, Nov. 12, and Dr. Thomas Childers, Brigadier General USA Ret., National Public Communications Media Inc., Jan. 14, 2004.

— Staff reports

## COMMANDER'S CALL TOPICS

### Assignment listing available soon

The Enlisted Quarterly Assignment Listing for airmen returning from overseas between February and April 2004 will be available Oct. 14. Individuals need to work through their military personnel flight or commander's support staff to update their preferences by Oct. 30. The Air Force will notify airmen of their selection by mid-November. Airmen can view the lists on the Air Force Personnel Center Web site or at their local military personnel flight. Those on temporary duty during the advertised period can contact the nearest personnel office for assistance.

### AFPC offers enlisted promotion tips

A list of things airmen should focus on to give themselves the best possible chance for promotion has been released by the Air Force Personnel Center. Officials advise airmen to start preparing early for promotion, not get lax in study habits and ensure study materials are current. To learn more about how to be suc-

cessful in the Weighted Airman Promotion System, visit <http://www.afpc.randolph.af.mil/pubaffairs/release/2003/09/EnlPromo.htm>.

### New ribbon recognizes deployed airmen

The Air Force Expeditionary Service Ribbon will be awarded to Air Force active-duty, Reserve and Guard members who completed a contingency deployment after Oct. 1, 1999. Individuals must have deployed for 45 consecutive days or 90 nonconsecutive days to qualify. Any contingency deployment qualifies regardless of the duty or location, including those within the continental United States. There is no time limit to accumulate the 90 nonconsecutive days. People should report to their serving military personnel flight once they return from deployment to validate ribbon entitlement. For more information, see the Air Force Print News article at <http://www.af.mil/stories/story.asp?storyID=123005685> or visit the Air Force Personnel Web site at <http://www.afpc.randolph.af.mil/awards/>.

### New R&R leave program set for servicemembers

A rest and recuperation leave program is now available to servicemembers and Defense Department civilians on 12-month orders in Iraq supporting Operation Iraqi Freedom. The program allows them up to 15 days — excluding travel time — to visit family or friends in the United States or Europe. The program will accommodate up to 270 people a day during the trial period with hopes of expanding that number significantly as the program matures. Local commanders in Iraq will have a specific number of allocations and will invoke operational requirements in deciding who goes and when. Those qualified are limited to one leave per 12-month period. For more information, see the Air Force Print News article at <http://www.af.mil/stories/story.asp?storyID=123005680>.

### Personnel, pay systems to integrate via Web

A new Web-based system will integrate all military personnel and pay systems. The

Defense Integrated Military Human Resources System will provide "one-stop shopping" for servicemembers when fully begun. The system will absorb the 79 systems into one Web-based system accessible to all who need to view those records, including the servicemembers themselves. The Department of Veterans Affairs will use the records after the servicemember leaves the military. For more information, see Defense Link article at [http://www.defenselink.mil/news/Sep2003/n09292003\\_200309296.html](http://www.defenselink.mil/news/Sep2003/n09292003_200309296.html)

### Holiday print greetings can be sent via Web

Free print holiday greetings are available to servicemembers worldwide through the Army and Air Force Hometown News Service. The Internet-based program allows servicemembers to send holiday greetings to relatives. Now in its fourth year, the program is open for submissions through Nov. 25. Program information and forms are accessible on Hometown Link at <http://hn.afnews.af.mil> from any government computer system.

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# Breaking a sweat the right way

By Lanorris Askew

lanorris.askew@robins.af.mil

Jamie Martin says it's never too late to start an exercise program, no matter how old you are, and that's why the base Health and Wellness Center has an open door policy for Team Robins.

The facility, which offers free classes and assessments for individuals wishing to start a fitness program, is the first stop for many at Robins who want to know how to start living a healthier life.

Martin, fitness program manager at the HAWC, said starting an exercise program is vital not only for active duty in wartime situations, but also long term for quality of life.

"It's all about change," he said. "We at the HAWC are trying to intervene now so that primary prevention takes place."

Martin explained that primary prevention means educating before problems arise.

"We don't want our people listening to someone who may not be certified or have the correct qualifications, because we don't want them injuring themselves," he said.

To ensure that starting a fitness program is a positive event and not a harmful or negative one, Martin said the HAWC is there to serve as a guide on the journey to better life. Providing information and programs on nutrition, healthy eating, sensible weight loss, tobacco cessation, remedial strength and aerobic training, the HAWC is your step-by-step fitness buddy.

Martin said when an individual comes to the center wanting to start a program, the very first step is to fill out a physical activity readiness questionnaire known as the PARQ. This detailed medical history questionnaire identifies and excludes individuals with medical problems that prevent exercise and individuals who are at increased risk for disease because of age, symptoms, or risk factors who should undergo a medical evaluation and exercise testing before starting an exercise routine. Next, you are put into a category of low, high or moderate risk.

"We go through all of that because we have a lot of people who are dependents or retirees who go over to the fitness center and engage in physical activity without any kind of oversight," said Martin. "Their doctor tells them they need to exercise, and they start, and they have all of these risk factors. The PARQ tells you if you need a current medical exam or exercise test prior to engaging and if you need supervision from a physician. If you are high risk then it automatically says you need a



U.S. Air Force photos by Sue Sapp

Above, Josh Bertolotti bench presses at the Fitness Center Wednesday. Bottom, Cori Dawkins gets help charting a fitness program at the FitLinxx kiosk from fitness specialist Grady Martin.

stress test and medical evaluation."

Martin said the HAWC as well as the base fitness center can play a key part in helping airmen prepare their bodies for the demands of the new fitness standards effective Jan. 1, and others with overall fitness.

With the Air Force's new fitness evaluation program kicking the goal of getting fit into high gear, both facilities are getting busy.

According to Jackline Baker, recreational assistant at the Robins Fitness Center, they have seen an increased population growth in the past few weeks.

"We have had an influx of units and organizations coming in to a point where we were actually worried about whether we would have enough room and equipment for them," she said. "For some reason they were all coming in at the same time on the same days."

Baker said although the influx had her worried about the fire marshal making a visit, it's really a good thing. "This is really exciting because this means they have taken a grasp of it, and they are coming out," she said. "And, it's awesome to see all of the units working together."

For those who haven't done a push up since basic training, Baker said fitness training shouldn't have ended and everyone should have continued to keep up their level of fitness. However, for those who didn't, there is no need to fear.

To help them become prepared, programs like FitLinxx and circuit training and equipment like Nautilus

machines, personal trainers, and more are available.

One of the main goals of the HAWC is to educate people so they can take the information and use it and share it with others.

"We want to be able to deploy troops in a wartime situation without them having heart attacks," said Martin. "So that's the big thing now with starting a fitness program before 2004. We want to identify troops who are moderate to high risk so we can send them to the medical liaison officers so they can be evaluated and have a lower intensity workout as opposed to others who may have higher intensity workouts. It's all about quality of life and independence for everyone - active duty, civilians - even your animals need to be active."

