

# ROBINS REV-UP

June 26, 2009 Vol. 54 No.25

## New Faces

Center set to welcome new leadership in two key roles

BY WAYNE CRENSHAW  
wayne.crenshaw.ctr@robins.af.mil

The new Center executive director and the new Center vice-commander are expected to be on the job soon.

Deryl W. Israel, an executive at Eglin Air Force Base, Fla., will take the place of retiring executive director Brenda Romine. Her last day on the job is today. Mr. Israel is expected to start Monday.

Also, Col. Robert M. Stambaugh will soon fill the currently vacant position of vice-commander at Robins. His start date is July 20.

Mr. Israel is a member of the Senior Executive Service and started his federal service career at Robins in 1976 as a project engineer. A graduate of Georgia Tech with a master's degree in electrical engineering, Mr. Israel worked in various positions here for 20 years.

When he was tapped to be the new Robins executive director, he was director of the Acquisition Excellence Directorate of the Air Armament Center at Eglin AFB.

Col. Robert M. Stambaugh graduated from the Air Force Academy in 1983 and holds a master's of aeronautics and astronautics from Stanford University. He is currently commander of the 312th Aeronautical Systems Wing at Wright-Patterson Air Force Base.

His previous assignments include a stint as chief of the B-2 Flight Test Engineering Division at Edwards Air Force Base, Calif.



**Deryl W. Israel** will be the new Center executive director



**Col. Robert M. Stambaugh** will be the new Center vice commander

## Spikes equal cost hike Base pushes to curb energy use during peak hours

BY WAYNE CRENSHAW  
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Robins officials have long been urging energy-conservation to help save money, but as the weather heats up the importance of reducing energy consumption is amplified.

Robins is one of about 2,000 large energy consumers in the state with an agreement with Georgia Power that allows rates to fluctuate depending on demand. The upside is that the base gets a low price for power during off-peak hours, but the downside is that the price can go up steeply when state-wide energy use is peaking.

The bottom line for Team Robins members is that throughout the summer, during the hottest part of the day, energy conservation efforts should be at a maximum.

For example, on June 19th the base got notification that from 1 to 8 p.m. that day, the base energy costs would be five times higher than nor-



courtesy graphic

Base officials are asking Team Robins to help fight rising energy costs by conserving energy during peak hours.

mal.

The Real Time Pricing agreement requires that the base be notified when the rate is going up, but most people on base wouldn't know when that might be.

However, Georgia Power project

manager Jim Holton, the company's liaison to Robins, said that throughout the summer it's likely that the rate will be higher during the hottest part of the day.

► see ENERGY, 2A

## 116th sergeants earn Bronze Star medals for wartime support

STAFF SGT.  
CHRISTOPHER HOLMES  
116th ACW/WPA

Two members of the 116th Air Control Wing's Explosive Ordinance Disposal team have been presented with bronze stars.

Master Sgts. John Bell and Greg Stephens were awarded the medals for their work in supporting Operation Iraqi Freedom from October 2008 to April 2009

as members of the 447th Expeditionary Civil Engineering Squadron, Bravo Flight, Multi-National Corps-Iraq, Baghdad.

Master Sgt. Bell led more than 25 personnel in executing more than 800 combat missions under the threat of insurgent attacks to exploit, render-safe, recover and destroy improvised explosive devices.

"We worked with the 4th Brigade Combat Team of the

(Army's) 10th Mountain Division and covered more than 190 square kilometers," said Sergeant Bell.

Along with keeping the streets of Iraq IED free, Sergeant Stephens also worked with the Iraqi Army to retrieve notebooks with valuable information from a known bombing suspect.

"Based on his actions and the fact that he had lied to us about other facts regarding the case,

when he told me the notebooks were only religious items I believed he was lying to try to keep coalition forces from finding the information that was in the books," he said.

As it turned out, the books contained notes on how to build bombs and other information helpful to the fight against insurgents in Iraq.

► see MEDALS, 2A

## Acquisition, sustainment workforce hears plans from a top AF leader

By Wayne Crenshaw  
wayne.crenshaw.ctr@robins.af.mil

Acquisition and sustainment personnel at Robins heard a run-down from a top leader this week on the Air Force's Acquisition Improvement Plan.

Lt. Gen. Mark D. "Shack" Shackelford, military deputy in the Office of the Assistant Secretary of the Air Force for Acquisition, conducted two "town hall" meetings at the Museum of Aviation. He detailed the plan that has been designated as one of the Air Force's top priorities.

The improvement plan was developed in the wake of criticism from the Government Accountability Office, which overturned two contract awards last year. One was related to the CSAR-X helicopter and the other to the KC-X tanker program. The

KC-X has been designated as the Air Force's top acquisition priority.

General Shackelford cited a list of improvements that are being planned, including better training and more hiring.

"The goal is not to avoid protests," he said. "The goal is to win the protests."

The five targets for improvement in the plan are:

►Revitalize the Air Force acquisition workforce with better training and hiring experienced personnel.

►Improve the requirements generation process through a coordinated effort to develop requirements that can meet the warfighter's needs.

