



Are you having a **Snack** attack?

See Page 1B

NEWS

YOU CAN USE

Don't forget to set your clocks

The return to standard time from daylight-savings time will occur Sunday at 2 a.m.

Clocks will be set back one hour.

Employees on a shift when time falls-back to standard time will be credited with the actual number of hours worked.

Any time worked in excess of eight hours shall be paid at the appropriate overtime rate or compensatory time earned.

Questions should be referred to your servicing employee relations specialist in the civilian personnel office at 926-5802 or 926-0677.

Survey runs through Nov. 23

With the Air Force Climate Survey that runs through Nov. 23, Robins employees have the opportunity to give Air Force leadership their two cents on exactly what they think about their work environment.

But, according to Charles Drake, management analyst for the Center's manpower office, the only way the survey can be effective in improving leadership-employee conditions is if as many people complete survey as possible.

Previous surveys included active-duty airmen and appropriated-fund civilians. This year, the survey will also include the reserve, Guard, non-appropriated fund civilians and students in a temporary-duty status.

Because Air Force leaders ask for direct, candid feedback, the survey team has taken measures to ensure privacy by using information-masking software.

Anonymity continues to be a key factor, officials said. The survey can be completed online at <http://afclimatesurvey.af.mil> anytime during the survey period.

— From staff reports

Newspaper printing glitch

Due to production problems, the Oct. 17 edition of the Robins Rev-Up was printed with square boxes in place of punctuation marks. The Rev-Up staff apologizes for the inconvenience.

'A very solid, successful year'

By Geoff Janes
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Center commander to host last of seven State of the Center Address sessions today

While Maj. Gen. Don Wetekam's State of the Center Address last year was a call for Center employees to avoid complacency, this year's address let them know they had heard the call.

"A year ago, I stood up here and gave what I felt was an open and honest assessment of how the Center was doing," the Center commander said Wednesday from a stage set up

in Hanger 89. "I asked three things of you - listen to what's being said, absorb what is relevant and react accordingly. I would like to ask the same thing of you today. The differ-

ence is that the news is decidedly better - it has been a very solid, very successful year."

The State of the Center address is mandatory for all Center employees, including

all 78th Air Base Wing organizations, 339th Flight Test Squadron and the 653rd Combat Logistics Support Squadron. Although hosted units weren't required to attend, they were invited.

During the briefings, Please see **ADDRESS, 2A**

Start your engines



U.S. Air Force photos by Sue Sapp

Ricky Rudd, driver of the Air Force sponsored #21 Winston Cup car, signs an autograph for Noel Anderson at the Robins Enlisted Club Thursday. Rudd has 763 Winston Cup starts, 28 Bud Poles and 23 Winston Cup victories to mark his career. The #21 car was on display at the NCO club.



Mark Harrah, left, co-owner of Jasper Motorsports, and Dave Blaney, driver of the #77 Jasper Engines Winston Cup car, unveil new artwork to be displayed on the car's deck lid during the Bass Pro Shops MBNA 500, Sunday, at Atlanta Motor Speedway. Blaney was at the 116th Air Control Wing Thursday to sign autographs. Col. James Jones presented Harrah an American flag that was flown over Iraq and Afghanistan. The artwork is Warner Robins Air Logistics Center and 116th ACW specific.

To see this story in streaming video, go to <http://www.robins.af.mil/pa/stream/index.htm>

JSIPP adds to Robins' defense

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

The Joint Service Installation Pilot Program is putting biological and chemical detection capabilities to the test - adding another layer of protection at Robins.

JSIPP, a four-part biological and chemical detection system due here by mid-October, is a congressional program designed to help protect military installations in a post 9/11 world.

With changing world conditions, the one-year pilot program targets U.S. forces' changing force protection needs, according to Dean Soderberg, process analyst for the C-130 Maintenance branch, and former Robins JSIPP point of contact.

"Prior to 9/11, there was no defense [of this kind] for any installation," he said. "So, post 9/11, DoD said we're just as vulnerable as every other city. Before, the fight was only overseas, but now the fight is at the gates of Robins."

A host of Robins' emergency response agencies have been involved with the program since its beginning.

The system will include more than \$750,000 in portable biological and chemical detectors, dry filters and personal protective equipment, such as masks, suits and boots, and \$120,000 in satellite communication equipment for emergency responders.

Soderberg explained the program is a 'detection to treat' system, not a 'detection to prevent' system.

"This isn't meant to prevent these attacks," he said. "It's a system that helps us know within four hours what hit us, if anything ever does, so we can know how to treat people."

While Robins isn't the only military installation taking part in the program, it's the first Air Force base to receive the program's complete biological and chemical defense package.

Please see **JSIPP, 2A**



U.S. Air Force photo by Sue Sapp

Staff Sgt. Michael Robertson, 78th Civil Engineer Squadron, digs a trench for underground utilities for the JSIPP portable laboratory trailer.

Tuskegee Airmen, Incorporated at Robins receives national charter

By Holly J. Logan
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The Maj. Gen. Joseph McNeil local chapter of the National Tuskegee Airmen, Incorporated recently received its national charter at a ceremony held in the Robins' Enlisted Club.

Local TAI officers received the charter making it the second chapter in the state.

Al Rogers, an education coordinator for the Museum of Aviation and president of the local chapter, said becoming nationally char-

What to know

For more information on how to get involved in the local chapter, contact Al Rogers at 926-1986.

tered helps further the association's mission.

"Tuskegee Airman, Incorporated is important for the preservation of the total history of events surrounding World War II and the contributions of African-Americans to this nation,"

he said. "One of our goals is to inspire youth to stay in school and become productive citizens. Receiving our charter means we can now move forward in implementing our education program and get more involved in local community youth programs."

German Acree, equipment specialist for the Support Equipment and Vehicle Management Directorate and past TAI president, agreed.

"We're trying to generate interest among the underprivileged and young children to get into the aero-

space industry," he said. "We expose people to the industry through Eagles Flights and the Experimental Aircraft Association, which sponsors free flights for children 8-18, in coordination with the Civil Air Patrol."

The local chapter's goal is to gain 10 lifetime members over the next year, according to Acree.

The National Tuskegee Airmen Organization was established in the early 1970s, when a group of African-American pilots, who participated in the Tuskegee Experience by

serving in the Army Air Corps Program in Tuskegee, Ala., flew from Chicago, Ill., to Washington, D.C., to dis-

prove the idea that African-Americans couldn't fly aircraft.

The TAI's earlier goals were to increase membership, preserve the legacy and raise money for scholarships. The group currently



Rogers

has more than 2,000 members in its 45 chapters nationwide.

Prior to its national charter, the local chapter - with 35 active members and 46 on roll - had been an auxiliary unit of the Atlanta chapter, operating in the Robins' community since 1999.

Editor's Note: Background information for this article was obtained from the National Tuskegee Airmen Association Web site at <http://tuskegeeairmen.org/organization/history.html>.

ADDRESS

Continued from 1A

Wetekam outlined the Center's successes of the last year before breaking the remainder of the information into three major categories - fiscal year performance, major priorities of the Center and future prospects.

Under fiscal year performance, Wetekam covered the following topics: Aircraft delivery

Maj. Gen. Don Wetekam delivers his State of the Center Address Wednesday in Hangar 89.



U.S. Air Force photo by Sue Sapp

date performance, production hours, ALC historical yield performance, labor relations, aircraft quality defect rates, and other topics.

Wetekam said his major priorities for the Center are to create a world-class air logistics center through Lean deployment and benchmarking, implement comprehensive public-private partnerships, and develop the work force through enlightened leaders, technically proficient workers and cooperative work force relations.