Baker said the fitness center is open Monday through Friday from 5 a.m. - 11 p.m. and Saturday and Sunday from 8 a.m. - 9 p.m.

Though active duty military members, retirees and their dependents have unlimited access to the center, civilian government employees must be placed on a waiting list and are called when a space opens up. No services are extended to contractors at this time. The Fitness Center takes over where the HAWC leaves off for those who choose to consult them as a starting point.

"At the HAWC we have them to identify their own

## Good eating habits key to keeping fit

By 1st Lt. Mae-Li Allison

Air Armament Center Public Affairs

EGLIN AIR FORCE BASE, Fla. - Exercising is only one of several elements needed to live a healthy lifestyle.

So said Staff Sgt. Cristina Saguin, noncommissioned officer in charge of nutrition programs and diet therapy craftsman at the Eglin Health and Wellness Center.

"Exercise alone cannot improve a person's health," Saguin said.

"Unfortunately, there are those who think that if they exercise, it's a license to eat whatever they want."

Saguin said this thinking leads to poor eating habits like skipping meals, not eating from all the food groups during the day and fad diets.

"Skipping meals can slow the body's metabolism," said the 12-year nutrition career field veteran. "Later, they'll overeat, typically on the least healthy of foods."

Saguin recommends that people write down everything they eat during the day and when they eat as the first step in improving eating habits. This allows people to assess their current eating habits and see what they can change.

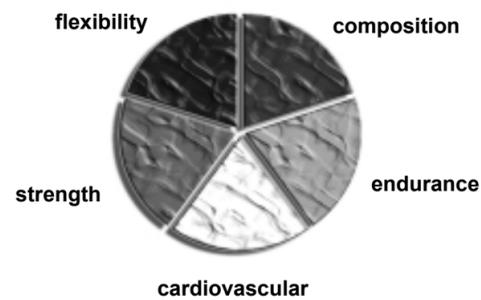
Additionally, people should eat small meals and snack throughout the day, making sure the meals and snacks encompass all the food groups, Saguin said.

Snacks should include whole-grain breads, cereals, rice and pastas, plenty of vegetables and fruits, low-fat dairy products and lean meats. Products made from refined sugar or those loaded in fat, such as pastries, candy bars and sodas should be eaten in moderation, she advised.

Experts at each base's HAWC can provide further information on nutrition and fitness, including directions about weight, cholesterol and blood pressure management. Additionally, dieticians at the base hospital can also give effective tips on how to make lasting changes towards healthy eating habits.



### Five components of fitness



goals and what they would like to accomplish and also talk about activities of daily living," Martin said. "When you start a fitness program, you must identify not only the physical component of wellness, but you must look at the social, psychological, mental and spiritual components. You may be physically fit, but your loved one is in Iraq so your emotional component is out of whack. We may refer those people to Life Skills or the Base Chapel."

After learning the basics about what they should do to get their bodies ready for action, active duty military, retirees and their dependents can journey over to the fitness center.

"Services at the HAWC are free and available to the entire Robins Air Force Base population," said Martin.

Military personnel have

### What to know

The fitness center is open Monday through Friday from 5 a.m. - 11 p.m. and Saturday and Sunday from 8 a.m. - 9 p.m. For more information contact the HAWC at 327-8480. Brochures are available with a listing of classes or access the Web site through the Robins.

first choice on class times followed by government employees and then contractors on a space available basis.

For more information contact the HAWC at 327-8480.

Brochures are available with a listing of classes or access the Web site through the Robins homepage.

"When you start a fitness program, you must identify not only the physical component of wellness, but you must look at the social, psychological, mental and spiritual components."

Jamie Martin  
HAWC fitness program manager



## Deployment readiness – everyone has a part to play

**By Lt. Col. Karon L. Uzzell-Baggett**  
78th Mission Support Squadron commander

In today's high operations tempo environment, ensuring servicemembers and their families are ready for deployment is a job shared by many. Our Air Force is expeditionary and according to Maj. Gen. Timothy A. Peppe, special assistant to the Chief of Staff for Air and Space Expeditionary Forces, that means "the Air Force is organized and prepared for military operations abroad, and that every one of us is a warrior and should be ready to go anywhere on the planet to fight our Nation's battles."

The Air Expeditionary Force structure was developed to provide stability to deployment cycles and fill expeditionary requirements with the right mix of personnel. The stunningly swift victory of Operation Iraqi Freedom validated the AEF concept, but caused a deviation from the intended three-month rotational period every 15 months under the original AEF concept.

With the advent of AEF Blue and Silver - two 120-day rotations lasting from July 2003 to March 2004 - the AEF battle rhythm will be reset. The AEF construct will continue to be successful if everyone does their part to contribute.

Commanders set the tone for success and establish procedures, checklists, and other tools to effectively deploy personnel, equipment and supplies. Telling people early about AEF eligibility windows is essential to avoiding undue stress on servicemembers and their families.

When AEF taskings flow down to the unit, the commander is given latitude to make grade and skill level substitutions provided mission capability isn't degraded. Those substitutions may be needed because new requirements are added, grade levels change, or selected people experience unforeseen circumstances.

The commander's responsibility doesn't end when the servicemember deploys. It's crucial to stay in contact with servicemembers in the area of responsibility, if communication is possible, to determine what support they need from home station.

Caring for families also becomes a crucial commander responsibility. Regular contact helps lessen family fears and concerns and allows the unit to provide assistance, if necessary, with the spouse's increased responsibilities. Redeployment is the final phase that demands the commander's attention. Once a servicemember completes his or her deployment, the commander needs to ensure members are welcomed back and processed back into the base by ensuring visits to the unit's commander's support staff, the Personnel Readiness Unit in the military personnel flight and various other agencies designated by the unit.

No commander can handle those responsibilities alone. The unit first sergeant is the commander's point person for taking care of servicemembers and their families during the entire process. The first sergeant, working with first-line

supervisors, is often best equipped to address concerns of servicemembers and their families.

Another crucial link in this entire process and critical aid to the commander is the unit deployment manager. The UDM is the focal point

**"The military spouse's integral role in the success of an AEF deployment can't be overlooked. The job given to them of supporting the servicemember while simultaneously maintaining the household, the family unit, and oftentimes reporting to their own jobs outside the home is truly awe-inspiring. Military spouses are our unsung heroes."**

for all deployment actions of personnel, equipment, and supplies, and works closely with the squadron commander, installation deployment officer, PRU, and the servicemember to ensure AEF success.

The UDM must ensure servicemembers are prepared for deployment and have obtained the required training, immunizations, qualifications and equipment to deploy before the final orders flow. Once the Deployment Requirements Manning Document flows to the base, the UDM puts all of his or her planning into action to help the commander deploy the servicemember. When the servicemember returns from the deployment, the

UDM should be one of the people who interact with him or her to determine if the predeployment preparation was sufficient and to retrieve equipment items, as necessary.

