

Second chance specialists

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NEWS

YOU CAN USE

ORI countdown: 62 days

As the old say saying goes "first impressions are lasting ones," and during inspections this couldn't be more true. When a unit has its act together, it looks sharp and everything appears to be uniform. The inspectors evaluate what's presented, and they won't get into the internal workings of the unit. But when inspectors see sloppy military bearing and weak organization within a unit, they dig deeper looking for discrepancies. Here are several ways units can make an outstanding first impression.

Use formations and avoid gaggles. Anytime we have to assemble for Phase 1 processing or meeting the bus for Phase 2, have a designated area for a quick formation. Take accountability for people and pass out required information. Ensure everyone is wearing the same uniform, including protective equipment or MOPP gear.

Attitude, military bearing and common courtesy go a long way to making a good first impression. Be enthusiastic and positive. Let inspectors know the units are ready. Hustle, but do it safely. Show a sense of urgency; it will impress the inspector. If an inspector asks a question, be polite and answer them. Don't be afraid to use the ATSO guide or Airman's Manual for information. If you don't know the answer, take the inspector to someone who knows or get the inspector's contact information and get back with him.

Robins can't get an "Outstanding or Excellent" without practice.

— Chief Master Sgt. Rick Singhas

Commander to host ceremony

The commander of the 116th Air Control Wing will host a formal pinning-on ceremony to celebrate his first star today at 3 p.m. in the JSTARS multi-purpose hangar.

Brig. Gen. Tom Lynn was promoted to his current grade after the U.S. Senate confirmed his presidential nomination Feb. 6.

"I am both honored and humbled to be promoted to general officer," said General Lynn. "The biggest highlight of my military career has been the incredible opportunity to serve the men and women of the 116th as their wing commander."

— Airman 1st Class Tim Beckham

Cross into the Blue



U.S. Air Force photo by Ms. Sue Sapp

Master Sgt. Nikkia Harden helps Charles Hendricks sign paperwork at the AFRC recruiting office at the Galleria Mall in Warner Robins Monday.

Helping recruits aim high

By Lanorris Askew

lanorris.askew@robins.af.mil

For the past four years there has been no lack of people waiting to Cross into the Blue, but in certain cases recruiting 'Citizen Airmen' for the Air Force Reserve has the Reserve Command singing a different tune.

According to the Air Force Recruiting Service Office of Public Affairs at Randolph Air Force Base, Texas, recruitment rates for the active duty Air Force have exceeded projected goals since 2000. On the other hand, AFRC officials report that while their overall numbers are not bad, they have noticed a waning number of prior service recruits over the past years.

Though the rationale may be to think the impressive active duty accession rates are due to recent surges of patriotism in response to 9-11 or hostilities in Iraq, Tech. Sgt. John Asseli, of the Air Force Recruiting Service Public Affairs Office, said that doesn't appear to be the case.

"We've done so well with recruiting even before 9-11 that there is no evidence that there has been any increase in recruiting numbers because of it," he said.

"There may be some patriotic 75 year olds who want to join again, but as far as regular, qualified recruits the number has not greatly increased."

Lt. Col. Dirk Palmer, Headquarters Air Force Reserve Command Recruiting Service deputy director, said the opposite is true for his command's recruits.

"The biggest impact for the Reserve is that since 9-11 we haven't been able to recruit as

How to join

People can join the Air Force by visiting their local Air Force recruiter. You can find a recruiter by visiting airforce.com or calling (800)-423-USAFA, or for the Air Force Reserve visit www.afreserve.com or call (800)-257-1212.

many prior service people as before," he said. "We used to get about 3,200 separating Airmen from the Air Force every year, but now we are getting about 1,500 direct separators."

The colonel said many prior service members are leaving the ranks because of the high operations and personnel tempos. And, after seeing reservists in the field with them, they're becoming less likely to join the Reserve.

AFRC isn't alone in its troubles with recruiting prior service members. The Army Reserve reports similar statistics.

"Our overall recruiting stats aren't down, but we have seen our prior service member recruitment go lower than usual," said Sgt. 1st Class Johnny Shine, Army Reserve recruiter. "I'm sure the world situation has something to do with it."

While Colonel Palmer admits it has been a

Please see RECRUITS, 2A



Lt. Col. Dirk Palmer

Contracting earns top AF honor

By Ms. Lanorris Askew

lanorris.askew@robins.af.mil

The Contracting Directorate's Electronic Combat Systems Strategic Sourcing Team wowed the Air Force last year by awarding a precedent-setting \$2.5 billion in corporate contracts, winning them the Air Force Contracting Special Recognition award.

The team worked with three of the top Defense Department electronics suppliers to award contracts to provide parts and repair for crucial Air Force systems widely used in theater today.

Four 10-year contracts include all DoD systems supplied by Raytheon, Northrop Grumman and British

PK team members

- Ms. Fran Botkin
- Ms. Marsha Denning
- Mr. Launce Burgan
- Ms. Karan Fowler
- Ms. Gayle Arnett
- Maj. Alan Beasley
- Ms. Linda Zavetz
- Ms. Vicki Hutto
- Ms. Janice Gillen
- Ms. Margie Stanley
- Ms. Doris Sciara

Aerospace, or BAE. The contracts cut in half the time it takes to procure parts, repair and engineering services.

"The objective of the contracts is cost control and

Please see HONOR, 2A

Some personnel services become Web-only Monday

Office of Public Affairs

The Air Force's Virtual Military Personnel Flight system's Web-based features gives customers added service convenience and eases Robins Military Personnel Flight's workload.

Airmen will no longer have to stand in line to accomplish a personnel records review or several other common tasks, as these and other procedures will be available through the Virtual Military Personnel Flight system starting Monday.

In fact, confident from successes with last year's

move of the Record of Emergency Data to the web, officials have decided to make six different personnel services available only on the web. Military Personnel Flights will point customers toward the internet if they want to:

- Apply for a change to an assignment or change a Report Not Later Than Date
- Apply for certain curtailments of Date Eligible for Return From Overseas
- Accomplish a Humanitarian or Exceptional Family Member program application

Please see WEB, 2A

2.1 percent retroactive raise coming for civilians

ARLINGTON, Va. — Defense Finance and Accounting Service officials will soon begin processing the 2.1-percent retroactive pay increase for the federal civilian employees they serve.

President George W. Bush signed an executive order March 3 identifying the new pay-increase percentages. The updates will be processed into the DFAS pay system as soon as they are received from personnel offices, officials said.

Because of the number of general-schedule employees involved, DFAS officials said they will process the retroactive portion of the increase for prior paydays during at least two pay periods. The increase is retroactive to Jan. 11 for general-schedule employees.

To maintain quality control in

processing the hundreds of thousands of pay actions related to this retroactive increase, agencies and major commands will be designated to a specific pay period for processing. Because of the relatively small size of some activity types, some processing will be completed during the first pay period. The large sizes of some agencies and major commands require their pay actions be processed during two pay periods. DFAS officials will publish a timetable for the payroll changes once processing is initiated.

For federal wage-system employees, DFAS said they anticipate completing all of the retroactive increases during the pay period in which the personnel action is received and processed by the pay system.

— Air Force Print News

New lift makes F-15 fuel tank work easier, safer

By Ms. Lisa Mathews

lisa.mathews@robins.af.mil

Working on the F-15 conformed fuel tanks used to be a real pain in the back — literally. Now, with the installation of a new lift, the work is easier, safer and faster.

Mr. John Jacobs and Mr. Keith Leary, engineers in the Commodities and Industrial Products Division of the Maintenance Directorate, brainstormed and found a single solution to several problems.

The fuel tanks are large, contoured containers that fit on the sides of the F-15. One of them weighs about 1,100 pounds when empty. In the past working on them was no easy task.

"It was very awkward and difficult for the mechanics," Mr. Leary said. "They couldn't really get

Please see LIFT, 2A



U.S. Air Force photo by Ms. Sue Sapp

Mr. Kevin Spires, sheet metal mechanic, works on an F-15 conformed fuel tank using the new lift.

ROBINS CLUBS

Aerospace Toastmasters meets the second and fourth Wednesday of the month at 11:30 a.m. in the Contracting Directorate conference room, Building 300, west wing. For more information, contact Mr. Keith Dierking, 926-0420.