Where future prospects were concerned, Wetekam talked about moving ahead with Lean at an increasing pace, C-17 and C-130-J partnerships expanding and continuing to forge a bond with the union. Future challenges included next year's Operational Readiness Inspection, continued improvements in the human relations climate and improvements to the F-15 production line - which Wetekam also called the greatest potential success.

Editor's note: For in depth coverage of the State of the Center address, check next week's edition of the Robins Rev-Up.

JSIPP

Continued from 1A

"Robins was chosen by Installation Logistics at the Pentagon, based upon Robins' hazardous material capabilities established here in the last five years," he said. "If all goes well with this pilot program and all the tests go well, DoD will stand up the Guardian - a \$1 billion program for 100 installations to do the same thing."

Last spring, Soderberg attended a meeting in Washington, D.C., that resulted in Robins being chosen.

Other installations receiving JSIPP in various degrees

Navy Region South West
Camp Lejeune, N.C.
Pope Air Force Base, N.C.
Fort Campbell, Ky.
Fort Lewis, Wash.
Fort Gordon, Ga.
Barksdale Air Force Base, La.
Naval Surface Warfare Command, Va.

What to know

The Joint Service Installation Pilot Program is a Congressional state-side four-part biological and chemical defense program set up to test biological and chemical detection capability. Success of the one-year pilot program could lead to a \$1 billion-dollar biological and chemical detection system for DoD.

According to Master Sgt. Kevin Treas, Readiness Flight superintendent, and current JSIPP point of contact, the system will be located throughout Robins, with command terminals at the command post, and other areas across the base. Contractors will be here until October 2004 to determine if any problems are due to equip-

ment malfunction.

The two said the system's presence shouldn't create an uneasy feeling in the community.

"This is primarily being pushed after terrorists attacked the U.S. without warning," Treas said. "It's not meant to raise the alarm that there's a biological or chemical threat. It's just here to further protect our people and resources if it were to ever happen."

The Defense Threat Reduction Agency and Soldiers Biological Command from Fort Leonard Wood, Mo., will return to help Robins perform exercises to further test the program, as the test program's time ends here.

ROBINS BRIEFS

Flight line workers health fair Monday

Maintenance Directorate flight line workers are invited to attend the Flight line Health Fair Monday, 8:30 a.m. - 3:30 p.m., Building 81, dock 3.

A variety of services will be provided including: blood pressure checks, eye exams, chiropractic exams,

diabetes tests, massage therapy counseling, nutritional information, Employee Assistance Program advisors, and alcohol and drug abuse counseling.

Cholesterol and glucose checks will be offered for \$5, and prostate specific antigen screenings for \$28.

Designated times have been set up for each area to attend; check with your supervisor for your time.

Canned good donations for the MA Holiday Food Drive will also be accepted.

For more information, call 926-5930.

- From staff reports

Take a haunted hayride ... if you dare

There will be a haunted hayride beginning at Pave Paws, near Warrior Base Wednesday and Thursday from 6:30 - 10 p.m. (6:30 - 7 p.m. for the faint of heart). Cost is \$3, and includes hot dogs, chips,

sodas, water and other goodies. For more information, contact Master Sgt. Neal Hatcher at 926-5820, extension 298, or Tech Sgt. William King at 926-2082.

- From staff reports

Entry authority list policy for Robins

The Entry Authority List process is something you can't overlook if you are planning to have an event with six or more visitors on base.

To assist you in making your planned event a success, the 78th Security Forces Squadron would like to provide you with the most current steps for the EAL process.

1. Two weeks prior to your planned event you need to provide three copies of your EAL to the 78th Security Forces Police Services section.

2. Your EAL must include the following information:

-Start and end time, date, location and name of the event

-Last name first, then first name in alphabetical order of all individuals on the list.

-Name of the individual sponsoring the event along with a contact phone number.

3. The sponsor of the event must be the individual to bring the EAL to the 78th Security Forces Squadron.

Remember to bring your ID Card because the Security Forces representative will need to verify your status.

4. Once the EAL has been reviewed by the Security Forces representa-

tive, it will be turned over to the 78th Mission Support Group Commander for an additional review and approval.

If your EAL is not turned in within the 2-week suspense, you may be required to sponsor each of your guests onto the installation from the Gate-2 Visitors' Center.

The 78th Security Forces web page has supplied the EAL process information under the section marked "Gate Hours".

If you have any questions concerning the EAL process, contact the Security Forces Squadron at 926-2118.

- From staff reports

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Comm squadron keeps war fighters informed

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

In an information-hungry world, Mike Coonfield and the 78th Communications Squadron are feeding the masses.

Coonfield, a Web technician in the base Web office in Building 228, is one of the four people who maintain the Robins Web site and sub sites on the homepage, keeping updated information at users' fingertips.

"We maintain not only the restricted site, but we also maintain the public site so everyone around the world can be informed about what Robins is doing," he said. "Information is in high demand. It's our job to make sure people get the information they need."

In a room lined with computers and bookshelves of technical manuals, Coonfield and others in the 78th CS begin as early as 6:45 a.m., answering e-mail inquiries and making sure the Robins Web site is current for the base and those outside Robins' gates.

"We go through at least 60 different sub Webs on Robins' homepage, making sure information is current and monitoring Privacy Act and other sensitive information on the public site," he said. "We monitor these sites very closely. It's an all day job."

Coonfield and others in the 78th CS team work eight-hour shifts around the clock to make sure Robins' 25,000 plus users have full working access to Robins homepage.

At Robins since 1988, first as an active duty airman and now as a civil service employee, the 47-year-old Rocky Ford, Colo., native said working for Robins has been one of the best experiences he has had.

"I like sitting down and playing

"Each of us has our own niche at Robins, whether it's Web design or someone hauling equipment on the flight line"

Mike Coonfield, Web technician



U.S. Air Force photo by Sue Sapp

Mike Coonfield, a Web technician in the base Web office in Building 228, is one of the four people who maintain the Robins Web site and sub sites on the homepage, keeping updated information at users' fingertips.

with and designing the Web pages to make them look good," he said.

"Once you've developed something, and you get to see the finished product, that's when you get a feeling of pride. We go out and get a lot of ideas for our Web site from large corporate Web sites. It's our job to make our site the best it can be."

In addition to his everyday work schedule, Coonfield said his office is preparing to make Robins part of the

Air Force Portal, a network that will eliminate individual base Web sites and provide access to each through one gateway of information.

"It's maintained at Gunter Air Force Base, Ala., and each Air Force Materiel Command base will have a presence on the portal," he explained. "It will have listings by base and organization - and you can customize how you want to view information on the page."

The project is in the early development stages, Coonfield said.

Even though each person does a different job, Coonfield said every detail is essential in the overall war fighting mission.

"Each of us has our own niche at Robins, whether it's Web design or someone hauling equipment on the flight line," he said. "If even one detail of the mission is lost, it can cost everything."

ROBINS BRIEFS

Registration deadline Nov. 7 for next ACT test

College bound high school seniors who want to take the next ACT test for college admissions have two chances to register before the Dec. 13 national test date.

The postmark registration deadline is Nov. 7. There is also a late registration postmark deadline Nov. 20 - an additional fee is required.

Students can get information from their high school counselor or register online at www.act.org

ACT scores are accepted by virtually all colleges in the nation, including all Ivy League schools.

The ACT is a curriculum-based achievement test, not an aptitude test. There are four sections, covering English, reading, math and science.

The tests cover material that students study in high school.

ACT scores are considered by colleges for admissions and course placement, along with several other important factors including high school grade point average, college prep courses, extracurricular activities and personal background.

The test fee is \$26.