The servicemember is ultimately responsible for individual deployment readiness. Once assigned to an AEF bucket, the servicemember should work with the UDM to assess the training, qualifications, and other items required to successfully deploy if tasked. Servicemembers should do simple things like ensuring their Common Access Cards reflect the correct rank, obtaining a will, getting dog tags made, completing a detailed virtual record of emergency data, and designating Servicemembers' Group Life Insurance well ahead of time. Besides basic administrative items, the servicemembers should also prepare physically during the predeployment process. The deployed area of operations is a demanding and often harsh environment, and members need to be in peak physical condition to stay healthy. People who are in their AEF window could deploy at a moment's notice, and making sure their families are aware of this potential and prepared is something the servicemember can't overlook.

Trips may need to be postponed or rescheduled to prevent lengthy absences during the identified AEF bucket. Additionally, family members need to know the basics of maintaining the household while the servicemember is gone, who to con-

tact at the unit for assistance, and what agencies to turn to when counseling or emergency assistance is needed. Family support centers, child development centers, and Life Skills are invaluable helping agencies to turn to when families need help coping with deployment.

Deployment is where the servicemember will put his or her expeditionary skills to the test and demonstrate Air Force skill and innovation. The eagerly anticipated redeployment phase will be an exciting time of reprocessing back to the base and enjoying well-deserved reconstitution and relaxation time with family members.

The military spouse's integral role in the success of an AEF deployment can't be overlooked. The job given to them of supporting the servicemember while simultaneously maintaining the household, the family unit, and oftentimes reporting to their own jobs outside the home is truly awe-inspiring. Military spouses are our unsung heroes. Every servicemember, working in partnership with his or her spouse, should ensure things are taken care of on the homefront. If the family needs assistance while the servicemember is deployed, Spouses should be comfortable with knowing the unit commander, first sergeant, first-line supervisor, and various helping agencies on base will be there to address unforeseen needs.

AEF deployments will continue to be the way the Air Force fulfills its expeditionary mission. With everyone working together and doing their part, AEF Silver will be a shining success for all.

## Air Force combat search and rescue joins AFSOC team

**By Lt. Gen. Paul Hester**  
Air Force Special Operations Command commander

HURLBURT FIELD, Fla. (AFPN) – On Wednesday, the Air Force Special Operations Command patch adorned the uniforms of nearly 7,000 additional airmen as we welcomed Air Force combat search and rescue forces to the AFSOC family.

With the addition of CSAR units based in the continental United States, we welcome a team of selfless professionals dedicated to a credo "That Others May Live."

Air commandos have

long worked side-by-side with many of these professionals in peacetime and combat operations. HH-60 Pave Hawk crews have flown our special tactics teams into battle, while HC-130 Hercules have provided the fuel to get them there. The pararescuemen and combat rescue officers have worked seamlessly with our special operators in direct actions and exercise scenarios.

This history of teamwork is one of the powerful reasons behind the realignment. Our forces use similar weapon systems, training and operating concepts to conduct personnel recovery

missions. Placing these important missions under one organization will help us better care for our missions and the proud airmen that make them happen.

Although only CSAR units based in the continental United States will realign, our objective is to improve the mission, training, equipment and career opportunities for the entire Air Force CSAR community. Ultimately, the goal is to enhance Air Force CSAR capabilities.

From an aircrew perspective, when you punch out over "bad guy territory," you keep your faith in God and country, and the training

these guys possess.

I remember reading a story about Hammer 34, the F-16 Fighting Falcon pilot shot down over Kosovo during Operation Allied Force. He said the biggest morale boost for pilots downed in enemy territory was knowing that someone was going to rescue them. He remembers shortly after being pulled inside the MH-60 Pave Hawk, the pararescueman on the mission shouted over the comm system for the pilot to take off, "PC (precious cargo) is on board."

We need to continue to look for ways to enhance our capabilities and strength-

en our people so that we meet our mission and bring home the "precious cargo," our fellow airmen, we are chartered to serve. This realignment brings together like forces, equipment and training opportunities for a more effective and efficient personnel recovery program.

During the next few months, as the AFSOC family assimilates new members, we will have a few growing pains – a natural result of any change. For bearings, I ask each of you to pause and reflect on the AFSOC patch on your uniform.

The winged dagger which graces the center of the patch reflects this com-

mand's commitment to military preparedness, and the swift and silent mobilization of forces. The yellow hilt of the dagger symbolizes the excellence of our people. These valuable principles, readiness and excellence, should be the cadence of our march forward together, as one team. These qualities have been at the heart of our success to date in the global war on terrorism and will form the foundation for our success as we continue to serve America and her airmen in the years ahead.

To our Air Force CSAR teammates: Welcome to the family. We are proud to have you aboard!



### Commanders' Action Line

**Col. Tom Smoot, Jr.**  
Commander,  
78th Air Base Wing

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



*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, Bellsouth etc.), use action.line@robins.af.mil.*

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

Readers can also access Action Line by visiting the Robins Air Force Base homepage. 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.

Security Forces.....	327-3445
Services Division.....	926-5491
EEO Office.....	926-2131
Employee Relations.....	926-5802
Military Pay.....	926-3777
IDEA.....	926-2536
Base hospital.....	327-7850
Civil engineering.....	926-5657
Public Affairs.....	926-2137
Safety Office.....	926-6271
Fraud, Waste and Abuse hotline.....	926-2393
Housing Office.....	926-3776

### Explain rules for using autoclaves

I work in Building 169 and operate the autoclave. For the past few months I have tried to stop the cooking of parts in the ovens. The only way parts are to be cooked in the oven is with a 202. I have talked with quality several times about this problem and nothing has been done. I need to know if the technical order was written for some of us, or all of us?

**Gen. Wetekam replies:** Thank you for bringing this to my attention. Of all the Technical Orders that are referenced throughout the Composite/Metal Bond manufacture and

repair processes, the C-141 weapon system TO directly addresses the "cooking" of parts in an oven. The 1C-141B-3 TO (page 10-205) states, "when the autoclave is down or the workload requires it, the oven may be used with prior approval from quality or engineering." At present, in order to meet the delivery dates established for the C-5 Aircraft Program Depot Maintenance process, the Composites Section must turn around the C-5 routed panels in an expedited time frame. Using the ovens to cook certain panels is considered the timeliest manner in which to meet those delivery dates. Due to the limited technical guidance for the composite/metal

bond repairs in TO 1C-51-3, an Air Force Materiel Command Form 202 (Non-conforming Technical Assistance Request and Reply) was submitted for engineering guidance and approval for the use of the ovens to "cook" certain C-5 miscellaneous panels. The Form 202 was approved by our Directorate of Engineering. The original one was submitted on March 6 and approved. The current one has been approved and is valid until Oct. 28. If future workload requires, additional 202's will be submitted. I hope this answers your question, and please continue to be a vigilant conscientious employee.