►Instill budget and financial discipline by creating realistic schedules and technical assump-

► see SHACK, 2A



U.S. Air Force photo by SUE SAPP

Lt. Gen. Mark D. "Shack" Shackelford, Military Deputy, Office of the Assistant Secretary of the Air Force for Acquisition gives a brief of the Air Force's new Acquisition Improvement Plan at one of two town hall meetings June 23 at the Museum of Aviation.

### THINK SAFETY



Days without a DUI: 20  
Last DUI: 112th ACCS

— courtesy 78th Security Forces

To request a ride, call  
222-0013, 335-5218,  
335-5238 or 335-5236.



### TWO-MINUTEREV

#### CONGRATULATIONS PROMOTEES!

►Lt. Col. David R. Wille – 116th Operations Support Squadron has been selected for promotion to Colonel.

►Maj. Heather L. Johnson – 78th Medical Operations Squadron has been selected for promotion to Lieutenant colonel

►Maj. Sherry D. Moore – 78th Medical Operations Squadron has been promoted to Lieutenant colonel

►Capt. Daniel R. Shephard – WR-ALC Legal Office has been selected for promotion to Major.

### REGULATIONS



#### Correct gear

Motorcycle gear required for entry must also be worn while traveling on base, 3A

### HOLIDAY HOURS



#### What's open

78th Force Support Squadron announces July 4th holiday hours, 2B

### SAFETY



#### Boating safety

101 Critical Days of Summer message focuses on boating safety, 3B

## ENERGY

Continued from 1A

“Think of it as the time when your AC at your house works really hard,” Mr. Holton said. “That’s typically when we are selling a lot of electricity, and it’s also typically when our costs go up. When our costs go up so does your price. Any time when your AC at home would be working hard is when it’s likely that you are going to save the most money for the base.”

The energy office is urging the following efforts to help conserve through the increased-cost period:

► Turn all lights off not necessary to operations

► Turn off all unessential electrical equipment,

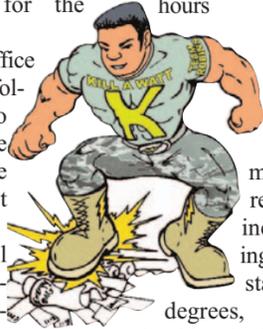
including chargers, fans, radios, TVs, etc.

► Reset AC thermostat in buildings not controlled by CE central thermostat to 78 degrees

► Use fans to provide localized cooling, which is cheaper than air conditioning

► Ensure that exterior doors and windows remain closed

► Consider moving the time of high energy-use processes from daytime to late-evening, early morning hours



Also, Civil Engineering is implementing base-wide measures to reduce energy, including raising AC thermostats a few degrees, so people shouldn’t bother with notifying anyone if they detect a slight warming in the office.

## MEDALS

Continued from 1A

While Sergeant Bell took over a driver for Sergeant Stephens’ team while he was at a field hospital, he got a chance to see first-hand just how quickly the Iraqis can respond and recover after an explosive attack.

“When we arrived on scene there was not even a trace of debris left and the concrete barriers had already been replaced,” Sergeant Bell said. “I was quite amazed at how fast the Iraqis could move and get the small things accomplished in a timely manner.”

Sergeant Stephens had to spend a few days in the hospital after getting sick from contaminated water.

“I spent a month in the hospital with dysentery from Iraqi sewer water seeping into our water at the JSS (Joint Security Station) I stayed at while supporting the 3rd and 4th BCT,” Sergeant Stephens said.

While EOD is an important part of the war fighting mission, Sergeant Bell knows it’s only one piece of the mission.

“I find it easy to praise my career field because I have seen first-hand the sacrifices that EOD teams have given, to include their lives,” he said. “However, I have yet to find another AFSC that is not just as important in their own way. Planes don’t fly without maintenance and operations personnel. They in turn don’t sleep without services and FSS personnel to process their orders and ensure that their families are cared for while they are deployed.”

Being awarded a medal as important as the bronze star is an honor for Sergeant Stephens.

“I am proud to have been in a position where I could bring honor to



courtesy photo

Master Sgt. John Bell, 116th Civil Engineering Squadron, Explosive Ordnance Disposal flight, inspects the scene of an IED attack near Baghdad, Iraq.



courtesy photo

Master Sgt. Gregory Stephens, 116th Civil Engineering Squadron Explosive Ordnance Disposal flight, works inside a Mine Resistant Ambush Protected vehicle during an IED response near Baghdad, Iraq.

the Air Force, my wing, and my family,” the former Marine said.

For Sergeant Bell, it’s a chance to keep a tradition his father started during another war.

“I am sure that he is as proud of me as I was of him when I found out

that he had been awarded the Bronze Star for combat action in Vietnam,” he said about his father who died in 2004. “Will my sons, John, Griffin, and Garrett, follow in our footsteps? That is yet to be seen, and only time will tell.”

## Commander Kill A Watt's end of the day reminders:

1. Task lights are turned off.
2. Monitors, speakers, printers, shredders, etc. are turned off.
3. Radios, CD players, fans, chargers and other miscellaneous items are turned off by power strip or unplugged.
4. Coffee pots and space heaters are unplugged.
5. Windows and doors have been closed.
6. Last to leave? Turn off lights in bathrooms and common areas.

## SHACK

Continued from 1A

tions and better cost estimates.