Promotion

Bonnie M. Jones, from GS-14, chief, Supply Management Branch, Materiel Management Division, Logistics Management Directorate, WR-ALC/LGMM, to GS-15, deputy director, Avionics Management Directorate, WR-ALC/LY, effective Oct. 19.

armed
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Tanker units integrate for teamwork

By Staff Sgt. Scott T. Sturkol

U.S. Central Air Forces Public Affairs-Forward

News from
around
the Air Force



SOUTHWEST ASIA – In a deployed location, one thing is for certain: Teamwork makes a unit. For the 340th Expeditionary Air Refueling Squadron here, teamwork went beyond that of one unit, combining assets of five KC-135R Stratotanker units.

For a short time the 340th EARS comprised planes and people from the 6th Air Mobility Wing, MacDill Air Force Base, Fla.; 319th Air Refueling Wing of Grand Forks Air Force Base, N.D.; 22nd ARW of McConnell Air Force Base, Kan.; 19th Air Refueling Group of Robins Air Force Base, Ga.; and 92nd ARW of Fairchild Air Force Base, Wash.

“Having so many units under (a) commander from one unit and having the director of operations from another unit can be a challenge, but not from here,” said Maj. Eric Brumskill, formerly the 340th EARS director of operations.

“There are always issues with deployed members and home units that must give their inputs about their people. The challenge is finding the right belly button to push to

make things happen with no familiarity. Overall, the crews and staff have been nothing but professional, and truly exemplify ‘one team – one fight.’ We integrated well, and I certainly will see more of these faces from other bases in the future, I’m sure.”

Four of the units had combined before the recent arrival of the 92nd ARW.

In transition, they further combined to perform hundreds of missions for operations Iraqi Freedom and Enduring Freedom, and Combined Joint Task Force-Horn of Africa for several weeks.

On any given day, it was not unusual to see a Fairchild crew flying a McConnell-based tanker with Grand Forks maintenance crews helping get the plane ready.

Lt. Col. Seth Beaubien, current 340th EARS commander from Fairchild, said the work done here before his arrival was exemplary.

“I have an immense amount of respect for the team we replaced last week,” Beaubien said. “Lieutenant



U.S. Air Force photo by Staff Sgt. Scott T. Sturkol

SOUTHWEST ASIA – Tanker maintenance troops from the 319th Air Refueling Wing at Grand Forks Air Force Base, N.D., watch as a tanker from the 22nd ARW at McConnell Air Force Base, Kan., rolls off into the sunset for a night air-refueling mission. The 19th Air Refueling Group from Robins combined with tanker units from Grand Forks; McConnell; MacDill Air Force Base, Fla.; and Fairchild Air Force Base, Wash. to work together for a short time in the 340th Expeditionary Air Refueling Squadron.

Colonel Jeff Smith (former 340th commander from McConnell) and his staff did an outstanding job forging a team from units with different policies, operating instruc-

tions and cultures. They were 100-percent mission effective in accomplishing every air tasking order over the two months they were here.”

“We had people and planes

from different bases deployed here and except for different faces, it was pretty seamless,” said Capt. Joel Rivard, a pilot from Grand Forks Air Force Base.

“We all come from the same schoolhouse (at Altus Air Force Base, Okla.), so we’re all working off the same sheet of music. Yes, there are some differences from base to base, but they’re minor.

“Tanker folks all get along very well with one another so we all started off as friends from the beginning,” Rivard said. “I’m sure when I see these folks in the future, we’ll all remember the time we were deployed together.”

The combined effort continued on the support side.

“I thought it was an interesting combination,” said Staff Sgt. Shenandoah Ellis, an intelligence noncommissioned officer who deployed from McConnell and worked at the 340th EARS.

“People from different units (with) different ways of conducting business (worked) together almost flawlessly. At times it made it fun because we had so many personalities in the same office. But we began to act like we all were from the same unit, and then we began to ask the question of, ‘Are you from McConnell, Grand Forks, MacDill, Robins, and eventually, Fairchild?’ “

– Courtesy of Air Mobility Command News Service

Cancer survivor shares her story

Hope, laughter, positive thinking ingredients for breast cancer awareness luncheon

By Holly J. Logan

holly.logan@robins.af.mil

What to know

Christine Clifford brought a message of hope through her inspirational stories and laughter at the eighth annual Breast Cancer Awareness luncheon.

The luncheon, sponsored by Robins’ Health and Wellness Center along with area breast cancer associations and health care providers, attracted about 700 people from Robins and the community to the Museum of Aviation’s Century of Flight Hangar Oct. 16.

Clifford, a nine-year breast cancer survivor from Minneapolis, Minn., who has authored four books on the topic and is in the midst of a 40-city tour, said people should never underestimate the power of positive thinking.

“We all have things going on in our lives - and we can’t always change those things,” she said. “I can’t change the fact I got cancer. But the one thing we can change is our attitudes and how we choose to handle those things on a go-forward basis.”

Just three days after Clifford arrived home from the hospital, she found humor in her breast cancer experience and began the journey of turning her tears into cries of laughter.

“When I got home from the hospital, the doorbell rang and my son, Brooks yelled, ‘hey mom, more flowers for your breasts.’ It was then that I realized I could laugh again and find humor on the other side of cancer,” she explained. “I hope I’ve shared some other ways for people to find a good life on the other side of their experience.”

Several Middle Georgia breast cancer survivors were among

those who attended the event. Sarah Jones, a Macon resident and a breast cancer survivor, said the luncheon was a good way to show people how no one with breast cancer is alone.

“It was wonderful,” she said.

“It’s good to see people out enjoying life and laughter together. Events like this make people want to go out and tell people to see their doctors and get their mammograms - and not be scared about it.”

Geri Greenan, a breast cancer survivor from Kathleen, was diagnosed in February.

“It was wonderful seeing all the survivors here,” she said. “I just finished my radiation treatment two weeks ago. Even though there are so many people out there, you can still feel alone sometimes.”

In addition, attendees received sponsor giveaways and information on proper self-exam techniques.

Bridget Zimmerman, HAWC director, said the luncheon is a way her office brings the importance of breast cancer awareness to the public’s attention.

“I think we had a great turn out, and I hope more people come next year,” she said. “This is a disease that touches both men and women. It’s important for everyone to be aware.”

Christine Clifford
nine-year breast cancer survivor

Road closure

The north and southbound lanes of Beale Drive, from Richard Ray Boulevard to Seventh Street, will be closed from 7 a.m. today until 7 p.m. Monday.

All traffic will be re-directed to Richard Ray Boulevard.

The closure is necessary to allow the installation of equipment in the roadbed to prevent wildlife from entering the airfield area.

For more information, contact Herman Landress (Project Manager) at the 778th Civil Engineering SABER office, 926-3533 ext. 28902 or Dave Pierson (SABER Chief) 926-3533 Ext. 28900.

Airmen support OIF



U.S. Air Force photos by Tech. Sgt. Charlein C. Sheets

Airman 1st Class Jonathan Aldrich, a communications and computer system controller, attaches a cable to the FCC-100 time division multi-plexer. Aldrich is deployed from the 53rd Combat Communications Squadron.



Airman 1st Class Andrew Sun, a computer networking cryptographic and switching apprentice, tests phone lines at Kirkuk Air Base, Iraq. Sun is deployed from the 53rd Combat Communications Squadron. About 100 members of the 5th Combat Communications Group are deployed in support of Operation Iraqi Freedom.

Pharmacy to install new system

Submitted

A new automated dispensing system will be installed at Robins Nov. 17, completely changing the way prescriptions are filled at the 78th Medical Group pharmacy.

This change is taking place due to Department of Air Force efforts to standardize the prescription-filling process at all military pharmacies.