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Warner Robins Air Logistics Center

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# Black Knight receives Bronze Star

By Holly J. Logan

[holly.logan@robins.af.mil](mailto:holly.logan@robins.af.mil)

Chief Master Sgt. Alan Shaw may see his service as a responsibility – but fellow Black Knights call it nothing short of heroic.

Shaw, 19th Aircraft Maintenance Squadron maintenance superintendent, was presented with a Bronze Star Medal Sept. 25 that he earned while deployed to Al Udeid Air Base, Qatar, in support of Operation Enduring Freedom, from November 2001 through January 2002.

The Venton, Ill. native, who served as a squadron maintenance superintendent with the 12th Expeditionary Airborne Command and Control Squadron, 366th Air Expeditionary Group, and 366th Air Expeditionary Wing in support of Operation Enduring Freedom, said the honor was a total surprise.

“Emotions are running pretty high right now,” he said shortly after being presented the award. “It’s an honor and a privilege to receive this recognition. I’m probably going to spend the rest of my life trying to justify this.”

Shaw, a 23-year U.S. Air Force member, said his related achievements were not his alone.

“It’s more about the people I deployed with,” he said. “They met every challenge with me, and failure wasn’t an option for them.”

His commander, Lt. Col. Michael England, 19th AMXS commander, described Shaw as a true representative of the character and integrity U.S. Air Force members hold.

“It’s more about the people I deployed with. They met every challenge with me, and failure wasn’t an option for them.”

Chief Master Sgt. Alan Shaw



U.S. Air Force photo by Ed Hawkins

Chief Master Sgt. Alan Shaw, 19th Aircraft Maintenance Squadron maintenance superintendent, receives a Bronze Star Medal Sept. 25.

“In my 24 years of service, he’s the most professional, dedicated chief I’ve ever had the pleasure of working with,” he said. “I can’t think of a more deserving individual.”

Col. Raymond Rottman, 19th Air Refueling Group commander, said Shaw’s distinction is reflective of the dedication to service he sees often at Robins.

“I’m inspired by Chief Shaw’s efforts,” he said. “To get the Bronze Star is an amazing accomplishment for

only a select few people who have made a tremendous difference.”

With him since the beginning of his Air Force career, Jackie Shaw, his wife of 24 years, said she is extremely proud of her airman.

“Alan puts his heart into everything he does,” she said. “We were very surprised when we found out he had been put in for it. He’s very deserving of it, because he works so hard.”

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Oct. 15: Fort Valley State University, Fort Valley  
Oct. 20: Macon State College, Macon  
Oct. 22: Mercer University, Macon

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# MA ramps up resources for Lean training initiative

By Center Maintenance Directorate



Courtesy photo

Jim Culpepper, director of Maintenance, talks to the group about his vision and expectations of Lean within the directorate and about his motto of Quality Production on Time.

Recently a newly selected group of Lean process improvement specialist and analyst trainees in the Center Maintenance Directorate completed training on Lean principles.

The decision to redirect resources to the initiative was a result of senior leadership's commitment to Lean's success, said Gregg Beecher, chief of the Process Improvement and Planning Branch.

"To get the results in the long run, resources were ramped up to achieve the activity level that was necessary. Senior leadership was 100 percent in support of this increase," he said. "We worked hard to get the right people, those who are committed, aware and passionate about Lean."

Jim Culpepper, director of Maintenance, told the group about his vision and expectations of Lean within the directorate and about his motto of Quality Production on Time. He went on to say that Lean is not managements' cliché of the month; it is here to stay.

"(Lean) is a base-wide initiative that is assisting the ALC to become more efficient ... streamlining our processes which directly affects our customers, the war fighters," he said.

The trainees attended 18 hours of training taught by Simpler Consulting Inc. The training included various focus areas of Lean methodology and deployment tools.

Ken Wallace, with the Education and Training Flight, and Russ Mills, with the Plans and Program Branch, also conducted a

familiarization and implementation strategy session for the group and the trainees' supervisors. The formal training plan was designed specifically for them.

"This plan will serve as the roadmap to increase their knowledge, develop their skills and strengthen their abilities as they assume their new roles and responsibilities in Lean. The plan provides the right tools necessary to eliminate waste, implement change and create efficiency in our current processes," Mills said.

## CFC

Continued from 1A

year," he said. "Robins' campaign is always fun to work, because people at Robins have a 'get it done' attitude, which makes my job easier."

Nagle, who is charged with coordinating the program through putting together incentives, pamphlets, pledge cards and managing money generated through the campaign, said the campaign that he characterizes as 'a campaign that belongs to federal employees' has maintained a steady upward increase in contributions in past years.

"There was a big spike in contributions after 9/11, and it has continued to show an upward trend of contributions since then," he said. "I encourage people to continue giving. CFC does a lot of major work, both local and national. It's hard for people to not find some-

thing that affects them."

Ella Williams, CFC chairperson for the Local Federal Coordinating Committee, and deputy chief of operational contracting at Robins, said the campaign is the only authorized time of solicitation of federal employees in the workplace.

"People are visibly trying to make the Early Bird (meet their organizational CFC goal)," she said. "We're at a halfway point now, and we're doing all we can do to get the word out for people to get their pledge cards done and in, so Robins can meet its goal."

Pam Winge, senior auditor in Robins' CFC office, said with the campaign's deadline only weeks away, people need to make sure they get their CFC pledge cards in by the Oct. 17 deadline.

"This year's campaign has been successful so far," she said. "People need to turn in their cards, and continue supporting local charities as they have done in the past."

"I encourage people to continue giving. CFC does a lot of major work, both local and national. It's hard for people to not find something that affects them."

Paul Nagle

CFC director for 10 Middle Georgia counties

gamilitary  
58394301

Armed  
58099001

macon  
58284101

# Cool your jets

## 78th LRS helps flight crews and passengers breathe a little easier with liquid oxygen

By Lanorris Askew  
lanorris.askew@robins.af.mil

People in the 78th Logistics Readiness Squadron's Fuels Flight liquid oxygen station have the coolest job on base, so cool in fact, it's boiling hot.

Tasked with the job of storing liquid oxygen, LOX, which in its normal state is a mind numbing 297 degrees below zero, fuels specialists must stay on their toes, or they could very well lose them.

Dressed in white coveralls, facemasks, ear shields, and thick leather aprons, workers are protected from the LOX, and the LOX is protected from them.

"Jet fuel and LOX don't mix," said Billy Arnett, fuels specialist. "We have to make sure there is no fuel on our boots or clothes or there could be an explosion."

With the same precaution in mind, Arnett explained that placing any object inside the volatile liquid would cause it to freeze immediately leaving little room for mistakes with those who handle it.

"This stuff is so cold that it boils," said Arnett. "It would be like hot grease hitting your skin."