► Improve Air Force major system source selections - particularly in the area of high-profile, large-system acquisitions – through more experienced leader-

ship and simplifying overly complex procedures.

► Establish clear lines of authority and accountability within the acquisition organization by

reexamining the organization structure.

Responding to a question from the audience, General Shackelford said acquisition

efforts may necessarily slow as the improvements are put in place.

“I think for a little while, we are going to slow down until we get our act together,” he said.

# Officials work to lessen impact of deployments on children

BY SAMANTHA L. QUIGLEY  
American Forces Press Service

Defense Department officials are working aggressively to reduce the impact of multiple deployments on the children of military families.

“The department recognizes that these multiple, long-term deployments are really tough on families,” said Barbara Thompson, director of the Pentagon’s Office of Family Policy/Children and Youth.

Deployments since fighting began in Iraq and Afghanistan have affected nearly 2 million military children, and about 234,000 of those children currently have at least one parent deployed, according to a 2007 Defense Manpower Data Center report.

Surveys of active-duty and Reserve-component spouses in 2008 included questions regarding military children. The responses of the more than 13,000 active-duty spouses and more than 16,000 Reserve-component spouses reinforced the officials’ anecdotal knowledge of the effect of deployments, Ms. Thompson said.

“It indicated that children were showing fear and anxiety,” she said. “Some were

having behavioral issues in school, and some were coping well with the deployments.”

And in testimony before a Senate Armed Services Committee subcommittee, Ms. Thompson added, “it was very clear that spouses were concerned about the cumulative effects of deployments on their children.”

Sixty percent of active-duty spouses and 67 percent of Reserve-component spouses reported an increase in the levels of their children’s fear or anxiety in the spouse surveys.

Children of active-duty servicemembers showed a 36-percent decline in academic performance, a number that was matched in increased behavioral issues at school, according to the survey. Children of reserve-component servicemembers saw a 38-percent decline in academic performance, and a 34-percent increase in behavioral issues at school, the surveys revealed.

A deployment can affect children of varying ages differently, Ms. Thompson said. Typically, she said, the youngest children, up to 5 years old, may become clingier or regress in some “milestone” areas,

such as toilet training. While these children may not be old enough to comprehend the situation, they are reacting to the stress of the parent who is at home.

School-age children may act out in school or throw tantrums, or their school performance may suffer or they’ll lose interest in favorite activities, Thompson said. “Tweens” and teens already may be struggling through their own developmental milestones, she added, and the deployment of a parent can exacerbate the situation.

“Teens can get involved with risky behavior, or the other challenge with teens is that they take on more and more adult responsibility,” Ms. Thompson said. “That’s important, but at the same time, we want them to be kids.”

Ms. Thompson said it’s important for parents to realize that they still need to be involved.

“You still want both the deployed parent as well as the stay-at-home parent to be asking about their [children’s] friends,” she added. “Where [are they] going? With whom are they hanging out?”

To help parents manage their stress about the deployment, as well as their child’s, the

Defense Department offers numerous resources, Thompson said.

Through the Military Family Live Consultant program, Defense Department officials have placed behavioral health specialists at family centers on installations. Family members of reserve-component servicemembers can access these resources through “On Demand,” a feature of the Joint Family Support Assistance Program, a Military Homefront program.

In addition, Military OneSource offers life coaching and nonmedical counseling face-to-face, via the Web site or over the phone.

But DOD can’t do it alone, Ms. Thompson emphasized.

“We have help from some spectacular partners,” she said, highlighting the Sesame Workshop’s DVDs designed to help younger children cope with deployments and homecomings.

Other programs — including Zero to Three, the Military Child Education Coalition, 4-H and the Boys and Girls Clubs of America — also work to help military children cope with deployment stress, Ms. Thompson said.



U.S. Air Force file photo by SUE SAPP

Staff Sgt. Adria "Dee" Edwards, 78th Mission Support Group, shows the proper equipment for motorcycle riding. That equipment includes helmet, gloves, over-the-ankle hard toed boots, long sleeves and pants, and a reflective vest. If the rider is carrying a backpack, it should be reflective as well.

## Suiting up

### Robins to motocyclists: protective equipment a 'must' for on-base riding

Robins motorcycle riders are being reminded that they must adhere to several safety practices required by base policy, and that Security Forces perform regular spot checks to ensure riders are complying with the rules.

According to base policy, the following protective equipment is required for all operators/passengers:

A properly fastened (under the chin) protective helmet certified to meet U.S. Department of Transportation standards.

A properly worn eye protective device (impact shatter resistant goggles, or full-faced shield properly attached to the helmet.)

Properly worn, sturdy footwear. Riders will wear leather boots or over-the-ankle shoes that afford protection for the feet and ankles, and lower parts of the legs (durable athletic shoes that cover the ankles may be worn.) Sandals, low-quarter sneakers, and similar footwear are pro-

hibited.

Properly worn long-sleeved shirt or jacket, long-legged trousers, and full-fingered gloves appropriate for use on a motorcycle. Gloves should be a sturdy, non-slip type to permit a firm grip on the controls.

The only upper outer garment authorized for motorcycle day use on Robins is a brightly colored upper outer garment and for night use, a reflective upper outer garment. Contrasting colors are no longer an option, vests are strongly recommended.