Robins Top 3 Association meets the third Thursday of each month at 3 p.m. at the Enlisted Club. For information, call Master Sgt. Joyce Jones at 926-4997 or Master Sgt. Andrea Johnson at 327-7356.

National Contract Management Association usually meets the third Wednesday of the month at the Officers' Club at 11:30 a.m., but that can change depending on speaker availability. For information, call Ms. Michelle Idone at 926-2231.

Procurement Toastmasters Club, open to all of Team Robins, meets the first and third Thursday of each month at noon in the Contracting Directorate's conference room, north end of Building 300. For

information, call Ms. Lily Fickler at 926-2855.

Ravens Toastmasters Club meets the first and third Wednesday of each month at 11 a.m. in the Special Operations Forces Management Directorate's conference room No. 1, Building 300, East Wing, door E-4. For information, call Mr. Eddie Sanford at 222-3052.

Robins' Voices International Training in Communication Club meets the first Thursday of each month at 11:45 a.m. in the special functions room of the Base Restaurant. For information, call Ms. Evelyn Fountain at 926-7429 or Ms. Nancy Kwiatkowski at 923-1752.

Editor's Note: Information is provided by club members. To have your club or group's information included or updated, submit it to Angela Trunzo in the WR-ALC Public Affairs office, Building 215, Room 111, by e-mail at angela.trunzo@robins.af.mil or by fax at 926-9597.

RECRUITS

Continued from 1A

big hit for them, he said there is a bright side.

"Our non-prior service recruiting is growing," he said. "We are continuing to put more of them in every year. Last year we had 3,130, and we are slightly ahead of that curve this year."

The Reserve Command is trying to increase its advertising budget as a way to reach its three target markets. Those markets include people with no prior service experience, those with prior Air Force ser-

vice and those with prior service in other branches of the military. An increase in recruiters is also in line.

For everything there is a season, and according to the Colonel Palmer, typically the strongest quarter for AFRC recruiting is the last quarter of the fiscal year which runs from July through September.

"The toughest months are early spring because the senior market isn't out of school yet," he said. "And that's the same for most recruiting services."

Sgt. Asseli said there are a lot of variables that relate to recruiting success- having the

right amount of recruiters on the street, advertising and marketing, Delayed Entry Program management. There isn't one specific thing to credit for making goal.

Master Sgt Nikkia Harden, who has been a line recruiter for AFRC for the past four years, spends her days talking to a steady stream of would be recruits at Galleria Mall.

"I'm a people person, and the business is in my blood," she said. "Being a recruiter is like managing your own business in a sense. I enjoyed being a reservist and this was an opportunity to give back to what was given to me."

online services," he said. "People need to make sure they have an active Virtual MPF account so they can have better access. If they don't, they need to contact their orderly room."

Questions can also be answered for people transacting services 24 hours a day online or by a toll-free call to the Air Force Contact Center.

The Air Force Personnel Center commander says the changes indicate the maturing of the vMPF concept and realities of how busy Airmen are now with fighting the war on terror.

"The primary goal of our virtual services is to save time for our Airmen and commanders in the field."

said Maj. Gen. Thomas A. O'Riordan. "These transactions are simple and direct. We'll achieve better accuracy and save the airman a trip to the MPF."

It is expected that more online services will mean less work on both sides of personnel flight help desks. Officials anticipate the average time spent waiting in line for other services will decrease for customers visiting personnel flights.

Airmen can access the vMPF through the Air Force Portal, at www.my.af.mil at the "careers" tab. vMPF is also available at www.afpc.randolph.af.mil.

For more information, call the Air Force Contact Center at (800) 616-3775.

"In a word, I would say it was teamwork that won this award," she said. "A cross-directorate, cross-functional government team, in a partnership with three of the Department of Defense's largest contractors, created an innovative solution to the age-old problem of providing supplies and services at a reasonable price in the shortest possible amount of time."

Mr. Burgan said the

team's dogged research and spirit were also a major part of the winning recipe.

"It was a lot of hard work, but looking back and seeing the results it was all worth the effort," he said.

The 11-member team included employees from Program Management, Contracting, Item Management, the Competition Office and the Acquisition Center of Excellence.

The awards ceremony is April 22 at the Pentagon.



U.S. Air Force photo by Ms. Sue Sapp

Brig. Gen. Mike Collings, Center commander, addresses senior leaders prior to a sexual assault briefing in the Smith Community Center Tuesday. An Air Force Materiel Command assessment team visited Robins as one of 10 such installation visits slated for March.

DoD establishes additional sexual assault hot line

Individuals who want to contact or provide information to the Department of Defense Task Force on Care for Victims of Sexual Assault can call (800) 497-6261, from 9 a.m. to 9 p.m. EST, Monday through Friday.

The department's hot line will supplement those previously established by each of the services.

Defense Secretary Donald H. Rumsfeld this month ordered a senior-level inquiry

into the reported sexual assaults in Iraq and Kuwait, and how the armed services treat victims of sexual assault. The Army and Air Force have opened similar investigations.

Under Secretary of Defense for Personnel and Readiness David S.C. Chu said that the findings of the 90-day review are due by April 30.

"Every servicemember deserves to be treated with

the utmost respect and dignity," Mr. Chu said. "Sexual assault is criminal conduct and will not be tolerated in the Department of Defense."

He believes the information from the call center will assist the task force and defense officials in developing policies and programs to improve assistance for victims of assaults and enhance efforts at prevention.

— From wire reports

WEB

Continued from 1A

■ Request for a 'proof of service' letter, often needed for home loans

■ Make simple updates to common information like home address, home telephone number, religious preference, race, ethnic group, foreign language self-assessment, duty and personal e-mail addresses.

Lieutenant Stebbins, customer support chief for the Military Personnel Flight here, said the move will allow Airmen access to records anytime, anywhere.

"This move puts the Air Force in line with private industry's way of providing

LIFT

Continued from 1A

underneath it well because it was too low to the ground. They couldn't easily work inside the top of the tank because they were up on an elevated stand that didn't run the full length of the fuel tank. They were basically up there lying on the top of the tank working in the holes. Every time they needed a tool, they had to climb back down the ladder," he added.

Along with the frustration of limited workspace, mechanics were beginning to complain of back strains and pains from the awkward positions they had to work in.

"John, an industrial engineer, came down and talked to me about it last year," Mr. Leary said. "He had become aware of the problem, so we sat down and came up with a quick, inexpensive and easy solution to the problem. A couple of weeks before John came to visit, I had seen something on TV on an automotive show. It is basically a low-cost automotive lift designed for elevating (vehicles) so you can work underneath them."

"So we were inspired. We decided we would get one of those and see if we could adapt it to our needs," he said.

With a concept in hand, Mr. Jacobs contact-

ed Rotary, a manufacturer of car lifts. Within the week, the company brought a system out to demonstrate and to allow Mr. Leary, the design engineer, to examine the interface requirements and layout capabilities of the lift, and how they might relate to the fuel tank. Talking with the mechanics working on the tank provided even more information.

The four-post lift was turned so that the supports faced outward, and exchangeable adapters were designed so that the hardware on the lift would work with the hardware on the fuel tank. A pair of tanks could thus be hung from each lift set.

With the design complete, Mr. Jacobs implemented the project, secured financing, approval and installation. The first of the lifts was installed in Building 255 on Feb. 19.

"Now the tank hangs on two posts with a hydraulic lift," Mr. Leary said. "The mechanics can lower it almost completely to the ground so they can work down in it. They are on ground level, so there is no danger of falling off. When they are ready to work underneath the tank, with a push of a button they can raise it up to head height, or wherever it is most comfortable."

"This project is a good example of how, through teamwork, we have successfully applied the diverse capability of our industrial base," said Mr. Jacobs.

HONOR

Continued from 1A

increased repair velocity and asset availability, achieved through innovative contract arrangements," said team member Mr. Launce Burgan, a program manager.

Ms. Fran Botkin, lead procuring contracting officer, attributes winning the award to hard work and innovative thinking.

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CORRECTION

In last week's Rev-Up, we misidentified the people in the Single Spouses' Group story and photo.

The proper identifications are as follows: Staff Sgt. Charlotte Nelson's daughter is Amanda.

Airman 1st Class Sharon Siciliano's daughter's name is Gia. We regret the error.

C-130 mechanics' solution makes their job easier

By Ms. Lisa Mathews
lisa.mathews@robins.af.mil

Mr. Daniel McLean and Mr. Robert Smith, both aircraft mechanics in the C-130 Production Division, were sure their job would be easier with a better parts filing system and more workspace.