Though it sounds dangerous - and in fact, can be if handled improperly - LOX is the same life giving gas that surges through to aviators when they lose pressure or have other in-flight emergencies.

"Liquid Oxygen is used for breathing purposes," said Willie Harris, fuels flight chief. "We are responsible for receiving and storing liquid oxygen for the maintenance organizations here on base. They in turn put it onto the various aircraft."

Harris said Robins receives its LOX from a company called Oxygen Services, based in Macon. The Macon facility

receives its supply from a storage depot in Carrollton, Ga.

Staff Sgt. David Humphrey, noncommissioned officer in charge of fuels hydrants, said once received, the LOX is stored in 2,000 and 3,000-gallon tanks at two LOX stations and is frequently monitored to prevent contamination and to ensure safe use.

The primary method of ensuring that contamination doesn't occur daily is sampling. According to Humphrey, during the handling and transfer of LOX, environmental contaminants must not enter the system, and it must retain a 99.5 percent purity rating.

"We take a sample of the LOX every day to detect any odor or contamination," he said.

When not contaminated, LOX is colorless, odorless and tasteless.

Every 90 days a sample is forwarded to Wright-Patterson Air Force Base, Ohio to be further tested.

"At Wright-Patterson, the LOX undergoes a full specification analysis where it is tested for odor, particulates or other constituents in the liquid," said Humphrey. "The only other time the LOX is tested is when contamination is suspected."

### A short trip to the flight line

The LOX is transported to the aircraft via 50-gallon LOX carts, which are filled from the larger tanks. There it awaits an aircraft in need of a refill.

Senior Airman Ryan Bonnell, with aerospace ground maintenance, said his job is to pick up and deliver LOX carts. Before he begins his journey, he must perform an inspection on the cart's chassis and wheels and ensure none of the tanks have dents.

"When we tow them, we make sure all of the hoses



U.S. Air Force photos by Sue Sapp

Staff Sgt. David Humphrey transfers LOX from a storage tank into a 50 gallon LOX cart for delivery to an aircraft.

are secure and all vent valves are closed," said Bonnell. "This is especially important because the carts are transported over asphalt where grease and other particulates could cause a fire or small explosion if mixed with the LOX."

The carts are hauled at slow speed by a bobtail truck, which is the typical flight line mover.

Once the carts are filled they are out of our hands," said Humphrey. "When we are done the maintenance side takes over."

### Getting it on the plane

When an aircraft needs a refill of LOX, a specially trained team of two dons their white coveralls, face shields and aprons and get to work.

Staff Sgt. Brian Holloman, 116th crew chief, said the LOX content is checked and verified before each flight. That ensures there is sufficient LOX to get through the flight.

When it is time to refill the tank there are certain safety steps that must be

followed.

"First we have to inspect all of our safety equipment thoroughly," he said.

Next they suit up, check technical data on aircraft, connect hoses, watch gauges and it's waiting time.

The JSTARS LOX tank holds 75 liters, but it varies by aircraft. Service time also varies, by the amount in the tank at the start. According to Haughton a completely purged tank could take up to two hours to fill.

Just as with those who store the volatile liquid, extreme care must be taken with those who put it on the planes.

"Everything must be kept really clean in order to prevent fires," said Staff Sgt. Dave Houghtaling, ANG technician. "Half of the time is preparation and waiting."

Having an interesting job is one thing, but having a job that ultimately saves lives is another all together. Those who work with LOX are able to combine the two in a job that makes going to work the coolest of all experiences.



Pipes and connecting hoses freeze over while filling tanks. Workers must wear protective garments and gloves when handling LOX.



Staff Sgt. Brian Holliman and Staff Sgt. Dave Houghtaling fill the tank of a JSTARS E8C with LOX.



Billy Arnett collects a sample of LOX to test for odor or contamination.

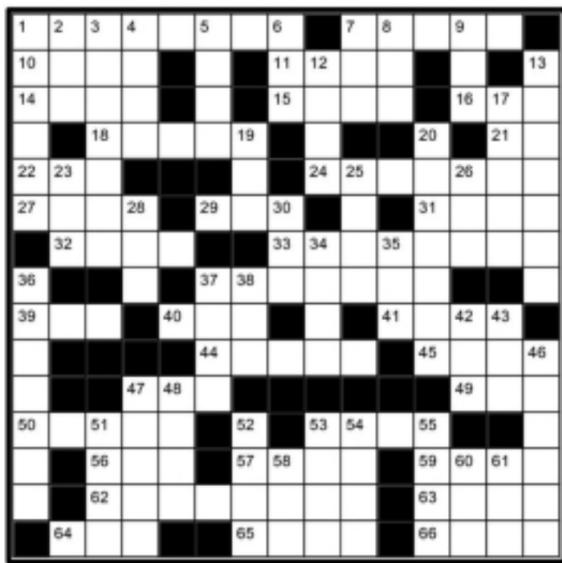
## LEAVE/ TRANSFER

The following people have been approved as a participant in the leave transfer program.

- Keith Barrett, WR-ALC/LU. Point of contact is Jeannine Candelaria at 926-9333.
- Kimberly Kennedy Nitz, WR-ALC/LEEC. Point of contact is Nancy Garrison 926-7697, extension 172.
- Charles Hill, WR-ALC/LECB-2. Point of contact is Nancy Garrison 926-7697, extension 172.
- Tina Lilly, WR-ALC/LESG. Point of contact is Nancy Garrison 926-7697, extension 172.
- Marian Holmes, WR-ALC/LESV. Point of contact is Nancy Garrison 926-7697, extension 172.

Employee-relations specialists at 926-5307 or 926-5802 have information and instructions concerning requests to receive or donate annual leave. To have an approved leave recipient printed in the Rev-Up, directorates should send information to Angela Trunzo by fax at 926-9597, or e-mail at [angela.trunzo@robins.af.mil](mailto:angela.trunzo@robins.af.mil). Submissions run for two weeks.