The new system, known as PharmASSIST, incorporates bar coding for all products.

According to 78th Medical Group officials, the system will reduce filling errors by requiring that each medication stock bottle be scanned before being added to the automated counting cell.

Prescription labels will also be scanned to release medication from the cell for dispensing into the patient’s bottle.

The system makes a photocopy of each written prescription so that it may be brought to the computer screen at any time.

Quality assurance features provide multiple levels of security and maintain an electronic audit trail of all activity.

Although these extra steps require a few extra seconds to process each prescription, the procurement of this system will ensure the pharmacy maintains its high standard of care.

Another addition is the Pharmacy Data Transaction Service, which is a combined prescription database that monitors for interactions and overlaps of medications filled at military pharmacies, local TRI-CARE pharmacies, and the national mail-order pharmacy.

This system also requires a few extra seconds on each prescription to electronically check all of the other pharmacies.

Both of these new safety features require use of the base local area network computer system, therefore, LAN downtime will cause pharmacy downtime.

As these changes are being implemented to improve accuracy and patient safety, not speed, the pharmacy workers ask for patience.

Beyond the initial set-up and training on new equipment, a determination must be made on the best utilization of this new system.

Other facilities have experienced wait time increases of up to two hours initially. While your wait may be longer than you would like, accuracy is the most important factor.

Someone will be available in the pharmacy lobby during this transition phase to advise you of the current waiting time and provide any additional information needed.

Commander sheds light on sixth-grader's housing concerns

By Chris Zdrakas

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It sort of happened this way: A sixth-grader said, "Let there be light." The 78th Air Base Wing commander responded, "there will be."

And now emergency vehicles and delivery trucks have no problem finding addresses in base housing after dark.

Shawn Galvan, who turned 13 Oct. 11, wrote to Col. Tom Smoot last March, telling him that at night, it was hard to find homes in base housing because the addresses were not clearly visible. Shawn said that at his former base, Altus Air Force Base, Okla., lights with sensors above addresses made night visibility clear.

"Tonight," he wrote, "a fire truck and two police cars rode up and down the wrong streets looking for the right house. They had an emergency and would have been



U.S. Air Force photo by Sue Sapp

Shawn Galvan demonstrates the new light sensor above his address.

able to get there faster if they could find the addresses quicker."

Galvan was a sixth-grader at Robins Elementary when he wrote the letter. This year, he started seventh grade at Tabor, where he is an honor roll student and plays "all different kinds of sports," according to his mother, Jennifer.

"As a parent, what he did made me very happy," she said. "I encouraged him to write the letter, but I wasn't sure he would receive a favorable response."

The response came a couple of weeks after Smoot received Galvan's letter.

"I know your parents are very proud of you for making

this suggestion, and so am I," he wrote to Galvan. His father is Master Sgt. William Galvan of the 116th Maintenance Squadron.

Smoot also informed Shawn that the Family Housing Office had earlier identified the problem and initiated the project to have lights with house numbers and sensors installed. Back then, the project was waiting funding. Since that time, installations have begun, including Galvan's house on Fort Valley Street.

Galvan's mother said he was excited when he received a letter from the wing commander.

"It shows that he (Smoot) cares a great deal to read through the whole letter and not just a couple of lines," Galvan said.

He put the letter in a "memories box," where he also keeps pictures, class work and projects.

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Please recycle this newspaper.

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Job satisfaction starts with proper training

By Senior Master Sgt. Ray Hankins
65th Security Forces Squadron

LAJES FIELD, Azores – Senior NCOs are often asked what made them stay in the Air Force so long.

The answers I hear usually fall into two categories: love of country and contribution to the mission.

However, many first-term airmen don't recognize their contributions as vital ones. Further, on many occasions, supervisors may fail to make their jobs exciting and challenging, and our newest recruits lose interest.

This can deteriorate morale and leave our forces in a train-

ing drought. As we have surged to meet today's unpredictable threats, post-Sept. 11 training has slipped.

The expertise needed to carry out the defense of our nation has drawn down. However, as we reconstitute and focus on the growth of our team, now is the time to focus on training.

Key to keeping our airmen's interest is commitment. We have to be committed to seeing first termers through their career development course studies while following the Career Field Education Training Plan.

Combining the two creates a recipe for success: a thorough understanding of the job

while gaining the fulfillment needed to be successful in every technical endeavor.

First, let's look at the importance of CDCs. Getting involved with the CDC process and ensuring the training and task accomplishment an individual needs relates to those study manuals cannot be overstated.

As such, it is imperative that time is spent with our young airmen to help them understand and fulfill the requirements of those study manuals.

Feedback is also essential; make the process interactive with take-home tests, verbal quizzes and researching areas of concern. In other words,

get involved.

Next, show your troops how the CFETP brings it all together. The plan provides the timeline for individual success in an airman's career.

Get them invested in their on-the-job training. Explaining each task to the airman, rather than just "signing off" tasks, will make a huge impact on the ability of our wings to carry out their missions.

As supervisors, we can make the difference by doing all of these things.

In return, we will reap huge rewards. The troop gets the personal gratification of learning a new trade, and the Air Force gets a certified

warfighter. There is no deeper satisfaction than seeing a newly trained airman doing a job.

Just recently, I saw it here. The power went out at the security forces building and we had to call the civil engineer team power shop to fix it. Their team of folks came in, changed out a transformer, strung the power lines and had power back on line within two hours.

These well-trained troops didn't fumble around. Supervisors had trained and certified these folks to turn the power back on, and they did so with professionalism, savvy and an acumen that reflected their training.

You don't think it makes a difference? Who do you think turned the power back on in Baghdad?

Ultimately, we want our troops to feel the same love of country and draw the same satisfaction of contribution we, as senior NCOs, feel. And with a few simple steps as a part of the training process, it can be done.

Make a commitment to enhance an airman's career through proper training, CDC studies and diligent CFETP usage, and then see how the mission is more effectively orchestrated.

— *Courtesy of U.S. Air Forces in Europe News Service*

The essentials of Ramadan

Bismillahir rahmanhir rahim
(In the name of God, most gracious, most merciful.)

By Maj. Timothy F. Oldenburg

F-15 Engineering Division

People always ask me if the fasting prescribed in the Islamic month of Ramadan is difficult. And honestly, as I told one of my Muslim brothers the other day, I look forward to Ramadan.

Now, you might be asking what Ramadan is all about. To begin, it was in the month of Ramadan that Muhammed (peace be upon him) received his first revelations from God (Allah in Arabic) through the angel Gabriel. All the revelations are written in the Islamic holy book, the Qur'an (pronounced Koran). Fasting (sawm in Arabic) is the fourth pillar of Islam. Ramadan is the ninth month of the Islamic calendar. The Islamic calendar is based on the lunar cycle.

This Gregorian year, 2003, Ramadan will begin Sunday. Ramadan is either 29 or 30 days long and depends on when the full "new" moon is sighted.

The most important aspect of Ramadan is that it is prescribed for all Muslims who are past puberty age, sane, in good

health, and not traveling, to fast from dawn until sunset. Also exempted are Muslims who perform hard or strenuous labor. They should provide the equivalent of one meal a day to the poor for each day missed.

Fasting means to refrain from eating, drinking (any liquids), and conjugal relations with their spouse during daylight hours for the whole month. Muslims are encouraged to take a pre-dawn meal (called suhur) in order to sustain the rigors of hunger and thirst throughout the day.

For Muslims, Ramadan is a month of heightened God consciousness and piety. It is a month to initiate improvement in one's character. The fast also makes Muslims aware of the hunger and hardships of the poor. The Qur'an states "O you who believe! Fasting is prescribed to you as it was prescribed to those before you, that you may (learn) self-restraint," (2:183).