So, the two came up with a solution.

The two men joined two cabinets and put a tabletop on them to allow more workspace. Now each part taken off the aircraft in their area, cell 4, goes into its own spot in the cabinet.

Mr. McLean is in the process of shadowing the boxes — a process that will allow each part's spot to be located at a glance.

This order of placing the parts in designated spots makes reassembly easier. It also gives the mechanics a way to determine earlier in their production process what parts need to be re-ordered,

replaced or repaired.

"Right now, there are no two cabinets alike," Mr. Smith said. "This way we have the part in the same place every time. We know if we are in need of a part or if we have too many. It helps us identify parts. It will help someone coming behind us who has never worked in the landing gear area," he added.

"It's nice having the two boxes," Mr. McLean said. "(Before), everything was crammed into one box, and it got crowded. It was hard to tell what you had and what you didn't have."

"Danny came up with the idea of putting two boxes together and putting a tabletop on it. We tried to expand on that so that we'd have a good place to always work," Mr. Smith said.

He explained that workspace is limited and, before building the new workstation, they often had work on the floor. Now, parts can be

worked easier on the larger surface.

"We strip the gear out from underneath (the plane) and inspect everything. We replace time items. This table and box set up helps us to keep everything centrally located. When we get ready to reassemble we have everything right where we need it," he said.

While the men's efforts are not the result of a Lean event, Mr. John Daniels, C-130 process analyst said, "This is process improvement by the employees thinking on their own. This is what we need more of to get on track."

Mr. McLean has participated in Lean events before. He said he got the idea for the cabinets from a C-5 toolbox that he had seen once.

And, he continues to improve upon the original.

"I may not be here forever," he said, "but this will definitely make it easier for the next mechanic."

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Hey 'J'



U.S. Air Force file photo by Ms. Sue Sapp

Mr. Kevin Johnson, an aircraft mechanic who has worked in the C-130 Production Branch for 10 years, puts finishing touches on the leading edge of the C-130 Hercules J-model. This was the first of 29 aircraft scheduled for modifications at Robins as part of a partnership between the ALC and Lockheed Martin Aeronautics Co. The aircraft belongs to the 175th Wing Air National Guard from Baltimore, Md.

Leave program helps activated fed employees

Federal employees who are called up by a Reserve or National Guard unit to support a contingency can use special leave to supplement lost wages.

They can receive their civilian income instead of military pay for 22 days if their civil service job pays more than the military.

The 22 days of military leave is a new entitlement for Reservists and Guardsmen supporting contingency operations, according to Ms. Meg Keith, human resources program manager at Air Force Reserve Command headquarters here.

The program went into effect Nov. 24, with the signing of the 2004 National Defense Authorization Act; however, guidance for running the program is still being worked out.

Besides the 22 days, federal employees receive 15 days of military leave each year to train with their National Guard or Reserve unit. Under the 15-day military leave entitlement, they get to keep both their military and civilian pay.

— AFRC News Service

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Dad proud of his 'cover girl'

By Ms. Lisa Mathews
lisa.mathews@robins.af.mil

Mr. Don Roberts, a marketing specialist in the Avionics Division here, doesn't mind that his daughter is a cover girl.

Capt. Dawn Hokaj is an Air Force fighter pilot, and her image graces the cover of the 2004 Lockheed Martin calendar. Her husband, Capt. Jason Hokaj, is also an Air Force fighter pilot.

"I'm proud of Dawn and her accomplishments," Mr. Roberts, who has worked at Robins since 1966, said. "I'm sure that's very evident because I show everyone I come in contact with the Lockheed Martin calendar."

He said he never realized his daughter was interested in the military until she joined ROTC at Warner Robins High School. Following graduation she went to the University of Georgia on an Air Force ROTC scholarship.

"I didn't know Dawn had been chosen for pilot commission until her senior year at UGA," Mr. Roberts said. "I would never have dreamed - even in my wildest dreams - that she would become a fighter pilot. She was very feminine and petite. I know Dawn would probably disagree with my statement about her feminine qualities now that she is a fighter 'jock.'"

And a tough fighter jock at that.

Bird's-eye view

An F-16 pilot, she once had to eject in March 2001 due to engine failure over the skies of New Mexico while her husband, who was also flying, watched.

"When I saw that," Jason said, "I wasn't sure if it was her or someone she was flying with. I knew immediately that she was all right when I heard her voice on the radio say, 'I'm fine.' I didn't have to agonize on the ground wondering what happened. I was there, and I knew that she made it out alive."

Back in Georgia, Dawn's family heard the news by telephone.

"I remember that Jason called and said Dawn was OK," Mr. Roberts said. "Then he told me that she had to eject, and they were holding her overnight at the hospi-



U.S. Air Force photo by Ms. Sue Sapp



Submitted photo

tal for observation. My first thought was how thankful I was for her safety."

Dawn got to keep her ejection seat as a souvenir of experience. It sits in her living room.

"It was some conversation piece," said her father.

Entering a new stage in life

The Hokajs are one of only 11

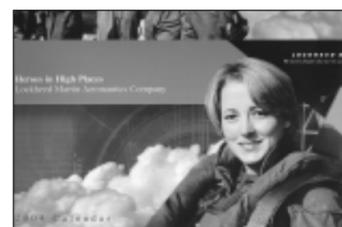
Air Force couples in which both are fighter pilots.

The couple is now stationed at Nellis Air Force Base, Nev., but only one of them is still in the cockpit.

Dawn is still classified as a fighter pilot, but she's opting for the chance to start a family.

"You can't fly an F-16 while you're pregnant," she said.

Instead, she is currently assigned to the 414th Combat Training



Top, Mr. Don Roberts holds a shadow box that contains the flag that was flown into combat over Iraq during Operation Southern Watch in his honor by his daughter, Capt. Dawn Hokaj. Above, Capt. Dawn Hokaj graces the cover of the 2004 Lockheed Martin calendar. Left, Capt. Dawn Hokaj and her husband, Capt. Jason Hokaj, stationed at Nellis Air Force Base, Nev., are one of 11 Air Force couples in which both are fighter pilots.

Squadron, planning Red Flag exercises to prepare both U.S. and Allied forces for combat.

"I really enjoy this job because you get a larger picture when it comes to war fighting," she said.

And the next time you see Mr. Roberts, with a Lockheed Martin calendar under his arm, you'll know he's got the big picture too - and he's showing it off to everyone he meets.

ROBINS BULLETIN BOARD

LG office new location

The Center's Logistics Management Directorate Office has relocated to Building 301, in the northeast wing. This is the same office the directorate occupied prior to September 2003.

The office will continue to use the following mailing address:

WR-ALC/LG, 480 Richard Ray Blvd, Suite 200, Robins AFB GA 31098-1640. The new phone numbers will be 926-5751 or 926-2032.

For more information, contact Ms. Carla Morrison or Mr. Mike Gavin at 926-3074.

Gate traffic

All southbound traffic on Ga. highway 247 may use Gate 1, 2, 5 or 14.

Officers' Hail and Farewell

There will be a standup Officers' Hail and Farewell, conducted by Brig. Gen. Mike Collings, Center commander, March 19 at 4 p.m. in the Officers' Club ballroom. Spouses are invited to attend the event and fellowship, which follows. For more information, call 2nd Lt. Robert E. Stapleton at 926-3511 or e-mail at Robert.Stapleton@robins.af.mil.

Officers' Spouses Club luncheon

The Officers' Spouses Club March luncheon

will be March 25 at 10 a.m.

78th ABW Enlisted Promotion ceremony

The 78th Air Base Wing Enlisted Promotion ceremony, hosted by Col. Tom Smoot, 78th ABW commander, will be at 3:30 p.m. March 31 at the Museum of Aviation Vista Scope Theater. Those being recognized will be notified by their respective first sergeants. Commanders, supervisors, family members and friends are encouraged to attend. Show your unit's pride and spirit; come and join us in congratulating the new promotees. For more information, contact Senior Master Sgt. Editha S. Garcia or Staff Sgt. Jessica Jackson at 926-0792.