## CROSSWORD PUZZLE



### Celebrate Hispanic Americans

By 1st Lt. Tony Wickman  
Alaskan Command Public Affairs

#### ACROSS

1. Hispanic Baseball great Roberto \_\_\_\_\_
7. Hispanic actress Selma \_\_\_\_\_
10. Fireman tool \_\_\_\_\_
11. Male pig \_\_\_\_\_
14. Crafts partner \_\_\_\_\_
15. Salve \_\_\_\_\_
16. Baseball stat \_\_\_\_\_
18. Premature \_\_\_\_\_
21. NBC TV show \_\_\_\_\_
22. Lord of the Rings character \_\_\_\_\_
24. Joined ends \_\_\_\_\_
27. Desire \_\_\_\_\_
29. SecDec's office (abbrev.) \_\_\_\_\_
31. Mexican food item \_\_\_\_\_
32. Ancient Peruvian culture \_\_\_\_\_
33. Medal of Honor recipient for action in WWII Aleutians Joe \_\_\_\_\_
37. 1968 Hispanic Nobel Prize winner Luis \_\_\_\_\_
39. Organ for listening \_\_\_\_\_
40. Lyrical poem \_\_\_\_\_
41. Geek \_\_\_\_\_
44. Def. Grp. in charge of special projects \_\_\_\_\_
45. Type of tide \_\_\_\_\_
47. Military move \_\_\_\_\_
49. Middle East country \_\_\_\_\_ Dhabhi \_\_\_\_\_
50. First Hispanic female astronaut Ellen \_\_\_\_\_
53. Pierce \_\_\_\_\_
56. Swiss mountain \_\_\_\_\_
57. Stick \_\_\_\_\_
59. Cosmetics company \_\_\_\_\_
62. Henry \_\_\_\_\_; first Hispanic to run Housing & Urban Dev. \_\_\_\_\_
63. Young horse \_\_\_\_\_
64. Boxing outcome \_\_\_\_\_
65. Actor Greene \_\_\_\_\_
66. Leeward side \_\_\_\_\_

#### DOWN

2. Military punishment? \_\_\_\_\_
3. Hispanic singer Gloria \_\_\_\_\_
4. Arizona town \_\_\_\_\_
5. Christmas carol \_\_\_\_\_
6. Fall \_\_\_\_\_
7. 2001: A Space Odyssey computer \_\_\_\_\_
8. Appendage \_\_\_\_\_
9. Look \_\_\_\_\_
12. Horse food \_\_\_\_\_
13. Hispanic Rep. from CA's 18th District Dennis \_\_\_\_\_
17. Actress Witherspoon \_\_\_\_\_
19. Affirmative \_\_\_\_\_
20. Inhabitant \_\_\_\_\_
23. Hawaiian gift \_\_\_\_\_
25. Cat's sound \_\_\_\_\_
26. Able to \_\_\_\_\_
28. Watch face? \_\_\_\_\_
30. License place? \_\_\_\_\_
34. Retiree group (abbrev.) \_\_\_\_\_
35. X \_\_\_\_\_
36. Hispanic Academy Award winner Benicio \_\_\_\_\_ (two words)
37. Computes \_\_\_\_\_
38. Meadow \_\_\_\_\_
42. Actor Stephen \_\_\_\_\_
43. Pat \_\_\_\_\_
46. Hispanic band leader Tito \_\_\_\_\_
47. Condition that affected FDR \_\_\_\_\_
48. Hats \_\_\_\_\_
51. Cut \_\_\_\_\_
52. Mocks \_\_\_\_\_
53. Opening \_\_\_\_\_
54. Singer John \_\_\_\_\_; Live at Red Rocks \_\_\_\_\_
55. John P. \_\_\_\_\_, Hispanic Medal of Honor recipient for Vietnam \_\_\_\_\_
58. Mining goal \_\_\_\_\_
60. Radio button (abbrev.) \_\_\_\_\_
61. Bull fight cheer \_\_\_\_\_

For puzzle solution, see Oct. 10 edition of Rev Up

### Puzzle solution for Sept. 26



## HONOR ROLL



Brewer



Warnock

**Jack Brewer**, materiel handler/expeditor in the shop support center in the Manufacturing Branch, received the MAN Employee of the Month award for August 2003.

**Kevin Warnock**, process improvement section chief in the Process

Control and Improvement Branch, received the MAN Supervisor of the Month award for August 2003.

**James Hart**, Inventory Manager in the LS Directorate, was recently selected to receive the LG Inventory Manager Trainer of the Quarter award for fiscal 2003, third quarter.

for fiscal 2003, third quarter.

**Joann Stollenwreck**, Inventory Manager in the LS Directorate, was recently selected to receive the LG Inventory Manager Trainer of the Quarter award for fiscal 2003, third quarter.

## 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.

**Protestant General Services** take place every Sunday at 11 a.m. This service includes some traditional and con-

temporary worship styles in music and in format.

**Protestant Inspirational Services** take place every Sunday at 8 a.m.

**Protestant Contemporary Services** take place 11 a.m. each Sunday at the Base Theater. This service is very informal, with a praise team assisting in singing and includes both traditional and contemporary

styles of music and worship.

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

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

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

## FAMILY SUPPORT CENTER

**Family Support Center sponsored classes, workshops, and seminars are open to all Team Robins personnel and their eligible family members. The FSC is located on Ninth Street in Building 794. For additional information, or to make a reservation, call 926-1256.**

### Training day

In order to become proficient, the FSC will be closed for routine business every Thursday from 11:30 a.m. - 3:30 p.m. In case of emergencies, there will be someone at the front desk in Building 794, or at 926-1256 to take your information and pass it to the appropriate FSC staff member. If you

have concerns or questions, call FSC Director Christine Parker at 926-1256.

### TAP workshop

The next three-day Department of Labor sponsored Transition Assistance Program Workshop is Monday through Wednesday, 8:30 a.m. - 4:30 p.m. each day, Smith Community Center Ballroom. Reservations are taken on first-come, first-serve basis within the appropriate separation or retirement dates.

### Sponsorship training

The Center's Relocation Assistance Program will offer training for both beginner and experienced sponsors

Tuesday, 9 - 11 a.m., Building 945, Family Support Center Annex. The training provides information on what types of information to send to the PCSing member.

### Smooth move

The next Smooth Move workshop is Wednesday, 8:30 - noon, in Building 905, Room 240.

### Center closed

The Family Support Center and Family Services loan closet and Airman's Attic will be closed Oct. 13, in observance of Columbus Day. Normal services will resume Oct. 14 at 7:30 a.m.

## SERVICES BRIEFS

### Aero Club

**926-4867**  
An open house is scheduled for Oct. 18 from 10 a.m. - 2 p.m. at the Aero Club with free hamburgers, hot dogs and time on the simulator.

Watch aviation movies and browse the surplus sale of aviation items. Guests will have an opportunity to win free discovery flights.

During the open house, take the family on a discovery flight for only \$50 for three passengers.

### Civilian Recreation

**922-4415**  
Watch the movie "Monsters Inc." at Robins Park Oct. 10 at 8 p.m. (or dark).

Moviegoers are invited to

bring lawn chairs and blankets to this free event. Concessions will be on sale.

For more information, call Lynne Brackett at 922-4415.

### Base Library

**327-7379**  
The Base Library will be closed for training from 10 a.m. - 1 p.m. Wednesday.

### ITT 926-2945

■ The Georgia National Fair is today through Oct. 12 at the Georgia National Fairground in Perry. Advance admission tickets are available at ITT. Advance ride sheets are \$10 at ITT or \$18 at the gate.

■ The monthly yard sale will be held at the Smith Community Center, Building 767, from 8 a.m. - 1 p.m. Saturday.

