

U.S. Air Force graphic by Staff Sgt. Brian Bahret

By Lanorris Askew

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Since domestic violence and sexual assault don't stop at the front gate, commanders and first sergeants gathered Oct. 1 to learn how to handle and, if possible, prevent those heinous crimes.

The four-and-one-half hour training, cosponsored by the Family Advocacy Office and the Office of the Staff Judge Advocate's Victim/Witness Assistance Program, was held at the Robins Conference Center. It included oral presentations, video clips, active participant scenarios and static displays by HODAC, the Salvation Army Safe House and the Rainbow House.

Col. Greg Patterson, 78th Air Base Wing commander, emphasized the importance of the training during his opening remarks.

"We're here to gain some insight into a couple of serious societal issues - sexual assault and family violence," said the commander. "Because they're societal issues, they're also Air Force issues."

He said many are surprised that crime occurs on base, but they shouldn't be.

"We mirror society," he said. "That's where we recruit folks. Sometimes we recruit bad players, but it's how we handle it that counts."

Mary Hodgkins, family advocacy officer, agreed and said the training -



U.S. Air Force photos by Sue Sapp

Col. Greg Patterson, 78th Air Base Wing commander, gives the opening remarks at the training session Oct. 1



What to know

October is National Domestic Violence Awareness Month, and the Family Advocacy Office and the Office of the Staff Judge Advocate's Victim/Witness Assistance Program collaborated to provide training enabling commanders and senior enlisted Airmen to receive their sexual assault and family violence training at one time.

mandated by the Air Force on an annual basis for commanders and first sergeants because of concern regarding sexual assault and family violence in the military - is a great way to learn how to handle the problem.

According to Ms. Hodgkins the training requirement has been extended, and commanders and first sergeants are

now trained within two months of arrival on base regarding family advocacy programs and services.

"We want people to know what resources are available from the very beginning," she said. "In addition, this annual training gets people up to speed on new developments. They will hear about new programs and services com-

ing on line so they will know exactly what to do if someone in their unit has a problem with domestic violence or sexual assault."

She said the hope is commanders and first sergeants will take a leadership role in referring people to prevention services so those problems don't happen or don't happen as often.

Colonel Patterson said the bottom line result from the recently released reports on sexual assault and domestic violence is that there must be a change in the Air Force.

"We must change how we view and how we handle victims," he said.

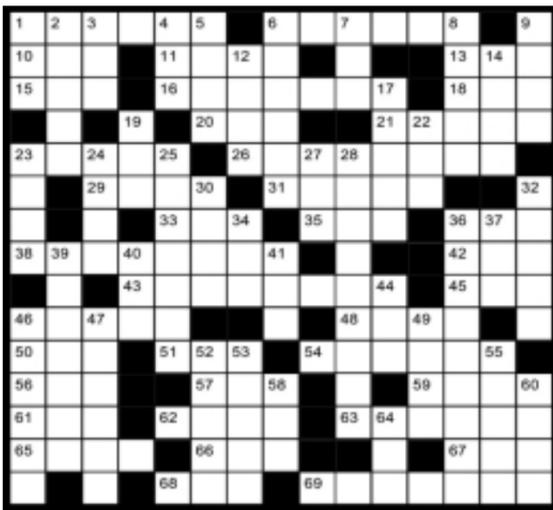
"We've done a lot here to address these problems, but there is always more to do. As long as we are dealing with people we'll always have this problem. You're here today as commanders and first sergeants will lead that culture change."

Maj. Jim Seward, 78th Security Forces commander, who attended the training, said it was very much worthwhile.

"As a Security Forces officer you're aware of the things that are going on not only at Robins, but throughout the Air Force, but this kind of training really opens your eyes and educates you," he said.

The commander said he plans to take what he learned to his Airmen and educate them on what to keep their eyes open for.