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 April 15 at 2 p.m. at the 78th MDG Black Chair Conference Room. Everyone is invited to attend this open forum which will provide first hand information about current medical processes and future endeavors. Commanders, first sergeants, command champions, enlisted, officers, civilians, and others with MDG concerns or feedback are encouraged to come out and be a part of this informative meet-

Portal provides information, access, instant messaging

By Staff Sgt. C. Todd Lopez
Air Force Print News

Air Force officials are reminding everyone at Robins to sign up for the Air Force portal.

Military, civil service and contract employees with access to a government computer should sign up for the new technology that promises to streamline access to information across the force.

In a December information technology initiatives memo, Secretary of

the Air Force Dr. James G. Roche and Chief of Staff of the Air Force Gen. John P. Jumper asked that all airmen sign up for an account as soon as possible.

"The Air Force Portal will be the airman's interface to all services and information needed to perform his or her job," the memo stated.

The system was developed to include as many Air Force information applications as possible. The result is that systems such as the virtual military personnel flight or func-

tional area applications, such as a munitions ordering or parts tracking system, would all be accessible from one Web site, said Lt. Col. Dan Hausauer, portal integration division chief.

The key benefit is the idea of a single user login. Once a user logs in, the portal authenticates a user into the application. That means that with each new application integrated into the portal, users will have one less Web address, login name and password to remember, Colonel Hausauer said.

As more systems are brought into the portal, the Air Force moves closer to its overall vision for a Net-centric force.

"The Air Force vision is to bring a virtual desktop to the airman and to bring all the applications you need to do your job to that desktop," Colonel Hausauer said. "You will have the ability to access them all with one login name and password, they will all work together seamlessly, and you will be able to access them from anywhere. That is the future."

Computer worms try to foil network

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

As cyber terrorists continue to wage war against computer networks, the Network Security Office here continues to man the front lines.

In an effort to ensure network safety, computer specialists ask users to use caution when opening files from unknown senders.

The NS office's latest battle, which involves two worthy opponents, began Feb. 25.

Mr. Bob Coleman, computer security specialist, said the two opponents are a sub-class of virus called worms and go by the names Netsky.D and Welchi.D.

"We were hit first by the W32.Netsky.D mass-mailer worm and then the W32.Welchia.D worm activity began as well," he said. "The Netsky worm was promulgated through .zip files and replicated itself very quickly."

One of the major problems with Netsky is it changes the name of its subject line and .zip file along with spoofing recipients addresses and contact lists making it very hard for the user to determine whether they were receiving valid e-mail or not.

As a safeguard, Mr. Coleman said every organization needs to ensure systems are not brought online until they have all necessary patches applied. This is required for laptop systems as well.

If a user receives a message about a virus or worm, the course of action depends on how they are notified.

"If a message is received from Anti Virus protection software i.e. Norton telling the user a message has been deleted or quarantined due to a virus, they should contact their Information System Security Officer or ISSO to verify if any further actions are needed," said Mr. Coleman.

If you suspect your computer may have a virus, immediately disconnect it from the network do not power down the system, and contact your ISSO. The ISSO will ensure that the 78th Communications Squadron Network Security office is notified.

Though they are still seeing inbound Netsky traffic on Robins' virus walls, the NS office is blocking it from entering the Robins network.

Know your enemy

Virus

A code written with the express intention of replicating itself. A virus attempts to spread from computer to computer by attaching itself to a host program. It may damage hardware, software or data.

Worm

A sub-class of virus. A worm generally spreads without user action and distributes complete copies (possibly modified) of itself across networks. A worm can consume memory or network bandwidth, thus causing a computer to stop responding.

How to get on board

To sign up for an Air Force Portal account, log onto the Web site at www.my.af.mil and click on the self-registration link to register for access to the portal. The registration process is self-guided and takes less than 5 minutes.

Q&A with Col. Frank Bruno

Strategic Airlift director

You have been on active duty for almost a quarter of a century. What has influenced your leadership techniques?

First and foremost I think back to my childhood and the sound family foundation my parents nurtured. They taught me more about leadership than anyone. They taught me that life is about the relationships we have with family, friends, and co-workers – and that through those relationships, we can accomplish great things.

When I came in the Air Force almost 25 years ago, I really had no idea what to expect. In the late '70s and early '80s we were still feeling the effects of Vietnam. I was put in charge of an F-4 aircraft maintenance unit with about 250 people. The military experienced a huge turnover in personnel after the war, and consequently as a young lieutenant, I was

given more responsibility than I would be given today. The only way I survived was counting on my NCOs and Chiefs to guide me – and they did. To this day, I give them credit for teaching me how to lead.

I guess I did OK in that initial job because some senior officers took notice and began putting me in positions of increased responsibility. My mentors rotated my assignments from field units, the Pentagon, major command, and professional military education to groom me for senior positions. I was given the opportunity to command three squadrons and one group.

The wide range of logistics jobs I've held helps me see the Air Force and our military from many different angles. And I really think that's what leadership is about – trying to understand complex situations from many different angles,

then working with people to resolve those issues. As I was exposed to more and more senior officers, I learned a ton about leadership ...

most of it was good. There are lots of books and leadership forums out there, but Gen. John A. Shaud had a simple, yet effective, motto regarding leadership. He talked about Integrity, Caring, and Energy (ICE). He also talked about being yourself. Too many times people try to emulate great leaders and forget each person brings a unique set of traits.

From my time here at Robins, it's the people I'll remember most. The civilians, military, and our industry partners are very dedicated to defending our great nation, and it has been a pleasure to serve with them.

What major things have influenced your management style over the years?



Col. Frank Bruno

I think I can boil it down to a few thoughts. First, coming from a large, Catholic, Italian family it was easy to become part of the larger Air Force family. I know it may sound like a cliché, but I really believe we must operate as a family – with unconditional love and support. Most retirees tell me what they miss the most about active duty is the camaraderie that we take for granted. Working within the Air Force family and respecting each person as an individual is important to me.

Second, I experienced a significant emotional event in May of 1990. I was assigned to the 8th Fighter Wing at Kunsan Air Base, Korea. We deployed to the Philippines for an exercise called Cope Thunder. I was the deployed commander for about 150 aircraft maintenance troops, and we were billeted in several hotels off base.

To make a long story short, two of my airmen were shot and killed outside the hotel by communist guerrillas. I'll never forget seeing those young kids (19 and 20 years old) laying in the street with bullets in

their heads, and I'll never forget going to the morgue to ensure the right body was in the right coffin, with the right name going back home to the right city, and to the right parents. What we found out later was that high level government talks were to begin the following week regarding Clark Air Base, and the executions were the communist's way of making a statement in advance.

So, I learned that as military members, we must also monitor the political and economic events in order to understand how the military instrument is used by our nation's leaders.

This tragedy also reinforced my belief that few things are as sacred as human life, and to keep life in perspective. When I'm having a bad day I think about those airmen and all the others who have made the ultimate sacrifice.

What would you say are the talents or traits that make a good leader?

I could talk about that for hours. I think focusing on the mission and our people is a good beginning.

As I mentioned before, having an appreciation for the global aspects of politics, economics, and how the military instrument fits in is key to leadership. Being able to stand at the intersection of that triangle and tell the troops how they contribute to securing freedom around the world will go a long way. In addition to following General Shaud's ICE principles, I ask my people to put their hearts into their job – it's that simple. If we put our hearts into our jobs, good things are bound to happen. I also believe in the "sacred trust" among the war fighters here in Air Force Materiel Command along with our industry partners in supporting the war fighters at forward locations.

I believe the best leaders make that connection to drive continuous improvements in the way we support the troops at the pointy end of the sword.

One final thought: the best leaders know how to use diversity among our people as a positive instrument in building a strong team. After all, this is America, and I'm so very proud to be an American.

Commander's Action Line



Col. Tom Smoot
Commander,
78th Air Base Wing

Action Line is an open door program for Robins Air Force Base personnel to ask questions, make suggestions or give kudos to make Robins a better place to work and live.

Please remember that the most efficient and effective way to resolve a problem or complaint is to directly contact the organization responsible. This gives the organization a chance to help you, as well as a chance to improve their processes.

To contact the Action Line, call 926-2886 day or night, or for quickest response e-mail to one of the following addresses: If sending from a military e-

mail system select, Robins Commanders Action Line from the Global Address List. If sending from a commercial e-mail account (AOL, AT+T, CompuServe, Earthlink, etc.), use action.line@robins.af.mil.

Readers can also access Action Line by visiting the Robins AFB homepage 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

Do we have a carpool program?