Therefore, fasting in Islam as such, does not simply mean abstaining from food and drink, but in addition and more importantly, abstaining from every kind of wrongdoing, in thought and in deed.

Additionally, it is traditional to give the annual poor dues (zakat in Arabic) during Ramadan.

Zakat is also one of the five pillars of Islam and is obligatory for all Muslims with income that exceeds their yearly expenses. While charity is an important devotion in Islam, Muslims are encouraged to be even more aware of charitable giving, visiting the sick and helping those in need during this time.

The last ten odd nights of Ramadan is known as the Night of Power. Muslims believe that the first revelation of the Qur'an was revealed to Muhammed (pbuh) on one of these nights. Muslims should spend at least one of the nights in prayer and devotional worship. The fast establishes a unique and singular uniformity between all the Muslims the world over. Ramadan prepares Muslims spiritually for life's challenges.

Finally, the month of Ramadan concludes with a special day of celebration called Eid ul-Fitr. This celebration is significant because it begins with an early morning prayer to thank God for his blessings and mercy for giving all Muslims the strength to accomplish the fast during the month. All are encouraged to dress up in their best clothing. Eid, which means recurring happiness, lasts for three days during which Muslims give gifts, attend feasts and enjoy recreational activities.

Halloween safety tips

By Lt J. Darin Pierce
116th Mission Support Group
Environmental Management

BOO!

OK, that wasn't scary but you haven't seen my costume. Ah, Oct. 31, Halloween, the day dentists begin planning on purchasing that new Mercedes. There's enough sugar, chocolate and an assortment of jellies on this one day to sink the "Good Ship Lolly Pop."

And for a good many of us – child and adult alike – we can say Halloween is our favorite holiday of the year. But to enjoy the ghouls, ghosts and assortment or urban legends roaming the neighborhood, you need a plan.

Planning doesn't take away the fun; it'll enhance the experience for the children and let the adults play a bit as well, without too much loss of dignity.

Before Halloween

Black is cool, and it always has been. But wearing black doesn't have to make you invisible; a necklace with a glow tube, flashlights, pulsating light badges, battery powered light up horns for that little devil or similar eye catching sources of light all work to enhance visibility. There are costumes of truly reflective fabric, to those that are light colored and as readily visible at night. The stores want your business, and safety is a big consideration in the design and sale ability of their products.

Here's a thought, there are 300 4-year-old ghosts. Pick the one that is yours. See the problem? You don't want to take the wrong child home, do you? For

What to know

The base's official "Trick or Treat" hours are 5:30 to 8:30 Oct. 31.

small children, consider attaching some form of identification to their costume.

If you or your children are going to be walking during trick-or-treating, ensure that everyone wears comfortable shoes.

Make sure that some type of identification is carried at all times. Remember that flashlight mentioned earlier? If you're out until the witching hour, spare fresh batteries are a good idea.

Big point, someone has to be responsible - and that shouldn't mean the 4 year old. Keeping track of traffic, children, sweets and all that other stuff is an adult activity.

Preparing your home for Halloween is a bit more involved than putting the pumpkin out. Use flashing lights for jack-o-lanterns instead of candles. Keep fire safety in mind when decorating. The garden hose, water sprinkler and possibly some lawn ornaments might have to find another home for evening. Do not overload electrical outlets when decorating.

Before nightfall on Halloween

Feed them first. They'll be less tempted to dig into the bag of treats before you can check it out. Plan a route, visit the neighbors, visit the school-mates, this shouldn't be a Lewis

and Clark expedition. Go over the ground rules, review with your children the route and acceptable behaviors while out trick or treating. But most importantly ensure that they are aware of the procedures to follow in case of an emergency.

When Trick or Treating

Try to work in groups with other parents. The more eyes watching the children, the better. I've rarely seen an adult move as fast as a 4 year old, besides now you'll have someone to talk to and won't look so lonely at the end of the drive way. Trick-or treat homes with lights on; those people want you to come to the door. Traffic rules always apply; remain on the sidewalk, walk facing traffic, cross at corners, use streets that are well lit when possible.

Although finding treats that have been tampered with is rare, children should understand that they should not eat anything until you get home and divide up the spoils of the evening. Oh, and that issue of tampered candy – law enforcement authorities should be notified immediately.

Operational Risk Management...bet that scared you. Well you've just done one believe it or not, all six steps are up there. Hazards have been identified, risks have been evaluated, there are lots of control measures, control decisions have been made and implemented and finally with it all done and over you can review the night proceeds. I mean the proceedings. By the way, who's got the Snickers bar?

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



Commander's Action Line

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

Col. Tom Smoot
Commander,
78th Air Base Wing

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 at <https://www.mil.robins.af.mil/actionline.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.

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

Messy newspaper racks

I work the midnight to 8 a.m. shift in Building 228. I would like to know why the person who delivers the Rev-Up to our building every Friday morning, finds it necessary to take the Robins Review Union papers and throw them on the floor.

The Rev-Up has the first shelf and the second shelf is for the Robins Review. This has been happening for about two months. I am tired of having to pick up this person's mess every week.

Any help you can provide will be greatly appreciated.

Col. Smoot's reply: Thanks for the call regarding the problems you have encountered with the Robins Review and the Robins Rev-Up. Both publications are valuable sources of information for the Team Robins work force. The problem has been discussed with those responsible for the problem, and the situation will be resolved. The racks you mention are provided specifically for the Robins Rev-Up by the newspaper's

publisher, the Macon Telegraph, and are a provision in their contract with the Public Affairs Office. The Houston Home Journal publishes the Robins Review. In the near future, the Home Journal will place separate racks in areas where there is presently no other suitable location for delivery. In the mean time, the Rev-Up contractor has been instructed to neatly place the union paper to the side when he finds them in Telegraph-supplied newspaper racks. Thanks for bringing this to my attention.



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Are you having a **S**nack attack?



Angie Ford, snack bar manager, shows the variety of hot and cold dishes at the Building 300 foyer snack bar.

Munch on this: There are many snack bars conveniently located on base

By Lanorris Askew

lanorris.askew@robins.af.mil

Need a meal in a hurry? No need to worry. Your local snack bar is on the job.

In a world dictated by convenience, Robins' snack bars are more than just quick food stops; they are a time-saving, low-cost way to grab a quality bite to eat.

Donna Pancake, personnel staffing specialist, said she loves her snack bar and wouldn't know what to do without it.

"If you want a quick snack there is no reason that you should have to get into your car and go downtown," she said. "It saves time, it's convenient and it's fairly inexpensive."

Candy, chips and drinks are the basic items offered at snack bars around the base, but hoagies, homemade cookies, pizzas, BLTs and a host of other delectable goodies are also a part of some of their menus.

Although not all snack bar

What to know

Eleven snack bars and six mobile snack trucks are operational five days a week. One mobile truck also runs on Saturdays.

day, and she loves them all.

Mary Jones, snack bar employee, said she loves her job and the people make all of her hard work worth it.

"I like everything I do," she said.

Ford said there are a couple of snack bars with delis and one where pizzas are made and delivered to other snack bars on base.

"The snack bars in Buildings 301 and 376, which are two of the biggest snack bars on base, have a deli and a seating area inside," she said.

Here customers can take a break and sit down and enjoy a treat and conversation with the snack bar employee.

Ford said the snack bars are important for a number of reasons.

"The majority of base employees only have a short time for lunch and with limited parking on base, the snack bar is a convenient way to dine," she said.

"We have a lot of good food that is reasonably priced as compared to downtown and the base supports us really well."