CROSSWORD PUZZLE



In the Pacific

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

1. PACAF base in Japan
6. PACAF base in Korea
10. Mil. operation performed since 9/11
11. Continent within PACAF AOR
13. Internet provider, in short
15. Oklahoma town
16. Type of arrest?
18. USA opponent in Civil War
20. ALS, ABC, NCOA, SOS, etc.
21. Glows
23. Plane flown by 3 WG at 28 DOWN
26. PACAF base in Guam
29. Entertainment presented between the acts of a show
31. 1939 Oscar winner Over the Rainbow composer
33. Period
35. Paramedic, in brief
36. Friend
38. Dispensable
42. Bullring cheer
43. Colorless liquid used in synthetic rubber
45. Lawn
46. John Wayne movie
48. Actress Moore
50. Simpson trial judge
51. USA foe 1954-1975
54. PACAF base in Japan
56. 102 to Caesar
57. Football stat
59. Competent
61. Ring results
62. Andy's boy in Mayberry
63. Leg bone
65. Again
66. Airport abbrev.
67. Decay
68. A Gershwin
69. PACAF station in Hawaii

DOWN

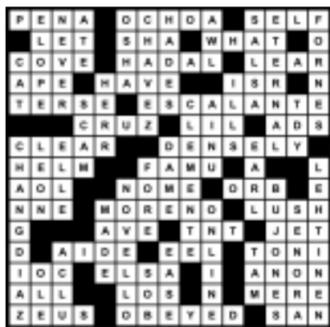
1. Flightless bird
2. Country within PACAF AOR
3. Body of water
4. Mil. organization in WWII
5. Quickly!
6. PACAF base in Japan
7. Fed. organization concerned with arts
8. Mother-of-pearl
9. Sigh of woe
12. Cook expert who wrote The Joy of Cooking
14. PACAF base in Korea
17. Punctuation mark
19. Everything
22. Branch of DoD
23. Paradise
24. Absent
25. PACAF base in Alaska
27. Rapping doctor?
28. PACAF base in Alaska
30. Cookie
32. AFS in Alaska
34. Cleopatra killer
36. Chief political committee of a Communist party
37. Pub order
39. Sentiment
40. Effectuated
41. ___ Lanka
44. ___! The Cat cartoon
46. PACAF base in Hawaii
47. Thumps or clashes
49. Utah town
52. Nickname of plane flown by 35 FW at 1

ACROSS

53. Thomas accuser Hill
55. Permit
58. Afternoon drink to Tony Blair?
60. Dines
64. Sick

For puzzle solution, see Oct. 15 edition of the Rev-Up

Puzzle solution for Oct. 1



LEAVE/TRANSFER

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

- Carolyn P. Barfield**, FMRS. Point of contact is Andrea Akles at 926-1829.
- Rhonda Lee Hamilton**, LMIX. Point of contact is Teresa Summers at 926-8741.
- Mildred Sanders**, LBKB. Point of contact is Mickie Cranford at 926-6582.
- Crystal Waddell**, MAIBRI. Point of contact is Etta Davis at 926-2689.
- Jill Rector**, 35th Services Squadron. Point of contact is Richard Selig, 35th MSS/CPF, DSN 226-2197.

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

SERVICES BRIEFS

Base Library

The library is offering information at your fingertips. This complimentary service is available for all active duty, retired and reserve military and their family members and DoD civilians. The InfoTrakOneFile-periodical full text, Health and Wellness Resource Center and the Student Resource Center Bronze will provide information when needed. From your Robins office go to <http://infotrac.galegroup.com/itweb/robi82597> or from your home enter the same URL plus the password "offbase". For more information, call 327-7380 or visit the Base Library, Building 905.

Base Restaurant

Grilled steaks are back on Thursdays from 11 a.m. - 1 p.m. Cost is \$5.95 and includes grilled steak, baked potato, green beans and tea. Tell them "Grillzilla" sent you and receive a 10 percent discount.