Additionally, all military personnel must accomplish Motorcycle Safety Foundation training prior to operating a motorcycle on- or off-base, on- or off-duty, and carry their course completion certificates when they ride. All civilian personnel also must accomplish MSF training before they operate a motorcycle on-base.

-78 ABW Public Affairs Office

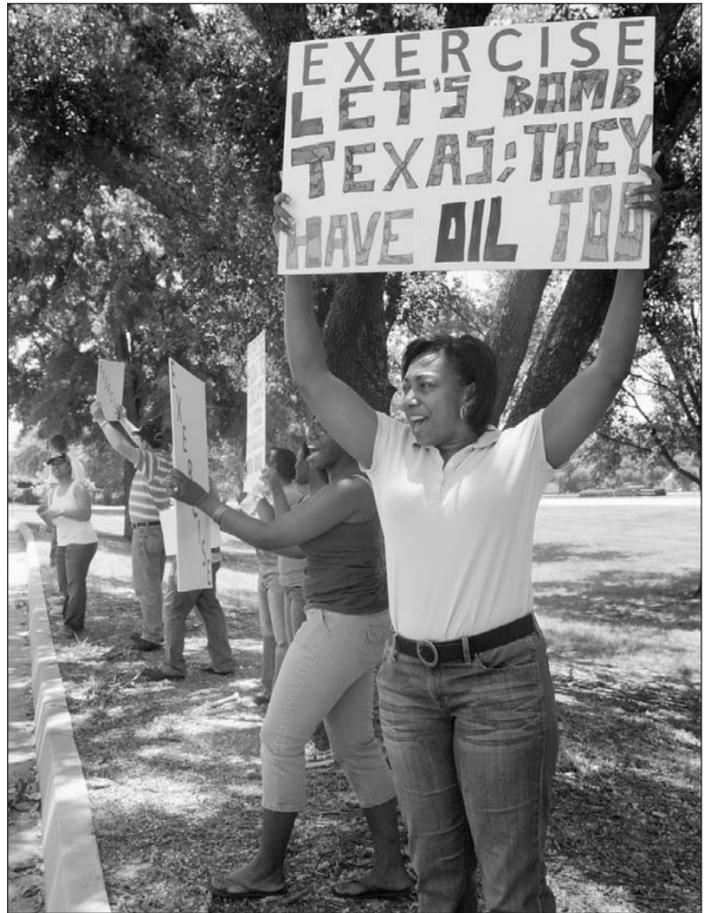
# Exercise, Exercise, Exercise

## Base, Center members test readiness during training event

U.S. Air Force photos by SUE SAPP

At right, A mock group of protesters demonstrate at Gate 3.

Below, Staff Sgt. Billy Taulbee, 78th Security Forces, attends to accident victim Staff Sgt. Shanika Jones, who was playing the role of a protester during the exercise. The scenario involved a group of protesters who were encroaching on Gate 3, a few of whom were also injured by a passing car.



# THIS IS AFSO21 COUNTRY

# Commentary

"By joining the Air Force, you have joined a cause greater than yourself — one where success comes from collective efforts. Daily, you build on a rich legacy of Americans who pooled their talent to change the world — from launching American military aviation with the Wright Flyer ... to catapulting the Project Mercury astronauts into space ... to being a critical component of the Joint cyber team."

— Michael B. Donley, Secretary of the Air Force

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## SUBMISSION GUIDELINES

Stories and briefs must be submitted as a Word document. They may not exceed two pages, double spaced. They must be typed using the Times New Roman font, 12-point type, with 1-inch margins. All submissions will be edited to conform to Associated Press style. Submission does not guarantee publication.

Submissions must be received by 4 p.m. the Monday prior to the requested Friday publication. They should be e-mailed to

[78ABW.PARRevUp@robins.af.mil](mailto:78ABW.PARRevUp@robins.af.mil).

Submissions should be of broad interest to the base populace. If there are further questions, call Kendahl Johnson at (478) 222-0804.

## DELIVERY

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## Commander's Action Line

The Action Line is an open-door program for Team Robins personnel to give kudos, ask questions or suggest ways to make Robins a better place to work and live.

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.

Please include your name and a way of reaching you so we can provide a direct response.

Anonymous action lines will not be processed. Discourteous or disrespectful submissions will also not be processed. Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up.

For more information on the Action Line, visit <https://wwwmil.robins.af.mil/actionline.htm>.

To contact the Action Line, call 926-2886 or for the quickest response, e-mail [action.line@robins.af.mil](mailto:action.line@robins.af.mil).

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▶ FSS (Services)	926-5491
▶ Equal Opportunity	926-2131
▶ Employee Relations	926-5802
▶ Military Pay	926-4022
▶ IDEA	926-2536
▶ Civil engineering	926-5657
▶ Public Affairs	926-2137
▶ Safety Office	926-6271
▶ Fraud, Waste, Abuse	926-2393
▶ Housing Office	926-3776
▶ Chaplain	926-2821

## IN MY OWN WORDS...



Cindy Nelson

Robins Transportation Office

*Today's thoughts are from Cindy Nelson of the Transportation Management Office here. Her office assists military and civilian personnel in moving from base to base. This is the office's busiest time of year, but she took a few moments to talk about:*

**teamwork**

"We have civilians and military (personnel) in our office. Since we have so many military, a lot of times they are off the base for training and various aspects of their job that takes them away from the office. The civilians are normally here.