I am writing to see what the opinion of the general is on carpooling? If I am not mistaken, there was an article in the Rev-Up saying something about carpooling being recommended when possible. But I can not locate the issue. Can you help me out on this?

Commander's reply: Everyone is encouraged to carpool, especially to help alleviate the congested parking situation at Robins and reduce corresponding pollution. The best avenue for carpooling is the Transportation Incentive Program (TIP). This program encourages commuters to participate in approved vanpools and provides reimbursement for participants quarterly up to \$100 a month for actual expenses for authorized travel. For more information, visit Air Force Financial Services Center at www.saffm.hq.af.mil/affsc/transip/transip.cfm or call Mr. Larry Floyd at 926-3566.

Morning traffic during PT

I am the facilitator for group physical training for my unit. We conclude our physical training with a 1-2 mile run on Tuesdays and Thursday mornings on Fort Valley Street, which has less vehicle traffic than any other street near the Fitness Center. We take all the necessary safety precautions – safety vests, flashlights, and road guards. My issue is the lack of respect vehicle drivers show us during our run. Being retired from the U.S.

Army and a master fitness trainer, I am appalled and ashamed at the obscenities which are yelled at us by NCOs in uniform who have to slow down to pass us from either direction. Some completely blow off the road guards and speed by the formation. The reckless and unprofessional behavior of some drivers needs to be addressed at all levels if we are to maintain a safe environment for PT.

Commander's reply: Thank you for your concern for our troops partaking in physical training. I especially commend your regard for safety rules, providing properly outfitted road guards. Your comments bring up a very important issue that we are currently addressing; providing a safe environment for runners. We have already taken some steps toward this end, such as posting 10 mph speed zones at common running areas. As a general rule of thumb, vehicles should use the same 10 mph criteria anytime they're passing a troop formation, regardless of whether it's posted. Additionally, my staff and representatives from various base organizations are researching options to ensure we have designated running areas that not only provide a safe environment for runners, but also minimize the impact to traffic flow on Robins. Until this has been achieved, both vehicle operators and runners must remain respectful of each other and take every possible precaution to prevent injury to troops participating in PT. If you encounter vehicle operators who are yelling obscenities or performing unsafe acts, please take note of the license plate number and report it to Security Forces or my staff, and these individuals will be dealt with through their chain of command.

Again, the key to a safe and successful fitness culture here at Robins is, and will remain, respect and teamwork.

Improve the other entry gates, too

The base will spend over \$2 million for a new main gate and improved entrance to the base, something that has been needed for a long time. I think that is good for all concerned. However, shouldn't there also be something in the contract to supply a covered area for the other gates coming into the base? It doesn't have to be elaborate or overly costly; just something to provide a measure of protection from the elements for the personnel that man those check points. It seems that if the base can allocate that kind of money for the main gate, there should be some consideration for the personnel at the other locations on base.

Commander's reply: Thank you for your question and suggestion. It's good to know that people are aware of the service being performed by those on duty at the gates and that the awareness extends to concern for their well being. Currently, the 78th Civil Engineer Group is working plans to upgrade all of the gates to the new standards, including covered areas at the existing gates. However, the covered areas project at the existing gates were not included in this year's main gate project, but are being planned for future funding. It's difficult at this time to provide a schedule for the construction of these covered areas due to the uncertainty of funding every year. We are pursuing several funding options.

Remember to slow down

There have been

90

speeding tickets issued year to date.

How the points add up

Accumulating 12 traffic violation points within a year may cause drivers to lose base driving privileges for up to 6 months. Speeding violation points are based on the number of miles over the posted speed limit.

10 miles = 3 points
11 - 15 miles = 4 points
16 - 20 miles = 5 points
21+ miles = 6 points

Source: AFI 31-204



Airmen Against Drunk Drivers is a 24-hour-service that provides rides to those who have consumed alcohol and need transportation home. The program is run by volunteers from across base, and those who use the service aren't subject to adverse action. To request a ride, call: 335-5218, 335-5238 and 335-5236.

Robins DUI tracker

Robins has adopted a zero tolerance policy for drinking and driving. In addition to an incentive for no DUIs and putting up signs to keep the message in drivers' minds as they leave the base, the Rev-Up will run weekly numbers of DUIs.

March: **2** March 2003: **4** Year to date: **15** 2003: **63** Number of days since last DUI: **6**



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Editorial staff

78th Air Base Wing
Office of Public Affairs

Commander.....	Col. Tom Smoot
PA director.....	Capt. Tisha Wright
Chief, Internal Information.....	Mr. Phil Rhodes
Editor.....	Mr. Geoff Janes
Associate editor	Ms. Angela Trunzo
Photographer.....	Ms. Sue Sapp
Staff writers.....	Ms. Lanorris Askew, Ms. Holly J. Logan
.....	and Mrs. Chris Zdrakas
Contributing writer.....	Ms. Lisa Mathews

Calling all NASCAR fans



U.S. Air Force photos by Ms. Sue Sapp

Above, Ms. Lisa Hogston arranges the NASCAR hat display in a trailer in the BX parking lot March 5.

Right, the temporary mobile shop sells model NASCARs like the one Dale Earnhart Jr. drives.



Volunteers plant 72 trees



Submitted photo

Scouts from Troop 566 planted 72 trees along the ditch behind Turner Park housing area Feb. 21. They planted green ash, red maples, southern red oaks, persimmons and tulip poplars. They completed the job in three hours and received community service hours for their efforts. The Houston County High School Thespians Drama group also participated in the tree planting. The volunteers were Boy Scouts Tristan Bryan, Sean Bryan, Josh Brurke, Jonathan Munn, Chris Munn, Steven Franzkowiak, Steven Graul and Mike Graul from Troop 566; Houston County High School Thespians Drama group members Danielle Joerger, Cara Burgess, Don Pedro and Antoine Prince; Mrs. Kim and Mr. Jim Bryan and Mr. Bill and Mrs. Darlene Munn; and Rebecca Bryan.

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Two new tax scams

■ IRS warns about false advice on foreign earned income and tax debt settlement programs

By the Center Legal Office

A civilian Web site is erroneously advising overseas servicemembers they may exclude their military income from taxation under the foreign earned income exclusion, according to the Chief of International Tax at the IRS Chief Counsel.

Military income earned overseas is subject to taxation. The foreign earned income exclusion does not apply to military income. Only service in a combat zone, in an area designated as providing direct support to operations in a combat zone, or in a qualified hazardous duty area allows for the exclusion of military income earned overseas.

Servicemembers will receive a letter from the IRS stating they do not qualify for the exclusion and must return any refund erroneously obtained.

The IRS will not impose a penalty for the filing of a frivolous return. However, interest will apply. Members who have followed the erroneous advice in filing the 2003 return or in amending a prior year's return should seek tax assistance to correct the error by a new amended return.

The IRS also warns taxpayers to beware of claims they can settle outstanding tax debts for just "pennies on the dollar" through the Offers in Compromise program.

Unscrupulous promoters are wrongfully advising indebted taxpayers to file an Offer in Compromise application with the IRS and are charging excessive fees for advice and assistance to taxpayers who have no reasonable prospect of meeting the program's requirements. Although the IRS can settle federal tax debts for less than the total amount owed under the Offers in Compromise program, its requirements limit viable candidates to a relatively small number of taxpayers.

For more information, visit www.irs.gov.

all dolled
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gold's
59649601

hienergy
59601902

community
59646101

When things go wrong egress technicians make sure pilots have the opportunity to fly and fight again

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

F-15 fighter pilots may well have one of the most dangerous jobs in the Air Force, but thanks a team at Robins, they can break the sound barrier with the knowledge that if something goes wrong, there's a way out.

A quick yank on the yellow ejection handles and the pilot gets a second chance to fly and fight again.

That second chance is provided by the six egress technicians here who are tasked with ensuring F-15 Eagle ejection systems are in perfect working order.

It's the type of work that could mean the difference in life or death for those who call the F-15 cockpit home.

"We want to make sure that all the pilot has to do in an emergency situation is go for the ride," said Mrs. Patricia Covey, the lone female egress tech here.

A very quick ride.

According to the technician, in 3 seconds the pilot is out of the aircraft and underneath the parachute. In 6 seconds the survival kit deploys and he or she is headed for the ground.