Child Development Centers

The Child Development Centers have a limited number of immediate openings for ages 6 weeks - 6 months and for 12 - 24 month old children. These fully, National Association for Education of Young Children, accredited centers are open Monday - Friday from 6:30 a.m. to 6 p.m. To register visit the Family Child Care office, Building 767 on the second floor, Monday - Friday 8:30 a.m. - 5:30 p.m. To determine child care fees, parents can bring their leave and earning statements to either center on Tenth Street. For more information, call Vera Keasley at 926-6741.

Club Membership

A squadron challenge is underway, in conjunction with the "Get In On It" club drive now through Nov. 30. The challenge is divided into three categories: a party valued at \$1,000 for large units consisting of 100 or more people; a party valued at \$600 for medium units consisting of 50 - 99 people and a \$300 party for small units consisting of 49 or less people. Club members who recruit new members will receive \$5 in club bucks for each new member they gain. There is no limit on the number of club bucks a current member can earn during the club drive. Club membership is available to all active duty, retired and reserve military, DoD and NAF civilians. Membership dues for the Enlisted Club are \$8 per month for E-4 - E-9 and \$4 per month for E-1 - E-4. Officers' Club dues are \$18 per month. For complete details, visit www.robins.af.mil.

Enlisted Club and Officers' Club

The Enlisted Club will hold a Halloween party with a costume contest Oct. 30 from 7 p.m. to midnight with entertainment by DJ Dirty of WIBB.

Officers' Club

Boss N' Buddy Night will be held at the Wellston Oct. 20 at 5 p.m. This event includes trivia games, prizes and appetizers.

The Wellston will hold a Halloween party Oct. 30 at 6 p.m. Activities will include costume contests and door prizes. Hors d' oeuvres will be served.

Skills Development Center

The center will be accepting entries from youths and adults for the base-level artist's craftsman and photo contest Nov. 1 and 2. Judging will take place Nov. 3 and 4. The contest is open to all military, DoD and immediate family members.

The skills development center will hold monthly classes in acrylic painting Tuesday, Oct. 19 and 29 from 10 a.m. - noon, cost \$12.50; color pencil Oct. 18 and 25 from 10 - 11:30 a.m., cost \$10; beginning Quilting (7 weeks course) Oct. 27 from 6 - 8:30 p.m., cost \$70; landscapes in oil (evenings) Oct. 18 and 25 from 6 - 8 p.m., cost \$12.50; landscapes in oil (daytime) Thursday, Oct. 21 and 28 from 10 a.m. - noon, cost \$12.50; scroll saw second and fourth Tuesday from 6 - 8 p.m., cost \$10; watercolor Oct. 18 and 25 from noon - 2 p.m., cost \$12.50; cross stitch Tuesday, Oct. 19 and 26 from 5:30 - 7:30 p.m., cost \$12.50; beginning matting and framing Oct. 19 and 21 from 6 - 8 p.m., cost \$12.50; paper crafts Tuesday from 10 a.m. - noon, cost \$12.50; calligraphy Thursday, Oct. 21 and 28 from 10 - 11 a.m., cost \$10; sewing Wednesday, Oct. 20 and 27 from 1 - 3 p.m., cost \$12.50 and kid color pencil Oct. 28 from 6 - 7 p.m., cost \$5. 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 the skills development center.

Smith Community Center

Bring the family to the movie in the park (Robins Park) today at 8 p.m. (or when dark) to watch "The Wizard of Oz." Participants may bring lawn chairs and blankets. Cost is free and concessions will be available. For more information, call Lynne Brackett at 926-2105.

The community center will be accepting entries for the scariest and favorite character pumpkins. All entries are due Oct. 26 by 6 p.m. Pumpkins will be judged in two categories: children ages 10 and younger and a general category open to all. Pumpkins will also be judged for a People's Choice Award on Oct. 27.