"The point is, we need teamwork because we need to cover for the military when they are not here. We don't know

what's going on when they are out and about. Teamwork and communication, that's really important. We are all a team working the same mission.

"We do have a gap in communication where we are not aware of certain times they (military) are going to be out of the office for training, I think we should be sent an e-mail or some kind of record letting us know where the military are

,and when they are going to be back.

"Good teamwork is communication between military and civilians; letting each other know what works for both military and civilians and incorporating that information into the integral workings of the team.

"We are one family doing one mission.

This is the second in a regular feature in which Team Robins members are asked to give their thoughts on targeted areas of improvement. Those areas are trust, successful communications, grievances, recognition, teamwork, success, integrity, fairness, the Big Picture, and diversity. If you would like to participate, call Wayne Crenshaw at 222-0807 or e-mail him at [wayne.crenshaw.ctr@robins.af.mil](mailto:wayne.crenshaw.ctr@robins.af.mil).

## Honoring those who meet a 'higher calling'

It's 115 degrees Fahrenheit, and we're in the shade of an aircraft silhouette. The wind is blowing steadily at about 25 knots (29 mph). It's like standing in front of a giant hair dryer. The weather forecaster says there are gusts up to 35 knots (41 mph). The wind is sending a steady stream of sand and dust whipping across the Ali Base flightline into the faces of Airmen and Soldiers alike. There is silence, except for the wind.

Yet, we stand, at attention in two straight lines beginning at the ramp of a C-130 Hercules. We're waiting to render honors. We ignore the heat, the wind and the sand. We are humbled by the presence of one of our countrymen.

Thirty minutes prior on this Sunday morning, the day began very much like any other day with physical training then off to the Group to get planes and people moving. However, today I needed to get to the chapel for religious services—time for personal prayer and reflection.

Exactly three minutes into the service, the chaplain assistant tapped me on the shoulder. "Sir, the command post needs to speak with you immediately."

Damn, I thought, I just signed off the net five minutes ago. After saying a quick prayer, I went to the chapel

annex.

"Sir, we just got notified of an inbound 'hero' flight, due on the deck in 30 minutes," said the on-duty emergency action controller. "It was diverted in flight by the Combined Air Operations Center, and they're here to take a Soldier home." I asked if the brigade and garrison commands have been notified. Our installation is a joint base, and the respective service usually handles all the coordination.

"Sir they've been notified, however we're unsure if they'll have a team in place," the EAC said.

I said, "I'll be on the flightline ramp in 10 'mikes' (minutes)."

Waiting on the ramp were three Soldiers from the brigade mortuary affairs platoon. They had prepared the remains of a young Soldier, killed the day before, for transport. Moreover, they were tired having worked throughout the night to get him ready for his final journey.

The weather forecast indicated deteriorating conditions. The crew needed to be off the ground in 15 minutes to beat the weather, but would wait as long as possible. It was time to act quickly to get this Soldier home - but with the honor he deserved.

Calling over the radio net, I

asked an Ali Base chaplain to come quickly to the ramp. The aircrew was reconfiguring the aircraft to receive the fallen Soldier. Several Airmen from the terminal were nearby. I gathered them together and briefed them on the situation.

The chaplain pulled up—this was his first 'hero' flight. We didn't know the Soldier's faith; the Army mortuary affairs team only had a name and unit. It didn't matter, because the chaplain knew exactly what needed to be done.

Chaplains endeavor to meet the religious needs of every service member, regardless of faith.

"Group! Present arms!" Twenty arms rise simultaneously and hold the first of a series of final salutes to the Soldier. The flag-draped casket, carried by three Airmen and three Soldiers, passes by silently and solemnly. The chaplain follows slowly, saying prayers as he walks. The pallbearers place the casket gently in the hold of the aircraft.

"Order arms!" Twenty arms slowly drop. The chaplain remains, continuing to say prayers for the Soldier, his family, his friends and his fellow comrades in arms. We pray silently to ourselves for this young man who is far from home and away from those who

know him and who are grieving their loss.

"Group! Dismissed!" The small formation takes a step back, does an about face, and marches off silently. I thank the crew for allowing us to take the time to render honors to this fallen Soldier.

As Airmen, Soldiers, Sailors and Marines, we routinely endure hardship and sacrifice on behalf of our fellow countrymen. Unlike any other profession, ours comes with the realization that we may pay the ultimate sacrifice thousands of miles away from home, in a foreign land. We are duty- and honor-bound to do whatever we must to protect and ensure the freedoms of our citizens.

When one of our own makes that final, ultimate sacrifice, we must do everything we can to make sure he or she is given the highest level of honor and respect. Nothing interferes with that obligation. That is why - despite the heat, the sand and the wind - we gathered on a flightline in southern Iraq. It is what needed to be done for a Soldier who paid the ultimate sacrifice - one who met a "higher calling."

—This commentary was written by Lt. Col. Richard J. Hughes, 407th Air Expeditionary Group deputy commander, Ali Base, Iraq.



What's your best tip for beating the heat?



Fredrick Frank  
402nd EMXG

"I like to go swimming. It cools you down."