## Colonel and Lieutenant Colonel selectees

### Colonel Selectee

**Forrest C. Cunningham**, Air Force Research Lab

### Lieutenant Colonel Selectees

#### WR-ALC

**Benjamin C. Angus**, LX, **Christian P. Benedict**, LB, **Cynthia L. H. Fisher**, LF, **Nathan G. Lyden**, LM, **Michael M. Pierson**, PA, **Ray A. Shankles**, MA

#### 78th ABW

**Scott D. Mcleod**, 78th CS

#### 116th ACW

**Joseph A. Abrigo**, 116th ACW, **Harold W. Brackins**, 330th CTS, **Christopher R. Edling**,

330th CTS, **George G. Elefteriou**, 330th CTS, **John A. Fournier**, 16th ACCS, **Timothy K. Schimming**, 116th OSS

#### 19th ARG

**John W. Chapman**, 19th OSS, **Robert L. Wade, Jr.**, 99th ARS

#### HQ AFRC

**Kurt R. Raffetto**, **Richard A. Watson**

#### 5th CCG

**Maurizio Mazza**, 54th CBCS, **Frederick R. Shiner**, 53rd CBCS, **Craig A. Wilcox**, 52nd CBCS

#### Other Organizations

**Christopher P. Dobb**, Det. 4, 418th FTS, **David R. Wille**, Det. 7, ACC TRS

## MOVIE SCHEDULE

**Friday 7:30 p.m. — Freddy vs. Jason — Robert Englund and Ken Kirzinger**

Freddy Krueger is in hell - literally while there he resurrects Jason. Jason is the perfect means for Freddy to once again instill fear on Elm Street, creating a window of opportunity for him to emerge from his purgatory.

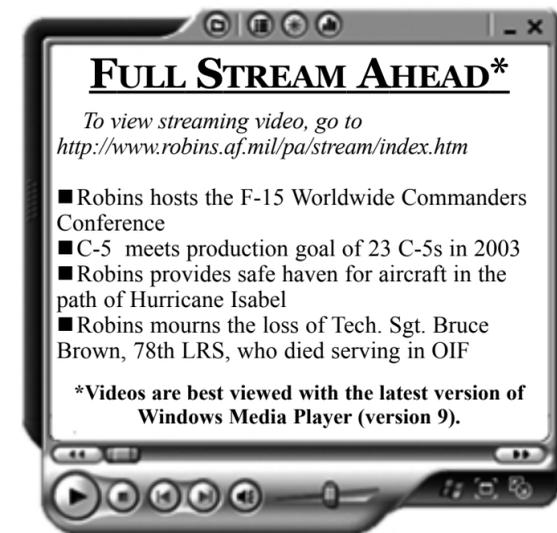
Recognizing how easily manipulated Jason is, Freddy tricks Jason into journeying to Springwood to start a new reign of terror. Rated R (pervasive strong horror violence/gore, gruesome images, sexuality, drug use and language) 98 minutes

**Saturday 7:30 p.m. — S.W.A.T. — Samuel L. Jackson and LL Cool J**



After weeks of rigorous physical training, the new team is quickly thrown into action when a notorious drug lord offers a \$100 million reward to anyone who can free him from police custody. While accompanying the drug lord out of Los Angeles into the hands of the FEDS, the S.W.A.T. team is pursued by a ruthless and well-armed band of reward seekers. Rated PG-13 (violence, language and sexual references) 111 minutes

## STREAMING VIDEO



## ROBINS REPORT

News from around base — Watson and Cox Channel 15  
**Friday** - 8 p.m.  
**Sunday** - 1:30 p.m.  
**Monday** - Noon

## SPORTS BRIEFS

### Archery season

Robins is expanding its archery-only hunting into three large woodlots located at the south end of the base.

Deer and feral hog activity has been increasing in those areas, causing an increased risk of automobile collisions with wildlife, as well as damage to natural resources.

Robins features four hunting areas, two of which are restricted to archery hunting only, located primarily along the base's eastern boundary.

Archery season runs through Oct. 10, and hunters would be required to abide by rules as defined in RAFBI 32-7064.

For more information, contact Outdoor Recreation at 926-4001.

### Bowling Center

926-2112

Employees who treat their boss to lunch at On Spot Café in the bowling center Oct. 16 will receive a free bowling pass for their boss.

### Fitness Center

926-2128

Football fitness is underway at the fitness center. Participants predict weekly winners of the National Football Leagues schedule games based on the type and amount of daily exercise they perform.

Players who correctly predict the most number of winners will receive prizes. Total amount of predicted points scored by each team on Monday Night games will be used to break a possible tie.

The scheduled football fitness training is as follows: cardiovascular exercise for three picks, strength training for two picks and flexibility for one pick.

### Golf Course

926-4103

■New Greens Grand Opening will be held Nov. 1 and 2. Enjoy 20 new USGA greens, 45 percent larger

than before, Tif Eagle grass, new greenside bunkers and surrounds. Call or visit the pro shop for details.

### HAWC 327-8480

The 5K Halloween Run will be Oct. 25 at 9:30 a.m. Prizes will be awarded for the fastest times and best costumes.

### Youth Center

926-2110

■The Youth Center Jr. NBA and Jr. WNBA basketball registrations will be held Oct. 18 through 25, Monday through Friday from 3 - 6 p.m. and Saturday from 1 - 6 p.m.

Cost is \$55 for members and nonmembers. A \$5 late fee will be added after Oct. 25.

A copy of birth certificate and current physical examination will be required.

Dedicated basketball coaches are also needed. Apply in person at the center or call for more information.

■The Robins Youth Center is still accepting applications now until full for in-line hockey and flag football players. Apply in person or call Ron Hayes at the youth center for more information.

### Outdoor Recreation

926-4001

■The primitive weapon hunting season opens Oct. 11. A base license fee is \$30 per person. For more information, call 926-4500.

■Firearm hunting season opens Oct. 18. A base license fee is \$30 per person. For more information, call 926-4500.

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## Got sports news?

Submit sports information to Angela Trunzo in the WR-ALC Rev Up office, Bldg. 215, Room 111.

Submissions are due by 4:30 p.m. Monday for consideration for Friday's paper.

Submit stories and stats by e-mail at [angela.trunzo@robins.af.mil](mailto:angela.trunzo@robins.af.mil).

For more information, call 926-2137.

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# ROBINS ELEMENTARY SCHOOL NEWS

## A message from the principal

Jeanne K. Roberts

Robins Elementary School teachers traveled to Fort Benning to participate in a reading seminar conducted by Mary C. Howard, a recognized reading expert, Sept. 18.

The title of the seminar was "Creating an Effective Literacy Program: What Really Matters?" The seminar included suggestions and strategies that promote and strengthen literacy as well as practices and strategies that can be used in the classroom. While this seminar was targeted to teachers, many points could be used by parents as they endeavor to aid and encourage their children to become independent readers.