With 10 snack bars operating during the day, one in the afternoon and six mobile trucks, Ford said they get just about every building on base.

The six mobile trucks traverse the base five-days-a-week taking delectable treats, meals and miscellaneous items on the road. Ford said to accommodate the weekend workers, one truck also delivers on Saturday.

Though it is hard to tell exactly how many people use the snack bars, Ford said she is sure it numbers in the thousands.

"We work very hard for our customers, and we want them to know that we are here for them," she said. "If we had the support, we would be open 24-hours-a-day, seven-



Mary Jones gets pizzas ready for the lunchtime crowd.

U.S. Air Force photos by Sue Sapp



The snack bar in Building 376 offers a variety of food.

menus are created equal, snack bar manager Angie Ford said they all have high quality food and top-notch customer service.

Maria Schultheisz, snack bar supervisor, said she loves people and treats them as if they were her only customers.

"I do the best I can for my people," she said. "If you want to have good business you have to have good customer service skills."

Schultheisz, who has been in the customer service business since 1980, said she serves at least 200 customers a

days-a-week."

For those who haven't been to one of our snack bars, they should come on in and give us a try. I'm sure they will be satisfied."

As for Pancake, she said a lot of people new to the base — and even some who have worked here for a while — don't know where the snack bars are, and as a result are missing out.



Above, Maria Schultheisz, snack bar supervisor, works the hot dog machine at the snack bar in Building 376.



Left, DeeDee Rios, snack truck driver, helps a customer make a purchase.

"If you want a quick snack there is no reason that you should have to get into your car and go downtown. It saves time, it's convenient and it's fairly inexpensive."

Donna Pancake
personnel staffing specialist

Where they are

- Building 140
6:30 a.m. 3 p.m.
- Building 210
6:30 a.m. 3 p.m.
- Building 300 (Foyer)
6:30 a.m. 3 p.m.
- Building 300 (Hallway)
6:30 a.m. 3 p.m.
- Building 301
6:30 a.m. 3 p.m.
- Building 91 (Flight Line)
6:30 a.m. 9:30 p.m.
- Building 125
6:30 a.m. 9:30 p.m.
- Building 640
6:30 a.m. 9:30 p.m.
- Building 645
6:30 a.m. 9:30 p.m.

LEAVE/TRANSFER

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

Donna L. Stewart, 78th MSG/DPCEB. The point of contact is Tina Miller at 926-0677, extension 159.

Carol Bales, WR-ALC/LGRA. The point of contact is Debbie Vallin, 926-2088.

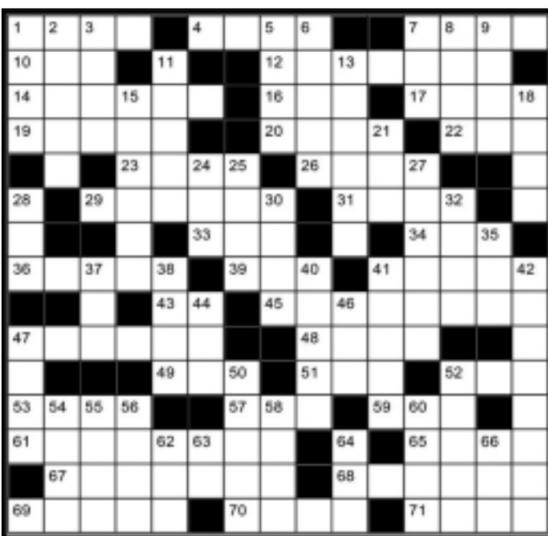
Christine McLeod, WR-ALC/LGRC. The point of contact is Debbie Vallin, 926-2088.

Patti B. Alexander, WR-ALC/LGMTB. The point of contact is Debbie Vallin, 926-2088.

Ashlee Glover, WR-ALC/LGRC. The point of contact is Debbie Vallin, 926-2088.

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. Submissions run for two weeks.

CROSSWORD PUZZLE



Current Air Force Leaders

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

- | | |
|---|---|
| ACROSS | 2. Group of double salts |
| 1. St. Louis team | 3. Reminder |
| 4. Fight | 5. Munitions |
| 7. Computes | 6. Current SECAF (SAF/OS) |
| 10. Pub drink | 7. Model Carol |
| 12. Current Vice CSAF (AF/CVA) | 8. Jo Messina and Billy Williams |
| 14. Current CSAF (AF/CC) | 9. Stains |
| 16. Record company | 11. Current Under SECAF (SAF/US) |
| 17. Golfing items | 13. Current Air Force Chief of Acquisition (SAF/AQ) |
| 19. Love | 15. Actor _____ Taylor |
| 20. Electrical resistance measurements | 18. Downhill skiing need |
| 22. Identification number in USAF | 21. USAF rank |
| 23. State home to Ogden Air Logistics Center | 24. Section of a play |
| 26. River in NE Spain | 25. Current USAF Inspector General (SAF/IG) |
| 29. Current USAF Judge Advocate General (AF/JA) | 27. Spanish province |
| 31. Predator and Global Hawk (RQ-1/4) (abbrev.) | 28. Golf score |
| 33. Child | 30. Plant part |
| 34. Bond writer Fleming | 32. Put aside |
| 36. Path | 35. Unit equal to 1 candela per sq. meter |
| 39. Alaska Sen. Stevens | 37. CA school campus (abbrev.) |
| 41. Current USAF Chief Scientist (AF/ST) | 38. Type of cheese |
| 43. Postal abbrev. for state home to 166th AW | 40. Animals with horns |
| 45. 90s speed metal band | 41. Light beer |
| 47. Current CMSAF | 42. Current USAF Chief of Air Force Reserve (AF/RE) |
| 48. Therefore | 44. Watch |
| 49. Actor Gibson | 46. Plant food Miracle ____ |
| 51. Fish egg | 47. Face-to-face |
| 52. On behalf of | 50. Ciao! |
| 53. Wanes | 52. Specialty |
| 57. Donkey | 54. Clown |
| 59. Slang for an Australian marsupial | 55. Emitted blood |
| 61. Live with | 56. Ancient king of Egypt |
| 65. Major or Minor | 58. Slavic people of former Yugoslavia |
| 67. Current USAF Chief of Installations/Logistics (AF/IL) | 60. Three per inning |
| 68. Current USAF Chief of Chaplains (AF/HC) | 62. Abbrev. for 36 ACROSS |
| 69. Current USAF Chief of Communications (AF/CM) | 63. Tail markings for a/c assigned to the 187th FW |
| 70. Baseball stats | 64. FedEx rival |
| 71. Plant start | 66. Observe |

DOWN
1. Indian prince

For puzzle solution, see Oct. 31 edition of the Rev-Up

Puzzle solution for Oct. 17



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

contemporary 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.

Program will offer training for both beginner and experienced sponsors Tuesday, 2 - 3:30 p.m., Building 945, Family Support Center Annex.

Bundles for babies & infant care

The Air Force Aid Society will conduct a Bundles for Babies & Infant Care class Wednesday, 8 a.m. - noon, Building 827, (old base gym) HAWC classroom.

The spouse's connection

The Center's Relocation Assistance Program offers the Spouse's

Connection, Wednesday, 9-11 a.m., in Building 945, Family Support Center Annex.

Interviewing strategies

The Transition Assistance program is offering a class on Interviewing Strategies, Wednesday, 1:30 - 4:30 p.m., Building 905, Room 139.

Financial workshop

The Consumer Credit Counseling Service of Middle Georgia will conduct a free "Money and Credit Management" workshop Oct. 31, 1 - 4 p.m., Building 905, Room 127.

Pre-TAP briefing

A Pre-TAP briefing will be conducted Tuesday, 1 - 3 p.m., Building 905, Room 139.