Mathew Garza  
402nd EMXG

"I like to put on my boxers and run around in my sprinkler."



Amanda Middleton  
WRALC/DPTD

"Eat an ice cream cone."



Tech. Sgt. Scott Dawson  
WRALC/DPTD

"Stay inside in the air-conditioning. Just stay out of the heat."

## ► IN BRIEF

### 78TH ABW PROMOTION CEREMONY

The 78th Air Base Wing Monthly Promotion Ceremony will be held Tuesday at 3 p.m. in the Horizons Ballroom.

### UNCLAIMED STUDENT SCHOOL RECORDS

Robins Elementary still has a number of unclaimed student records that need to be picked up by parents. These may be picked up until July 17; after that date they will be archived at Ft. Benning. Please pass this information on to your friends, neighbors and co-workers who had children at Robins Elementary.

These records will be required by the childrens' new receiving schools.

The school is open Monday through Friday from 7:30 a.m. until noon and from 1 to 3:30 p.m.

### LOA SCHOLARSHIPS

The Logistics Officer Association, Middle Georgia

Chapter is offering three \$750 educational scholarships to logistics professionals at Robins.

Any active-duty, guard or reserve enlisted member or Department of Defense civilian (through GS-8, WG-9 or Standard Career Group-YA/B/P PB 1 or Scientific and Engineering Career Group-YD/E PB 1) in a logistics specialty, with college expenses toward an associate or bachelor degree is eligible. The program is targeted toward professional logisticians seeking a commission or further advancement in a logistics-related career. Deadline to apply is June 30. Winners will be announced at the LOA luncheon July 9; attendance of nominees is highly encouraged. For more information contact Capt Marie Meihls at 926-2281, or via e-mail [marie.meihls@robins.af.mil](mailto:marie.meihls@robins.af.mil)

### 5TH CCG TACTICAL TECHNOLOGY SHOWCASE

The 5th Combat Communications Group will

host a Tactical Technology Showcase at Gator Air Base July 1 from 10 a.m. to 4 p.m. Featured vendor technologies will include tactical equipment, weaponry, protective shelters, mobile communications, surveillance and reconnaissance, ruggedized computers, training and simulations capabilities, and transportation and logistics. There is no fee to attend the showcase. Register at [www.FederalEvents.com](http://www.FederalEvents.com)

### TROOPS TO TEACHERS BRIEFING

Bill Kirkland, Program Manager for the Georgia Troops to Teachers Program will be at the Robins Education Center July 17 from 10 to 11 a.m. to take questions about Troops to Teachers, a cooperative program between the U.S. Department of Education and the Department of Defense. The program provides referral and placement assistance to men and women who have served the nation as members of the Armed Forces and who are seeking a second career as

teachers in public schools.

The briefing will be held in Bldg 905, Room 243, no reservations are necessary. For more information, contact Danielle Molina at the Education Office, [cheryl.malcom.ctr@robins.af.mil](mailto:cheryl.malcom.ctr@robins.af.mil), 926-9952 or Mr. Kirkland at [bill.kirkland@gapsc.com](mailto:bill.kirkland@gapsc.com).

### DEERS/RAPIDS

Customer Service now provides extended duty hours for DEERS/RAPIDS-related assistance on Thursdays.

The new hours of operation are 7 a.m. to 7 p.m. Customers will be required to sign-in at the MPS front counter no later than 6:15 p.m. Walk-ins are welcome, but for more expedient assistance, schedule an appointment (CACs only) via the CAC Scheduler <https://wwwmil.robins.af.mil/smartcard.asp>.

Provide two forms of valid identification when requesting a new CAC, dependent or retiree ID.

For questions, call customer service at 222-6861.

# RECYCLE THIS PAPER

## Thanks for your support



courtesy photo

Col. Warren Berry, commander of the 78th Air Base Wing, led a contingent from Robins on the annual commander's visit to Capitol Hill last week. The group presented Congressman Jim Marshall, D-Macon, with a flag that flew with Robins troops deployed in Afghanistan. From left are Command Chief Master Sgt. Harold Hutchison, Senior Airman Porsha Cook, Congressman Marshall, Chaplain (Capt.) Joshua Payne, and Colonel Berry.

## AAFES upgrading shoppette systems for Wright Express Card acceptance

The Army & Air Force Exchange Service is in the process of upgrading its Point of Sale systems to accept the Wright Express Card, the new fleet card provider for GSA and the Department of Defense.

"AAFES is trying to accommodate the acceptance of the WEX card at our Shoppette facilities as soon as we can get the necessary technology in place," said AAFES' Chief Financial Officer Harold Lavender.

GSA, GSA Fleet and DOD Fleet customers can

no longer use the Voyager card as an acceptable form of payment at AAFES gas facilities. AAFES became equipped to accept Wright Express cards in January. The "pay at the pump" system will be upgraded and ready to accept the new form of payment in Fall 2009.

The Army & Air Force Exchange Service is a joint command and is directed by a Board of Directors which is responsible to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff.

AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and generating non-appropriated fund earnings as a supplemental source of funding for military Morale, Welfare and Recreation programs.

To find out more about AAFES' history and mission or to view recent press releases please visit our Web site at <http://www.aafes.com/pa/default.asp>.