"It's a fast and furious ride. That's why we make sure there are no errors - the pilot's life depends on whether we do our job right," she said. "You'd hate to think that something you did wrong caused something to happen to a pilot. It's a lot of responsibility knowing that someone's life depends on what you do and how you do your job."

The team is responsible for all of the maintenance on the ejection seat and the ejection system. When an F-15 lands here for maintenance, the egress technicians are among the first to get their hands on it.

Removing the seats isn't time-consuming, but according to the technicians, it can get uncomfortable at times.

"We have to twist and contort ourselves to get into some tight spaces," said Mr. John Harvey, egress technician. "It can be pretty awkward."

Once all of the twisting is complete, the team disarms the fire extinguisher cartridges (which put out engine fires) disconnects the Air Refueling Receptor cord, (which trips an explosive to release the refueling door), loads up the seat or seats depending on the model, and heads for home.

"We take the seats back to our shop where we store them, do all of the time changes on the seat's



U.S. Air Force file photo by Staff Sgt. Bennie J. Davis III



U.S. Air Force photo by Ms. Sue Sapp
Mrs. Patricia Covey guides an ejection seat as it's hoisted out of the cockpit.

MOUNTAIN HOME AIR FORCE BASE, Idaho – Capt. Christopher Stricklin ejects from the USAF Thunderbirds number six aircraft less than a second before it impacted the ground at an air show at Mountain Home Air Force Base, Idaho, Sept. 14. The ACES II ejection seat performed flawlessly.



U.S. Air Force photo by Ms. Sue Sapp
A pilot pulls handles, like the ones above, to eject from an aircraft.

second chance SPECIALISTS



U.S. Air Force photo by Ms. Sue Sapp

Mr. Eddie Greene, F-15 egress shop supervisor, puts aside a parachute removed from the seat.

explosives and all other maintenance," said Mrs. Covey.

The next step after removal is to go through the parachute and survival kit to see if it due for a repack. If that's the case those items are sent to the Life Support shop.

Everything on an aircraft has a shelf and service life which means the items are only good for a certain

amount of time. If the service life runs out on a certain item involved in the ejection system while it's in depot, the egress techs change it out.

Mr. Harvey said after checking parachutes and survival kits, the techs check the records to see what parts and explosives are about to expire. After seat maintenance is performed and the items are

returned from Life Support, the egress team repacks all items.

The technicians said they know how important it is to get the job done right the first time.

"If you leave out a lug, if the flight controls don't work or if engines go out you still have a chance to get out of the aircraft with the ejection system," said Mr. Eddie Greene.

"But if the seat doesn't work there's no hope, that's the last chance to get it right."

Mr. Harvey, a seven-year egress veteran, agreed.

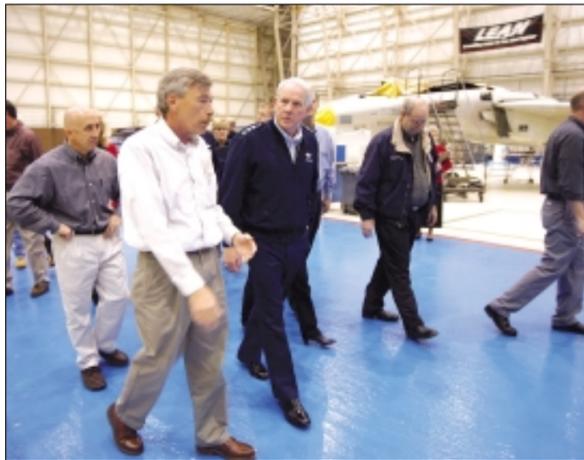
"This job is one that I'm proud of," he said. "It gives you a reason to do your very best because somebody's life is depending on this system working."

What to know

The ACES II or Advanced Concept Ejection Seat is considered a smart seat since it senses the conditions of the ejection and selects the proper deployment of the drogue and main parachutes to minimize the forces on the occupant. The ACES II seat is currently used in the A-10, F-15, F-16, F-117, B-1 and B-2 aircraft.

Each F-15 seat weighs approximately 150 pounds and costs about \$100,000.

Three-star tour



U.S. Air Force photo by Ms. Sue Sapp

Mr. Ronnie Luke, F-15 section chief, briefs Lt. Gen. William R. Looney III from Wright-Patterson Air Force Base, Ohio, on Robins program depot maintenance Tuesday. The Aeronautical Systems Center commander visited the base earlier this week.

AFAS kicks off campaign to raise money for charities

The Air Force Assistance Fund 2004 Campaign raises money for official Air Force charities: the Air Force Aid Society, Air Force Enlisted Village, Air Force Village Indigent Widows' Fund and the General Curtis E. LeMay Foundation.

The six-week campaign started Monday and runs through April 16.

The Air Force Aid Society provides education programs, community enhancement programs and emergency assistance.

The society provided over \$22.6 million in direct assistance to Air Force members and families. Last year Robins raised \$55,000, and our Airmen received



\$404,000 in assistance.

The society provided \$12.9 million for emergency assistance; \$6.9 million for education programs; and \$2.8 million for community enhancement programs.

Airmen benefit from Give Parents a Break – a stress relieving child care option for parents; Phone Home – phone cards purchased for members deployed; Spouse

Who to contact	
Base Maj. William Hill	5th Combat Communications Group Capt. Dale Dalrymple
78th Air Base Wing Capt. Mike Hall	653rd Combat Logistics Support Squadron Master Sgt. Brian Sondgeroth
WR-ALC Capt. Paul Fidler	Air Force Reserve Command Capt. Michelle Hill
19th Air Refueling Group 1st Lt. Laura Andrade	
116th Air Control Wing Lt. Col. Tim Burkes	

Tuition Assistance; and Bundles for Babies – a bundle of gifts for new and expectant parents.

Airmen also are eligible to receive monetary emergency

assistance for unexpected car repairs, emergency travel, funeral expenses and medical bills.

– Maj. William Hill

CROSSWORD PUZZLE



CSAF, past and present

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

1. CSAF – 4/30/48-6/29/53
10. CSAF – 8/1/69-7/31/73 or 11/6/97-9/6/01
11. Military show of appreciation (abbrev.)
12. Cream of tartar
13. Plant
14. CSAF – 10/26/94-9/1/97
17. CSAF – 6/30/61-1/31/65
18. Oklahoma town
19. Postal abbrev. for state home to Barksdale AFB
20. Navy AFB equivalent
22. Investigation for airplane crashes (abbrev.)
23. Org. to stop drunk driving (abbrev.)
27. CSAF – 9/6/01-present
29. CSAF – 2/1/65-7/31/69
32. _____ Arabia
33. Musical show
34. Zodiac sign
35. Wife of king of Sparta (Greek mythology)
36. Puffed (as in a cigarette)
39. Video game maker _____ Sports
40. _____ Paulo, Brazil
41. Play
43. CSAF – 6/30/53-6/30/57
47. Head cover
50. Horse feed
52. Frenzy
55. Bite
56. CSAF – 9/26/47-4/29/48
57. CSAF – 7/1/74-6/20/78
58. Architect I.M. _____
59. CSAF – 7/1/86-6/30/90

DOWN

2. Away from the wind
3. Measure
4. Actress Delaney
5. USAF command echelon between MAJCOM and MOB
6. CSAF – 8/1/73-6/30/74
7. Part one of a holiday drink
8. Parts in a play
9. Dale
10. Browse
13. Soar
15. Subtract
16. CSAF – 7/1/82-6/30/86
19. Exaggerated
21. CSAF – 7/1/78-6/30/82
22. Kwik-E-Mart owner on The Simpsons
23. CSAF – 10/30/90-10/25/94
24. Made a perfect score
25. Children's show _____ the Explorer
26. Building block of life
28. Boy
29. Others
30. Poet and critic T.S.
31. CSAF – 9/18/90-10/29/90
37. Happening on a cycle
38. CSAF – 7/1/90-9/17/90
42. Instead of those?
44. CSAF – 7/1/57-6/30/61
45. Rest of 7 DOWN
46. Compass direction
48. Swiss mountain range
49. Actress _____ Carrere
51. Soft mineral
53. Smack
54. Israeli machine gun

For puzzle solution, see March 19 edition of the Rev-Up

Puzzle solution for March 5



LEAVE/TRANSFER

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

Mr. George E. King II, WRALC/LSEEW. Point of contact is Ms. Linda Matlock at 926-5948.