Sponsorship training

The Center's Relocation Assistance

SPORTS BRIEFS

Bowling Center 926-2112

Come dressed in a Halloween costume for Thunder Alley glow-in-the-dark bowling and bowl for half price.

Fitness Center 926-2128

A 5K Halloween Run will be held Saturday at 9:30 a.m. in front of the Health and Wellness Center. Prizes will be awarded for fastest times and best costumes.

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

Everyone is welcome to the new greens grand opening ceremony and 78th Air Base Wing annual fall golf tournament Nov. 6 beginning at 10 a.m. The ceremony will begin with an opening shot and the tournament will begin with a shotgun start at noon. Cost for the tournament is \$30 members and \$35

nonmembers includes range balls, golf cart, green fee, refreshment, lunch and prizes. Register for the tournament by calling Kathy Cheshire, 78th ABW/XPRA, at 926-2182 by Oct. 31.

Youth Center 926-2110

The 6th annual Robins Commander's Cup Soccer tournament will be held Nov. 17 - 23. Teams wanting to participate must send a team roster to include all players, coaches and parents who will be attending by Nov. 8 to the Robins Youth Center, O.J. Wheeler, 755 Warner Robins St., Robins AFB, GA 31098. For more information and tournament prices call Louis Rigney at 328-1161 or O.J. Wheeler at 926-2110.

SERVICES BRIEFS

Civilian Recreation

922-4415

All kids will receive a prize when their family attends the Family Night Bingo Monday at the Smith Community Center. Doors open at 5 p.m. and games start at 6 p.m. Participants can play for prizes such as digital cameras, watches, bean bag chairs and more. Cost is \$3 per game pack, limit three packs per person.

Bingo participants who wear their scariest costume or something with a Halloween theme at the Halloween bingo with civilian recreation Oct. 31 at the base restaurant will receive a free jackpot card. Door prizes and higher payouts will be awarded.

Enlisted Club

926-4515 and

Officers' Club

926-2670

The enlisted club will hold a Halloween party Oct. 31 from 7 p.m. to midnight with entertainment by DJ Bill. Activities will include a costume, karaoke and lip sync contests. Cash and other prizes to be given away.

Officers' Club

926-2670

The Wellston is slated to have a Halloween party Oct. 31 from 6 - 9 p.m. Activities will include costume contest and door prizes.

Smith Community

Center 926-2105

A Family & Teen Talent contest will be held in the Smith Community Center on Nov. 8 at 7 p.m. Register now through Oct. 31 at the community center. This

contest is open to the entire Robins community. Admission is free.

The musical showcase, Tops In Blue 2003 "Soaring With Eagles" tour will be held at the Warner Robins Civic Center Nov. 16 at 7:30 p.m. Doors will open for the general public at 6:45 p.m. To celebrate the 50 year milestone, AT&T will award 1,000 call-minutes and First Command will give away two \$200 AAFES gift certificates. Tops In Blue is sponsored in part by AT&T and First Command. No Federal endorsement of sponsors intended. Bags may be subject to search.

Skills Development

Center 926-5282

Do you have unique hand crafted items you would like to display and sell? For more information, contact Leslie Wallace at 926-5282. We are also setting up one man shows. If you're interested in displaying, call Leslie Wallace at 926-5282 Monday through Friday, 9 a.m. - 2 p.m.

Youth Center

926-2110

Dance classes will be held by Elena Probeigolara-Werkheiser on Tuesdays from 4 - 7 p.m., Wednesdays from 4:30 - 6:30 p.m. and Thursdays from 4 - 6 p.m. Cost is \$30 per month and is open to ages 4 to adult.

Youth members receive special benefits from the Membership Matters program simply by showing their membership card. Each month different specials in various Services Division facilities will be offered to Youth program members. For more details call 926-2110 or visit the youth center, Building 1021.

MOVIE SCHEDULE

Friday

7:30 p.m. - Matchstick Men - Nicolas Cage and Sam Rockwell

Phobia-addled con artist Roy and his protégé Frank are on the verge of pulling off a lucrative swindle when the unexpected arrival of Roy's teenage daughter Angela disrupts his carefully-ordered life and jeopardizes his high-risk scam. Rated PG-13 (thematic elements, violence, some sexual content and language) 115 minutes



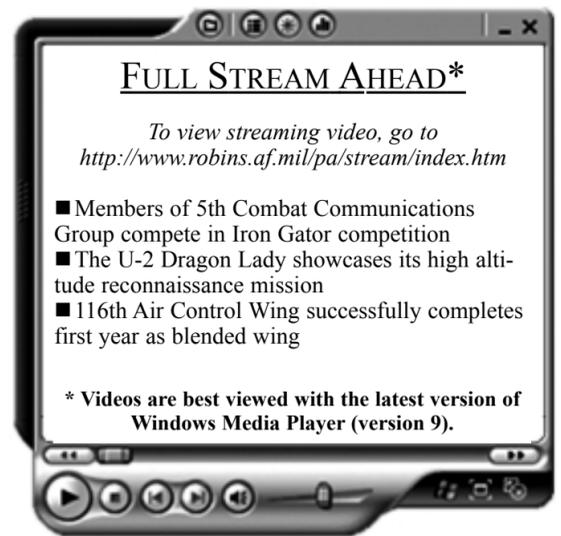
Saturday

7:30 p.m. - Cold Creek Manor - Dennis Quaid and Sharon Stone

The Tilsons and their kids move to a house in the country, but their idyllic family life is threatened when Dale reveals that there's more to the house than meets the eye - it seems that the original owners were brutally murdered. Rated R (for violence, language and some sexuality) 110 minutes



STREAMING VIDEO



ROBINS REPORT

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

Driver, jogger safety tips

By Tech Sgt. Chris
"Trooper" Tirey

Aeronautical Systems Center
Safety Office

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFMCNS) - Our Chief of Staff, Gen. John Jumper, has made it perfectly clear that we will be a fit Air Force, and to do so we'll be jogging and running more than ever before.

This also means drivers are going to have to be watchful for runners more than ever before. To help them out, runners should remember some very common sense tips:

- **Be visible.** Always wear at least one bright piece of clothing. Wear reflective gear at night.

- **Be alert:** Keep a high level of situational awareness and remember that Department of Defense Instruction 6055.4 prohibits wearing headphones while jogging on roads or streets on any DoD installation.

- **Be sensible.** Steer clear of congested traffic routes, especially during morning and evening rush hours. Run only in well lighted areas and use road shoulders and sidewalks when possible. When jogging on a roadway, always run facing oncoming traffic. Never forget that a jogger is a pedestrian. An alert jogger will nearly always have the last, best chance of preventing an accident.

- **Be sensitive to different weather conditions:** If you



U.S. Air Force file photo by Sue Sapp

5th MOB airmen run as part of the unit's physical fitness training. A new Air Force fitness program kicks off Jan. 1.

aren't an experienced jogger, get with someone who is. They can walk you through the differences between warm and cold weather jogging and help you get you and your body ready for any weather condition.

- **Be athletic.** Warm up! Set achievable performance goals and work hard to improve, but don't destroy your body the first run out.

Fitness leaders and commanders planning group runs must abide by troop formation rules. Designate and deploy road guards at intersections.

Road guards must always be in reflective gear. Flashlights are required after darkness.

Pre-flight the route for safety hazards like holes, loose gravel, extremely busy intersections and narrow

road ways that will have to be shared with automobiles. Ensure one troop member has a cell phone. Make sure all runners have planned for weather extremes as appropriate.

And finally, those of us in the vehicles must accept that jogging and running is going to be part of the culture now more than ever before.