Below are Howard's "Guiding Principles of Literacy." While these are written within the context of the classroom, these principles can also apply to the home setting, and may help parents better understand the complex, but vitally important, components that produce an independent reader.

☞ Children need dedicated blocks of time to participate in meaningful reading and writing experiences at an easy level to reinforce learning

☞ Children need multiple and repeated opportunities to read slightly challenging texts carefully selected to balance ease and challenge with teacher support.

☞ Children need experiences designed to develop fluency through repeated reading of self-selected texts.

☞ Children need "respectful" texts and tasks that acknowledge current understandings and unique learn-

ing needs.

☞ Children need many experiences with texts that develop thoughtful literacy by engaging them in challenging conversations with texts.

☞ Children need to participate in classrooms that nurture a lifelong love of learning through joyful enthusiasm and mutual respect on a daily basis.

## Supporting school success

From Mrs. Hamilton, school counselor

Want to give your child the best experience possible? Then team up with his teacher. Here are some teacher tips by Caolan Madden:

☞ Talk to your child every day about school. Ask what was the biggest surprise or ask what they read today in school.

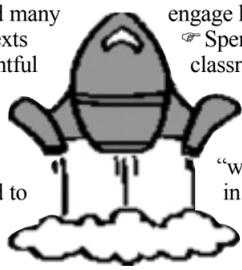
☞ Read everything that comes home. Most teachers send daily or weekly newsletters about projects or field trips.

☞ Respect the schedule. When there's an emergency, don't hesitate to call the school at any time. For more routine matters, it's smart to find out early in the year when the best times are to contact teachers.

☞ Be a cheerleader! "If you don't cheerlead for your child, who will?" said Margaret Ford, a second grade teacher in Rhode Island, who believes that you know more about your child's interests and capabilities than anyone else. Let your child's teacher know about his capabilities, too – you'll help her

to think of new ways to engage him or her.

☞ Spend time in the classroom. Most teachers will tell you that parent volunteers are "worth their weight in gold." Paying regular visits to the classroom is a great way to learn about your child's experiences firsthand.



Robins Rockets

## Shooting Star grade level winners

Sept. 8 - 12

**Kindergarten** – Brenton Christian, Aubrey Winburn

**First grade** – Timothy King, Cameron O'Gorman

**Second grade** – Rebecca Pursley, Jakei Lundy

**Third grade** – Emily Miller, Jasmine Bieker

**Fourth grade** – Justin Seaborn, Justin Mansfield

**Fifth grade** – Maranda Harris, Derrick Jones

**Sixth grade** – Matt Besemer, Britney Lorenz

## Discount cards

Chorus members are selling discount cards to support chorus activities and other music activities for our school. The cards are \$5 and can be used repeatedly for an entire year. It features discounts at 24 local businesses, that include: Wendy's, Papa John's, Krystal, My Father's Place, Boardwalk, Wilson's Bakery, El Cotija and Galaxy Quest. You may purchase a card from a member of the chorus or Mrs. Clopton. This sale will end mid-October.

## Chorus news

The chorus will perform for the Base Chapel Open House and Military Appreciation Day Oct. 19. Everyone is invited for a short

program on the front lawn beginning at 12:30 p.m., and it will be followed with food, fun, games and entertainment for children and their families.

The festivities will end at 3:30 p.m. Chorus members will meet on the front steps of the chapel at noon and must be picked up or joined by their

parents by 1 p.m.

**PTO popcorn**  
PTO popcorn will be  
Sept. 26.

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# ROBINS BULLETIN BOARD

## Robins Thrift Shop

The Robins Thrift Shop is taking donations on consignment. Everything from baby items to weight equipment can be sold. The shop is located on Page Road, Building 288, just inside gate 5. Store hours are 10 a.m. to 1 p.m. Wednesdays and Fridays and the shop will be open Saturday.

Also, the thrift shop is looking for volunteers to fill various positions. If you have any questions, call 923-1686.

## School board meets Tuesday

Robins Air Force Base school board will meet Tuesday at 4 p.m. at Robins Elementary School, Building 988. The public is invited to attend the meeting.

## Troops to Teachers program

Bill Kirkland, program manager, for the Georgia Troops to Teachers program will be at the Robins Education Center, Building 905, Room 159, Wednesday from 10 to 11 a.m. to meet with interested military personnel. For more information, go to [www.proudtoserveagain.com](http://www.proudtoserveagain.com) or contact Fran Sheridan, guidance counselor, at 327-7325.

## Robins Health Fair, Oct. 28-29

There will be a health fair Oct. 28 and 29 at the Smith Community Center ballroom

from 8 a.m. to 3:30 p.m. each day. The health fair, hosted by the Employee Relations Section of Civilian Personnel, will feature representatives from various federal health plans and will provide 2004 updates on coverage and information on their respective plans.

## Marine Corps 228th birthday

Us Devil Dogs at Robins are in the process of planning

a luncheon Nov. 14 to celebrate the Marines Corps 228th birthday. If you are interested in helping plan this event or would like to attend, contact Brian Carroll, C-130 Engine Shop, at 997-1065 or [brian.carroll@robins.af.mil](mailto:brian.carroll@robins.af.mil) or Richard Jones, C-130 Blue Straw, at 926-2993 or [richard.jones@robins.af.mil](mailto:richard.jones@robins.af.mil).

## Boy Scout Troop 220

Boy Scout Troop 220 meets every Tuesday night

from 7 to 8:30 at 1082 Hawkinsville St.

For more information, call Mary Pangborn at 929-5742 or Dennis Collier at 953-8124.

## Girl Scouts leaders needed

Girl Scouts of Robins is in need of leaders and co-leaders. The troops meet on base. All interested persons should contact Alyson Dreer at 329-8099.

## Recruiting airborne communications and electronics specialists

If you are currently a 1A3X1 and are looking for a career change, the 89th Airlift Wing at Andrews Air Force Base, Md., needs people to support crisis, contingency and continuity of government communications. For more information, contact Chief Master Sgt. Ed Moren at [89OG.OGK@andrews.af.mil](mailto:89OG.OGK@andrews.af.mil) or at DSN 858-4673.

## Olmsted Scholar Program

The Olmsted Scholar Program provides an opportunity for a combination of at least five USAF Academy, OTS, or ROTC graduates to study a foreign language at a university abroad.

If you are a junior line officer interested, contact the Military Personnel Flight customer service at 327-7362. AFPC deadline is Oct. 15.

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# Let's play



U.S. Air Force photos by Sue Sapp



Top, 23-month-old Aubrey Daigle crawls through a play tube during a Family Advocacy playgroup Sept. 29. Above, Ryan Megginson, 2, checks out the toys he wants to play with. Right, children play with toys and other children. The "Parents and Tots" playgroup for children 5 years old and younger meets the last Monday of the month from 9:30 - 10:30 a.m. at the Smith Community Center ballroom.

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