Ms. Margaret M. Falk, WRALC/LGEAB. Point of contact is Ms. Monica DeBiase at 926-4523.

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 e-mail at angela.trunzo@robins.af.mil. Submissions run for two weeks.

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.

TAP workshop

The next three-day Department of Labor sponsored Transition Assistance Program Workshop will be Monday through Wednesday, 8:30 a.m. - 4:30 p.m., each day, Smith Community Center Ballroom. Personnel leaving the military within the next six months need to sign up as soon as possible. Spouses are encouraged to attend. Reservations are taken on first-come, first-served basis within the appropriate separation or retirement dates.

Resume and cover letter

A Resume and Cover Letter Workshop will be Wednesday, 9 - 11 a.m., Building 945, FSC Annex.

Federal job class

Federal employment uses a different hiring system than the civilian sector.

The "How to Apply for a Federal Job" class helps to increase hiring possibility by educating personnel about the variety of federal jobs, the qualifications and the classification process, and the steps involved in applying for these jobs. The next federal jobs class will be Thursday, 9 - 11 a.m., Building 905, Room 246.

Reunion survival tips

The FSC will offer how-to's and survival tips to negotiate the challenges and stages of reuniting with loved ones March 19, 9 -10 a.m., Building 945, FSC Annex.

Interviewing Q&A

The FSC will offer a workshop on Interviewing Q&A March 22, 1 - 3:30 p.m., Building 905, Room 139. This class is designed for anyone who has attended a program like the Department of Labor 3-day workshop, or who has done interviews but wants suggestions on how to approach or answer specific questions they were asked. Advance registration is required.

Applied suicide skills training

A workshop on Applied Suicide

Skills Training will be conducted March 24-25, 8:30 a.m. - 4:30 p.m., Base Chapel annex.

This training is for anyone interested in preventing a suicide.

The spouse's connection

The FSC offers the Spouse's Connection, March 24, 9-11 a.m., in Building 945, FSC Annex.

Tired of staying home? Need to get out? Want to make new friends? We have just the thing you are looking for. Let's "Get Together" for conversation, laughter, and a bit of fun and refreshments. Come and learn about the fun things there are to do in Middle Georgia and make a new friend in the process.

Jr. Smooth move

The FSC offers a workshop for kids of military and DoD civilians on the move. Children ages 6-12 will learn about their new assignment location through the use of games, maps and activities appropriate for their age. The workshop will be held March 25, 4 - 5:30 p.m., in Building 945, FSC Annex. Space is limited so early registration is required.

SERVICES BRIEFS

Members First Plus Royal Rewards 926-5492

The Members First Plus Royal Rewards program is underway to reward Officers' and Enlisted Club members. To enter the contest, pick up a royal card at one of the clubs and take it to one of any participating Services facilities. Every time a club member makes a purchase of \$4 or more at the clubs or participating Services facilities they receive a crown to add to their royal card. Limit one crown per visit.

Members who collect 10 crowns can then fill out the backside of the card and drop it off at their membership club for a drawing. Winners will be randomly selected from each club on a quarterly basis; with the first drawings being held at the end of the month. Members who turn in 10 cards between now and Feb. 28, 2005, will receive a \$10 dinner certificate redeemable at either club, Pizza Depot, Fairways Restaurant, On Spot Café or the main Base Restaurant.

Each month members also can earn a free crown by visiting the Services Web site or finding the crown in the Services Edge magazine. Limit of one wild crown per card.

Civilian Recreation

Wear green to the St. Patrick's Day Bingo at the Base Restaurant

Wednesday to receive a free jackpot card. Door prizes and higher payouts will be available.

Teams of two are invited to Bunco March 27 at 3 p.m. The winners win, the losers win and there will be special winners throughout the tournament. Play for prizes. Space is limited, and cost is free. To register, call 922-4415.

Tennis players are invited to play at their own level in the singles and doubles spring tennis leagues, which begin April 5. Open to anyone 16 years and older in the Robins community who register by March 31. Cost is \$10 per person. Play at your own level.

Family Child Care

Annual training for Family Child Care providers in fire safety, child abuse awareness, health and sanitation, and positive guidance will be March 20 9 a.m. - 3 p.m. in the FCC office, located on the second floor of the Smith Community Center.

Officers' Club

A St. Patrick's Day Boss n' Buddy night will be Wednesday at 5 p.m. at the Wellston. Members are invited to enjoy free tacos, wings, mini corned beef sandwiches and beverage specials. A trivia contest will be held with a prize given for the unit with the most participating members. For more information, call 926-2670.

Skills Development Center 926-5282

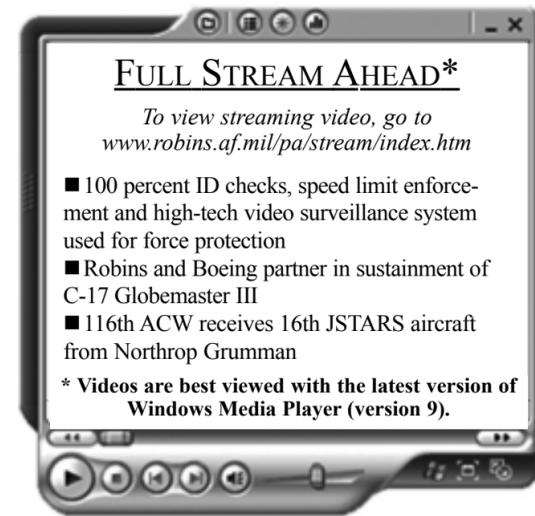
Clip the customer appreciation days coupon in March Edge magazine to receive two free hours of shop time at the wood shop.

The center will hold monthly classes in acrylic painting March 23 and 30 from 10 a.m. - noon, cost \$12.50; decorative stamping March 25 from 6 - 8 p.m., cost \$12.50; drawing March 22 and 29 from 10 - 11:30 a.m., cost \$10; watercolor March 22 and 29 from noon - 2 p.m., cost \$10; cross stitch March 23 and 30 from 1 - 3 p.m., cost \$12.50; oil painting March 25 from 10 a.m. - noon, cost \$12.50; pen and ink March 23 and 30 from 1 - 2 p.m., cost \$7; scrapbooking March 26 from 12:30 - 2 p.m., cost \$12.50. Registration and payment is required for all classes. Class space is limited. All classes are subject to change and do not include supply and equipment costs. For more information, call 926-5282.

Smith Community Center

A chess tournament will be held March 22 at 4:30 p.m. Register at the community center now. The tournament is free to all active duty members, DoD civilians, contractors, retirees, spouses and other family members. For more information, call 926-2105.

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

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 Macon synagogue.

Islamic Friday Prayer (Jum'ah) is Fridays at 2 p.m. in the chapel annex Rooms 1 and 2.

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

MOVIE SCHEDULE

Friday 7:30 p.m. - The Big Bounce - Owen Wilson and Morgan Freeman

Jack, a likeable drifter whose talents lie just outside the law, heads for Hawaii hoping a change of scenery will bring him luck. On the exotic North Shore of Oahu, he soon discovers that whether he is looking for a new con or a little romance, temptation is everywhere.

Rated PG-13 (sexual content and nudity, violence and language) 88 minutes



Saturday 7:30 p.m. - The Perfect Score - Erika Christensen and Chris Evans

Six high school students desperate to get into top-notch colleges develop a plan to break into Princeton Testing Center to steal the answers for the S.A.T. in order to prevent the test from unfairly defining who they'll become. Each has his or her own set of circumstances that leads to the conclusion that the only way to truly decide one's own fate is to beat the system.

Rated PG-13 (language, sexual content and some drug references) 93 minutes



Cutting red meat portions benefits healthy diet

Hearty meatball and pasta soup

Preparation time:
10 minutes
Servings: 4

1 can (14.5 ounces) beef broth
1 pound ground beef (90 per cent lean)
1 egg
1 teaspoon Italian seasoning
1/2 teaspoon salt
2 slices of soft white bread crumbled
8 ounces of fresh pasta
2 tablespoons of fresh ground Parmesan cheese
Mix broth and 3 cups of water in large pan. Bring to a boil. Mix beef, egg, Italian seasoning, salt and bread crumbs, form into meatballs, and gently add to broth mixture, cooking it for 5 minutes. Add pasta and cook until pasta is tender and meatballs are thoroughly cooked. Sprinkle with cheese.