Troop formations have the right-of way and cars should slow to 10 mph when approaching or passing a troop formation.

A single jogger or small groups of joggers have the right of way in most situations the same as any other pedestrian.

Getting into shape is the right thing for all of us to do. The above reminders will help us have fun and be safe while we do it.

century21
58576501

theater
58505101

union
58413704

Recycle

houston
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Force Development briefings coming

The Force Development Briefing Team is coming to Robins. Robins officers and their supervisors are highly encouraged to attend the development briefings on the following dates at the Base Theater: Nov. 5 at 2 p.m. - (AFMC, AFRC, AMC Officers) and Nov. 6 at 8 a.m. - (ACC and all others).

At CORONA fall 2002, a new vision to deliberately develop airmen was cast. The

Total Force Development is helping to transform the Cold War structure into an Air and Space Expeditionary Force. Force Development links education, training, experiences, promotions and assignment policies and programs to force requirements and institutional needs. For more information, contact Lt Ryan Stebbins at 327-7344 or Oya Harrison at 327-7317.

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Quitting smoking takes practice

By Lanorris Askew

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What do a minister and a contracting officer have in common? They were both once hooked on one of the most powerfully addicting substances on earth...nicotine. What else do they share? They both kicked their habit with the help of the Robins Health and Wellness Center Tobacco Cessation program.

John Talvan, a 55-year-old contracting officer in the ground support vehicle management directorate, had smoked for 40 years when he decided it was time to quit – again.

“I started the program in January,” he said. “I had tried many times to quit on my own but didn’t meet with any success.”

Chief Master Sgt. Mark Walter said his personal convictions as a minister helped him make the decision to join the program.

According to Walter, he was driving home from a trip to Texas when he inadvertently threw a cigarette out of his window when a car passed by.

“I immediately felt convicted to stop,” he said.

Dairlyn Brown, HAWC nurse educator, counsels people like Walter and Talvan and said the three-month tobacco cessation program is more than just a program, it’s a support group.

“We offer the tobacco cessation program at lunchtime and in the evenings two days a week,” she said. “It’s a three-month program, however class is for five weeks.”

The program offers, pre-

scription medication such as Zyban and the nicotine patch and is open the entire Robins community.

Brown said though the program is open to all of Robins, only active duty members can receive the Zyban and nicotine patch. Civilians can receive the patch, but must go through their private physician for Zyban.

Why it's so hard to stop

Brown said making the decision to stop isn’t an easy process.

“When you smoke you become physically addicted, and it’s a habit,” she said. “It takes about three months to form a habit and about six to form a physical addiction.”

Comparing nicotine to other drugs, Brown said it’s as addictive as heroin or cocaine.

“That’s why we try to get people into a tobacco cessation program because the Zyban helps to break that addiction, and the nicotine replacement therapy helps to replace that nicotine you aren’t getting,” she said.

Why stop?

While many facilities are banning smoking, there are better reasons to stop. “There are risk factors and diseases associated with nicotine use,” said Brown. “It’s the leading cause of death in the nation, and it’s linked to Chronic Obstructive Pulmonary Disease and emphysema.

How do I do it?

Every journey begins with a single step, and Brown said the first is realizing there’s an addiction.

“Once they realize this, they have to set a quit date,” she said.

When that day comes, or



U.S. Air Force photo by Sue Sapp

Dairlyn Brown, HAWC nurse educator, checks in with Chief Master Sgt. Mark Walter and John Talvan. Both men participated in the HAWC’s smoking cessation program.

What to know

For those who can’t attend a program in a classroom setting the Georgia Quit Line is an alternative. Call 1-877-270-STOP.

even before, they need to let their support system know what they’re planning to do.

Getting rid of all items associated with tobacco products is also vital.

“A craving is like a tidal wave, some are big, some are small. You have to ride it out until it goes away,” Brown said.

With next year’s get fit kick, smokers need to take into account the setbacks when starting a fitness program.

“Smoking causes decreased lung capacity and may cause difficulty running or walking,” said Brown. “There are instantaneous results when you stop smoking.”

Don't give up

Brown says not giving up

is the key.

“Quitting takes practice,” she said. “Even if you have a relapse, don’t give up. Get back on the wagon and focus on the new goal.”

After eight months Talvan has gotten through times knowing if he smokes one, he will be smoking again.

Walter said his guiding philosophy is different.

Both of his parents died from nicotine related illnesses, his mother from chronic obstructive pulmonary disease, and his father from brain cancer.

“I realize that it’s just like being an alcoholic, and this time I won’t escape the cancer, asthma or even COPD,” he said.

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ROBINS BULLETIN BOARD

Infant and child car seat check

There will be an infant and child car seat check, sponsored by Houston County SAFE KIDS and the Family Advocacy Program, at the Child Development Center today, 2-6 p.m.

Health Care Consumer's Advisory Council meeting

The quarterly 78th Medical Group Health Care Consumer's Advisory Council meeting, hosted by Col. Richard G. Griffith, 78th MDG commander, will be Tuesday, 2 p.m., at the golf course meeting room. Everyone is invited to attend this open forum, which will provide first hand information about current medical processes and future endeavors. For more information, contact Staff Sgt. Tina Reid at 327-8016.

Robins Health Fair

There will be a health fair Tuesday and Wednesday at the Smith Community Center ballroom from 8 a.m. - 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.

Youth essay contest

Patriot's Pen, a youth essay writing contest, is a nationwide competition that gives seventh- and eighth-graders the opportunity to write essays expressing their views on democracy. The 2003-2004 theme is "My Dream for America." The first place national winner receives a \$10,000 savings bond and an all-expense-paid trip to Washington D.C. The top 28 national winners each receive a savings bond anywhere from \$1,000 to \$10,000.

Students may apply by contacting the local Ladies Auxiliary of the VFW President, Sandy Solari, at 987-8121 or 322-0245 or by

going to www.vfw.org and following the directions to the Youth Scholarship Programs. The deadline is Nov. 1.

Thank a vet run Nov. 8

The Air Force Association "Thank-a-Vet" run and POW/MIA heroes memorial display will be Nov. 8 at the Museum of Aviation Robins Air Force Base Course. Check-in time is 7:30 a.m., and a picture identification is required. The run will begin

at 8:30 a.m. Participants can either do a 5-kilometer run or a 1-mile run, walk. Pre-registration is \$15, which includes the cost of a T-shirt and refreshments. Cost for registration the day of the event is \$20. For more information, visit www.CV-AFA.org

Marine Corps 228th Birthday

The 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 or Richard Jones, C-130 Blue Straw, at 926-2993 or richard.jones@robins.af.mil.

Dental Assistant volunteers needed

The 78th Dental

Squadron is currently seeking trained Red Cross Dental Assistant volunteers to join our dental team. Individuals interested in updating their technical skills or just looking to volunteer need to contact Master Sgt. Randy Wehrung at 327-8084.

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.

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All in a day's work



U.S. Air Force photo by Sue Sapp

■ Treasea Johnson

■ Officers' Barber Shop, located at the Officers' Club

"I've been cutting hair on base for 22 years – I was at the Base Exchange for 15 years, and I've been the owner of this shop for seven. We are open Monday through Thursday, 8:30 a.m. - 5:30 p.m. We close for lunch from 1:30 - 2:30 p.m. We take walk-ins, but appointments are preferred because we do fill up pretty fast.

I was the second female barber hired on

base. I think female barbers are usually more personable and have more feeling for what the customer wants.

I love cutting hair, and I love people. I joke with the customers and make getting a haircut a fun experience

I wouldn't care to work anywhere else. Military people are great and the atmosphere here on base is just wonderful."

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