Youth Center

The "Get to Know 4-H" open house will be held Oct. 18 from 3 - 4:30 p.m. at the Youth Center. This event will allow kids interested in 4-H a chance to meet the staff, see project ideas and receive information on joining. Parents are welcome to attend. Meetings will begin Nov. 9 and will be held the second Monday of each month from 3 - 4 p.m. for boys and girls ages 9 - 13. Youth Center membership is not a requirement to attend 4-H meetings. For more information, call 926-2110.

MOVIE SCHEDULE

Adult tickets are \$3; children (11 years old and younger) tickets are \$2. For more information, call the Base Theater at 926-2919.

Today 7:30 p.m. - Exorcist: The Beginning - Stellan Skarsgard and James D'Arcy

Father Merrin thinks that he has glimpsed the face of evil. In the wake of all he has seen, both his faith in his fellow man and the Almighty have deserted him. He can no longer honestly call himself a man of God. Merrin travels far from his native Holland in a desperate attempt to escape the horrors that he witnessed there. While drifting from place to place, he finds himself in the place where evil was born. Merrin will finally see its true face.



Rated R (strong violence and gore, disturbing images and rituals and for language including some sexual dialogue) 114 minutes

Saturday 7:30 p.m. - Superbabies: The Geniuses 2 - Jon Voigt and Scott Baio

The baby geniuses find themselves at the center of a scheme and in a race against time, to stop the villainous powerful media mogul Bill Biscane from using his state-of-the-art satellite system to control the minds of the world's population.



Rated PG (action violence and some rude humor) 90 minutes

Sunday 7:30 p.m. - Suspect Zero - Aaron Eckhart and Ben Kingsley

FBI agent Thomas Mackelway investigates the murder of a traveling salesman Harold Speck, which turns out to be the first of three seemingly random killings. Or perhaps they are not random at all. The assignment consumes him. His past mistakes haunt him. His head throbs constantly as he tries to find the link between the victims that will lead him to their killer.



Rated R (violent content, language and some R) 100 minutes

Coming soon Oct. 15

Anacondas: The Hunt for the Blood Orchid - Johnny Messner and Morris Chestnut - Rated PG-13

Oct. 16
Vanity Fair - Reese Witherspoon and James Purefoy - Rated PG-13

Oct. 17
The Cookout - Storm P and Eve - Rated PG-13

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 (Jumua) 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.

FAMILY SUPPORT CENTER

Family Support Center sponsored classes, workshops, and seminars are open to all Team Robins personnel. For more information, or to make a reservation, call 926-1256.

Center closed

The FSC and Family Services loan closet and Airman's Attic will be closed Monday, in observance of Columbus Day. Normal services will resume Tuesday at 7:30 a.m.

Smooth move

The next Smooth Move workshop is Wednesday, 8:30 a.m. - noon, in Building 905, Room 250. Representatives from Military Personnel Flight, Transportation Management Flight, Accounting and Finance, the Housing Office, Legal Office, TRICARE, Family Advocacy and Air Force Aid Society will be on hand to provide pertinent moving information and answer questions.

Federal resume writing class

The FSC will conduct a federal resume writing class Thursday, 1 - 4 p.m., Building 905, Room 138. The class is aimed at helping military personnel prepare a better document to meet the specific and unique requirements when applying for federal

employment. Advanced registration is required.

Resume research and writing

A workshop on resume research and writing will be conducted Oct. 15, 8-10:30 a.m., Building 905, Room 138. This class covers resume writing beyond the basic mechanics by dissecting the various parts of a resume.

Interviewing Q&A

The FSC will offer a workshop on interviewing question and analysis Oct. 19, 8 - 10 a.m., Building 905, Room 138. The class will offer suggestions on how to approach or answer specific interview questions. Advance registration is required.

Volunteer resource program

The FSC will offer an informal presentation on volunteer opportunities both on base and in the local community, Oct. 19, 2 - 3:30 p.m., Building 945, FSC annex.

Community tour

The FSC community tour for all Team Robins members and their eligible family members will be Oct. 20, 8:30 a.m. - 2:30 p.m. Meet at the FSC. The tour is designed to help newcomers become familiar with the surrounding communities.