Recipe from www.gabeef.org

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

Cutting back on red meat is a more healthy approach to diet than eliminating it altogether, said Ms. Lindy Kurtz.

Although red meat's reputation for high-saturated fat content has left a bad taste in the mouths of some, the Health and Wellness Center dietitian said it's a healthy source of protein that shouldn't be avoided.

"It's not that you can't have it," she said. "You just need to balance your red meat consumption with healthy choices of poultry, pork and fish. It's about balancing all four of those."



Ms. Lindy Kurtz

Ms. Jessica Deneke, clinical dietitian at the Houston Medical Center, said an excess of poorly selected high-fat, high-cholesterol protein sources could carry deadly consequences.

"It's important to balance all foods, but especially those that put people at a higher risk for having heart disease and cholesterol problems," she said.

Ms. Kurtz said selecting lean cuts of red meat and other animal-based protein sources helps meet the body's nutrient needs naturally – without the harmful health effects.

"Red meat, chicken, pork and fish are each different because they're different foods," she said. "But they're all the same because they're good, quality sources with high biological value proteins that have all the necessary amino-acids for the body. You can get protein from alternative plant sources, but it's easier for the

body to get it from meat sources."

Making the right choices is only a portion of a healthy eating plan, said Ms. Kurtz.

"A good rule of thumb for red meat is that you don't want to consume it more than twice a week," she said. "The typical

portion size is 3 ounces (equivalent to a deck of cards). As long as you choose the smallest steak at a restaurant – and ideally, take some of it home with you – you'll be getting the appropriate serving size."

Ms. Deneke said proper nutrition is a delicate balancing

act, with all food groups serving important roles.

"Everything should be done in moderation," she said. "It's not about cutting out certain foods. The key is having a balanced diet, incorporating all food groups in proper portions."

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SPORTS BRIEFS

Bowling Center

Go fishing day will be held every Thursday in March. During open play you can catch a fish that determines the price of your games.

Fitness Center

Robins will host the Southeastern Military Athletic Conference women's basketball tournament Saturday and Sunday at the Fitness Center, Building 826. Games will begin at 9 a.m. both days. Six teams from Alabama, Florida, Mississippi and Georgia will be competing in this double elimination tournament for the championship trophy. Everyone is welcome to come out and support Team Robins.

A St. Patrick's Day run will be held Wednesday at 11 a.m. in front of the Health and Wellness Center. This event is sponsored in part by Atlanta Bread Company. No federal endorsement of sponsors intended.

Golf Course

A spring break junior golf clinic will be held Tuesday through Thursday. Cost is \$40. Participation is limited to the first 15 paid juniors in each class. Times are 9 - 11 a.m. for 7 to 11 year olds, noon - 2 p.m. for 12 - 15 year old and a new girls class, 9 - 17 years old from 3 - 5 p.m. For more information call 926-4103.

Link Up 2 Golf offers participants over \$300 in savings. Cost per person is \$99 and includes eight hours of instruction, free-range punch cards and three golfing experiences. The class is March 22. To register, call 926-4103.

Nature Center

A hunter's safety class will be held Wednesday at 4:30 p.m. at the Nature Center.

Youth Center

Registration for the youth sports softball and baseball program has been extended by the Youth Center. Register Monday through Friday from 3 - 6 p.m. and Saturday from 1 - 6 p.m.

Registration for Operation Night Hoops will be held Monday through Friday from 3 - 6 p.m. and Saturdays 1 - 6 p.m. March 13 - 20 at the Youth Center. Cost is \$10 per player with seven players per team. Season starts March 26 and will last for eight weeks.

The Youth Center will go on an outing to see the "Harlem Globetrotters on a night with the Atlanta Hawks" March 20. Costs, which include admission ticket, souvenir visor and transportation, are \$50, lower level, and \$30, upper level. Game time will be 1 p.m. For more details and to sign up for the trip, call Mr. O. J. Wheeler at 926-2110.

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Dealing with hypertension

By Ms. Dairlyn Brown

Registered Nurse
Health and Wellness Center

Blood pressure is measured by how hard blood pushes against blood vessel walls as it flows through the body. Blood pressure can go up and down. It's normal for this pressure to drop when you are relaxed or sleeping and rise when you are upset or involved in physical activity.

But, blood pressure that stays high isn't healthy. It makes your heart work harder than it should. No one is sure what causes blood pressure to stay high, but it can happen if blood vessels are too constricted or too full because blood volume is too high.

Many people don't know they have high blood pressure because there usually aren't any symptoms.

Left untreated, high blood pressure can lead to serious health problems.

There are several risk factors for developing high blood pressure. They include: heredity - high blood pressure may run in families; diet - eating foods with too much sodium and fat; being overweight; a lack of regular physical activity; age - blood vessels tend to become less elastic with age; race - for example, high blood pressure is more common in Hispanics, Asians and African Americans.

More information

To have a three-day blood pressure check or to attend hypertension education classes, contact the Health and Wellness Center at 327-8480 or visit www.robins.af.mil/78MEDGP/aerospace/hawc/hawc.htm or contact your local health-care provider.

But, there's a lot you can do about high blood pressure. Once you know you have it, you can work on bringing your blood pressure down.

Blood pressure is given as two numbers, one over the other - for example, 120 over 80. Systolic blood pressure, the top number, measures the force of your blood against blood vessel walls while your heart beats. Diastolic blood pressure, the bottom number, measures the force between beats.

There are new blood pressure guidelines to include pre-hypertension. Nearly one in four adults in the U.S. who once thought they had normal blood pressure levels are now considered part of a new risk group category called "prehypertension."

These guidelines are the

first major revision of blood pressure readings since 1997.

Your blood pressure is normal if your systolic pressure stays less than 120 and your diastolic pressure stays less than 80.

You are pre-hypertensive if your systolic pressure is 120-139 or your diastolic pressure is 80-89. You have high blood pressure or hypertension when your systolic pressure is 140 and higher or your diastolic pressure is 90 and higher.

If you are pre-hypertensive, make heart-healthy lifestyle changes to reduce your risk of heart disease, stroke, and other complications.

If you have high blood pressure, you and your health-care provider will decide on a treatment plan that will be based on your level of risk for health problems and your blood pressure level. Your plan may include lifestyle changes like changing your diet, losing weight, exercising, giving up tobacco products, and limiting alcohol use.

Your health care provider may prescribe medications to help lower your blood pressure and may recommend that you check your blood pressure regularly.

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‘Can you hear me now?’

■ Prayer breakfast speaker’s advice: Cut life’s static to hear God

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

Like the question posed in the widely-televised cell phone commercial, God is asking people, “can you hear me now?”

That was the crux of the message Chaplain (Brig. Gen.) Charles Baldwin, deputy chief of the Air Force Chaplain Service, delivered to more than 400 at Robins’ annual Prayer Breakfast March 5 at the Museum of Aviation’s Century of Flight hangar.

Chaplain Baldwin will soon become chief of the chaplain service.

“The creator of the universe wants to talk to us. He has something to say. He desires to be part of every breath we take,” he said.

“We live in a land of freedom, yet static prevents us from hearing God.”

“The creator of the universe wants to talk to us. He has something to say. He desires to be part of every breath we take.”

Chaplain (Brig. Gen.) Charles Baldwin
 Deputy chief of the Air Force Chaplain Service



U.S. Air Force photo by Ms. Sue Sapp

Second Lt. Victor Gabela, 51st Combat Communications Squadron, bows his head in prayer at the National Prayer Breakfast March 5 at the Museum of Aviation.

The world’s static – the things of the world – “never satisfy the needs of the heart,” the Air Force Academy graduate who once flew helicopters in Vietnam said. He reminded everyone that God has told us ‘I am all that you need’. Sin and a fallen world filled with death; war and disease have separated us from God and kept us from hearing “God’s loving, powerful voice,” he said.

“When we break God’s law, we also break God’s heart,” Chaplain Baldwin said. “The good news is God can forgive and make our connection once again.”

The breakfast, which coincided with the National Day of Prayer, was spon-

sored by the Base Chapel.

He told the audience that God left us an “instruction book” to avoid sin – the Bible, which contains all we need to know about how to live according to God’s will in our lives. Without the static caused by sin, people can hear God’s voice because he created people to hear him and to know the greatness of his love, the chaplain said.

**Chaplain
 (Brig. Gen.)
 Charles
 Baldwin**

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