— *courtesy Army & Air Force Exchange Service*

## SPREADING THE WORD

# Suicide prevention message rolls through cities nationwide

BY SAMANTHA L. QUIGLEY  
American Forces Press Service

The Department of Veterans Affairs took to the road, literally, when it decided to advertise about its "VA Suicide Prevention Lifeline" on public transportation buses in 124 communities across the country.

"We continue to look for new, innovative ways to reach our veterans," said Tammy Duckworth, assistant secretary of veterans affairs for public and intergovernmental affairs. "VA wants to make sure to exhaust all avenues to reach those in need of our services."

Currently, that includes public service announcements by actor Gary Sinise and TV news personality Deborah Norville. Suicide prevention coordinators also have been passing out information for several months now, Jan Kemp, the VA's national suicide prevention coordinator, said.

"There's a lot of publicity going on. [The buses are] just one mechanism that we're using to get the word out," she said. "We're kind of saturating the population as best we can."

The current bus campaign

began this month and will conclude Sept. 1. It started as a pilot program here and ran for about three months last summer.

"The calls in D.C. and the surrounding areas actually doubled toward the end of the campaign there," Kemp said. "Our theory was that we would test it there and then roll it out to various other places."

While none of the buses rolling through the nation's capital now bear the VA's suicide prevention ad, they may again as the campaign continues, Kemp indicated.

"I think we will cycle around again, but I think we recognize the fact that sometimes a consistent message doesn't get seen as being new any more," she said.

The cities currently seeing the ad on their public transportation were carefully selected based on the availability of that transportation and the suicide and attempted suicide rates in the area. VA officials also looked at the current call volume from those cities and whether the ads could make a difference.

Available resources also were taken into consideration, Kemp said.

The campaign is aimed at

veterans, but because it is being advertised in a very public manner, there are bound to be civilians who see the number and call in. And that's OK, Kemp said.

"We have arrangements with the national network of crisis centers to be able to transfer callers to the appropriate crisis center, depending on where they're calling from," she said. "Of course, if it's an extreme emergency, we do what we need to do and help the person. Otherwise, it's up to the [resources] in their area."

What's important is that if people think they're in crisis, preferably before they hit the crisis point, they should reach out for help.

"Early intervention is really the key to suicide prevention," Kemp said. "We can hook people up with local suicide prevention coordinators at all of our sites across the country, and ... there truly is no shame in asking for help."

The VA Suicide Prevention Lifeline, 1-800-273-TALK (8255) is staffed by trained mental health professionals prepared to deal with immediate crises 24 hours a day, seven days a week.

## STRAIGHT TALK HOT LINE

222-0815

For up-to-date information about base emergencies.

# WATER QUALITY REPORT

## 2008

Robins Air Force Base Water System Permit No. 1530042

### ROBINS AFB DRINKING WATER PROGRAM

This Water Quality Report summarizes the quality of your drinking water during calendar year 2008. Robins Air Force Base (Robins AFB) met all safety and quality standards set by the Georgia Environmental Protection Division (EPD) and the US Environmental Protection Agency (EPA). Included in this report you will find detailed information about those standards and our efforts to meet them.

This report also provides detailed accounts of the detected water monitoring and testing results gathered from January



to December 2008 for the Robins AFB Public Water System. Included are details about where your water originates, what it contains, and how it compares to standards set by regulatory agencies. The purpose of this report is to advise consumers about drinking water quality and heighten awareness of the

need to protect precious water resources. This report reflects the hard work and dedication of the 78th Civil Engineer Squadron, which operates and maintains the water distribution and treatment systems; the 78th Medical Group, which tests the drinking water for safety and quality; and the Environmental Division, who oversees the program and ensures compliance with our Georgia withdrawal and operation permits.

To comply with the Consumer Confidence Reporting Rule of the Federal Safe Drinking Water Act, the 78th Medical Group Bioenvironmental Engineering Flight issues this annual report on drinking water monitoring results. For additional information about this report or to provide input regarding the Robins AFB public water system, contact the Robins AFB Public Affairs Office at 926-2137. The base organizations that manage the water system have an open door policy with our residents.

### OUR RAW WATER SOURCE

Our drinking water is drawn from the Blufftown Aquifer, one of the best groundwater sources in the state. This is a safe and reliable source, providing high quality water that is free of micro-organisms such as Giardia and Cryptosporidium that are sometimes found in rivers and lakes.

Rain water percolates down into the Blufftown Aquifer through layers of soil and sand, which act as natural cleansing filters to remove impurities. At Robins AFB, the drinking water aquifer is located over 300 feet below the ground surface and is separated from surface water by several thick clay layers. Robins AFB is permitted to withdraw water through the seven water supply wells located throughout the base. Public water systems are required to develop a Source Water Assessment Plan (SWAP) to identify potential sources of contamination and review the controls to mitigate any potential impact. Management strategies to control current and future potential contamination sources have been identified and implemented at Robins AFB. These controls are designated as adequate for the protection of our drinking water supply. Contact Public Affairs at 926-2137 if you have questions regarding the SWAP.