Fitness first piece of puzzle to healthier lifestyle

By Airman 1st Class Christie Putz

92nd Air Refueling Wing
Public Affairs

FAIRCHILD AIR FORCE BASE, Wash. – “It makes you feel better.” “It reduces stress.” “It lowers blood pressure.”

“Pick up any fitness magazine, and it’ll give you a bunch of boring definitions of what fitness will do for you,” said John Gahagan, 92nd Services Squadron fitness center director here.

But to him, fitness means something a little different: a higher quality of life.

“When you go home from work, and all you want to do is sit on the couch instead of playing with the kids because you’re so tired, you’re probably out of shape,” he said. “And unfortunately, it’s not only you (who’s) suffering from your bad habits.”

Also, people who are not physically fit can potentially be a hazard to themselves, Mr. Gahagan said.

For example, someone who cannot swim to shore after his or her boat capsized is likely to drown.

Someone who cannot jump out of a two-story building to evade a fire is likely to burn.

And someone who is too



U.S. Air Force photo by Master Sgt. Keith Reed

SPANGDAHLEM AIR BASE, Germany – Staff Sgts. Rodolfo, left, and Mary Anne Reyes have made working out a family affair. Five-year-old Reanna shows her warrior spirit by doing push-ups with her mom during daily workouts at home.

large for emergency medical services to pull out of a wrecked car is likely to die.

Although it may sound frightening, there is help.

“Just as most diseases are preventable, so are a lot of injuries,” Mr. Gahagan said.

For this and the myriad other reasons why fitness is important, fitness center staffs help patrons, whether beginners or seasoned runners or lifters.

“We’re first going to want to know what (a person’s) goal is; whether it’s to lose weight, tone up, bulk up or just feel better,” he said. “Then we’ll assess (his or her) health status.”

Their assessment includes a series of ques-

tions, body-fat test, weight measurement and a quick test of aerobic capacity, weight training and flexibility. It gives the staff a better idea of what the person’s current fitness level is, and what he or she is capable of.

“Basically, we’ll see where you are, where you want to go, and then we’ll design a program to help you meet your goals,” Mr. Gahagan said.

To assist in this, there are personal fitness trainers on the staff to help beginners get acquainted with the machines and facility.

In addition, follow-up visits are scheduled to make sure the person is on the

right path, and if necessary, to alter the plan.

“In as little as one hour a day, three times a week, you can be in much better shape than you are now if you don’t workout,” he said. “It’s not that big of a commitment.”

But commitment is what gets most people in trouble. With busy schedules, some people claim they just do not have enough time.

“Make an appointment with yourself,” Mr. Gahagan said. “Put it on your calendar, block it off, and don’t let yourself schedule anything during that time. If you treat it like any other appointment on your schedule then you’ll always have time.”

The problem is that most people do not make fitness a priority in their lives, he said.

“I hear it over and over, ‘I want to get in shape,’ ‘I want to tone up,’” he said, “but it’s all ‘want’ and not enough ‘do.’ Unless you put it on your schedule, make it a priority and make it a habit, it’s not going to happen.”

With what fitness does for the body, and most importantly, the higher quality of life someone can get out of it, now is the time to become physically fit, Mr. Gahagan said.

THE WEEK IN PHOTOS

www.robins.af.mil/pa/revup-online/weekinphotos.htm

nationwide
61166801

frank’s
61167002

houston
61207915

military
61242201

southern
61244102

tibidabo
61200301

family
61211405

SPORTS BRIEFS

Bowling Center

Monday, Columbus Day, is red head pin day. Get a strike when the red pin is in the number one position and receive that game free.

Bring in your boss on Bosses’ Day Oct. 15 between 1 - 4 p.m. Pay regular price and your boss bowls for free.

Come dressed in a Halloween costume for Thunder Alley glow-in-the-dark bowling Oct. 30 and bowl for just \$8.

Save \$1 off regular bowling prices to celebrate rolling back the clocks Oct. 31.

Fitness Center

A body fat analysis is slated for Wednesday from 11 a.m. - 1 p.m. at the Fitness Center. Wear a comfortable shirt and shorts and do not exercise before the assessment. For more details, call the center at 926-2128.

A pregnancy and exercise seminar will be held Oct. 20 from 11 a.m. - noon at the Health and Wellness Center. Register at the Fitness Center. For more information call the center at 926-2128.

A Halloween run/walk is slated for Oct. 30 at 10 a.m. Prizes will be awarded for best and scariest costume, first place men’s and women’s and candy for the kids.

Golf Course

A ladies social golf league will be

held Mondays now through Oct. 25 from 2:30 - 5:30 p.m. For more information, call the pro shop at 926-4103.

Register now for Link Up 2 Golf classes. Course of study includes orientations, eight hours of group lesson and course etiquette, complimentary rental clubs, three-hole graduation scramble, free shirt and ball mark repair tool. Cost is \$99 per person and valued at more than \$400. Class schedule: Class II Tuesday, Oct. 16, 19, 23 and 26 from 5:30 - 7 p.m. and Class III for retirees 50 years and older Nov. 8, 11, 15, 18 and 22 from 1 - 2:30 p.m.

A base championship is slated for Saturday and Sunday. Cost is \$35 for annual green fee member and \$55 for guests, does not include golf cars. Format consist of 36 hole stroke play, flight by handicap and men’s and women’s divisions.

A Civilian Recreation Golf Tournament is slated for Oct. 15 at 1 p.m. Cost is \$15 for annual green fee members and \$20 nonmembers. Tournament will consist of a 4-person scramble (two team members must be DoD civilians). Sign up early because the field is limited to 120. For more information, call the golf course at 926-4103.

Golf tournament

The 7th annual American Society of Military Comptrollers golf tournament will be Oct. 29 at the Waterford Golf Course, with a noon shotgun start.

It will be scramble format, 4-person

8team best ball, and mulligans will be available. The entry fee is \$35 per person, which includes greens fee, cart, range balls, lunch and beverages. There will be prizes for first, second, and third place teams. The proceeds from the tournament go to local community scholarships funds.

To sign up or for more information, contact Steffi Ferguson at 327-1380 or steffi.ferguson@afrc.af.mil or Jerrienne Werner at 327-1445 or jerrienne.werner@afrc.af.mil.

Youth Center

The Youth Center Jr. NBA and Jr. WNBA basketball registrations will be held Oct. 16 - 23, Monday through Friday from 3 - 6 p.m. and Saturday from 10 a.m. - 6 p.m. Cost is \$60.

The program emphasizes fundamentals of skill development, teamwork, sportsmanship and positive adult participation with the goal of providing a fun and rewarding youth basketball experience. Young players can also create a bond with the game while learning what it takes to be successful away from the court. A copy of birth certificate and current physical examination will be required.

Dedicated basketball coaches are also needed. Apply in person at the center or call 926-2110 for more information.

The Youth Center will sponsor a basketball “Fun-da-mentals Camp” Saturdays, Oct. 23-Nov. 20, from 9:30 a.m.-12:30 p.m. The camp is for girls ages 9-14. For more information, call 926-2110.

All in a day's work



U.S. Air Force photo by Sue Sapp

Capt. (Dr.) Matt Henry – dentist – 78th Medical Group

“I always wanted to be a dentist, probably since I was about 2 years old. My father was a dentist, and I helped out around his office while I was growing up and decided that’s what I want to be.

“I’ve been a dentist for three years and have been at Robins for one year. We do general den-

tistry with my focus on all the specialties such as surgeries, extractions, fillings, root canals and crown and bridge work.

“The best part of my job is caring for the people I take care of. I want to give the patients what they want and make them feel better about themselves by changing their smile.”

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