### REDUCED MONITORING APPROVED

The Source Water Assessment and Vulnerability Assessment show the Robins AFB water system's raw water is not in a high potential pollution risk status. As authorized by the EPD, our system has reduced monitoring requirements for certain contaminants to less often than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year and have been tested over a long period of time showing no levels of concern. The reduced monitoring requirements, called waivers, have been issued to our drinking water system for the following inorganic compounds: arsenic, asbestos and cyanide, effective January 1, 2005 to December 31, 2010. Additionally, our water system has a waiver for 31 synthetic organic compounds, effective January 1, 2008 to December 31, 2008. Please contact the Robins AFB Public Affairs Office at 926-2137 if you have questions about drinking water waivers or wish to receive a copy.

### IMPORTANT INFORMATION ABOUT LEAD

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines, home plumbing, and older piping. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>, or through the 78th Medical Group.

Complaints regarding color, taste, or odor?  
Please call the Civil Engineer Service Call Desk at 926-5657

### TABLE DEFINITIONS

**Maximum Contaminant Level Goal (MCLG):** The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

**Maximum Contaminant Level (MCL):** The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

**Maximum Residual Disinfectant Level Goal (MRDLG):** The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

**Maximum Residual Disinfectant Level (MRDL):** The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

**Action Level (AL):** The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

**ppm:** parts per million

**ppb:** parts per billion

**pCi/L:** picocuries per liter (a measure of radioactivity)

**N/A:** not applicable



### IMPORTANT INFORMATION ABOUT RADIUM

Analytical results from our 2005-2006 quarterly water testing showed that one of our seven water system wells produced water containing only slightly higher levels of radium 226/228 and gross alpha emitters than the standards set by the EPD. The well was disconnected from the water distribution system and will remain so until the water quality is restored through installing a treatment system, or by permanently closing the well.

Certain minerals are radioactive and may emit a form of radiation known as alpha radiation. As water passes through rock formations, radionuclides such as radium can dissolve into the water. Some people who drink water containing radium 226 or 228 or other radionuclides in excess of the MCL over many years may have an increased risk of getting cancer. However, naturally occurring levels of radionuclides in drinking water are generally not considered to be a health emergency. The estimated health risks from low levels of radium are small, and short term exposures pose an extremely small level of risk. A public notice on the MCL exceedance was performed in 2006.

We have completed a scientific investigation concerning the radionuclides. The results of the investigation provided us several choices for corrective actions to restore the well to safe, beneficial use. The 78th Medical Group will notify you immediately if there is ever any reason for concern about your water. If you have questions concerning this report, or any other aspects of Robins AFB facilities or operations, please contact 78 MDG/SGPB at 327-7555.

### NOTES ABOUT CONTAMINANTS

As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, naturally occurring radioactive material, and can pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in any source water BEFORE it is treated include:

- Microorganisms, such as viruses and bacteria, may come from sewage treatment plants, septic systems, and wildlife.
- Inorganic chemicals, such as salts and metals, which can be naturally occurring, or result from storm water runoff or industrial sources.
- Pesticides and herbicides, which may come from a variety of sources such as agriculture, storm water runoff, or residential uses.
- Organic chemicals, originating typically from industrial operations and storm water runoff.
- Radionuclides, which can naturally occur, or are the result of mining activities.

Most surface water contaminants never reach the drinking water supply. Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the US EPA's Safe Drinking Water Hotline at 800-426-4791.

### WATER QUALITY DATA

#### REGULATED SUBSTANCES DETECTED

Contaminant	Max Allowed (MCL)	Goal (MCLG)	IAFB Water System Highest Amt. Detected	Range of Detection	Year Sampled <sup>a</sup>	Violation Y/N	Possible Source of Contamination
Fluoride (ppm)	4	4	3.29	0.18-3.29	2008	N	Natural Deposits / Additive
Nitrite <sup>b</sup> (ppm)	1	1	0.7	0.0-0.7	2007	N	Erosion / Fertilizer runoff
Nitrate (ppm)	10	10	0.7	0.0-0.7	2007	N	Erosion / Fertilizer runoff
Alpha Emitter (pCi/L) (Inactive Well 19) (Active Wells)	15	0	16 <sup>c</sup>	16	2006	Y	Erosion of natural deposits, corrosion of plumbing systems
Radium 226 & 228 (combined) (pCi/L) (Inactive Well 19) (Active Wells)	5	0	8 <sup>c</sup>	8	2006	Y	
Chlorine (ppm)	4	4	1.59	0.13-1.59	2008	N	Water Additive
Total Trihalomethanes (ppb)	80	N/A	1.1	0-1.1	2006	N	By product of disinfection
Haloacetic Acids (ppb)	60	N/A	0	N/A	2006	N	
Copper, at tap (ppb)	AL=1.3(X)	AL=1.3(X)	800 <sup>c</sup>	0-800	2007	N	Erosion of natural deposits, corrosion of plumbing systems
Lead, at tap (ppb)	AL=15	0	2.5 <sup>c</sup>	0-2.5	2007	N	

a. Table includes most recent data collected in accordance with regulations.

b. These samples results represent Well #19, which was taken off line (inactive) indefinitely in August 2006.

c. These samples represent the 90th percentile for the Robins Air Force Base water system.

## 78th FSS BRIEFS

### FRIDAY

**Bring your lawn chairs and blankets to Movies Under the Stars** today for a presentation of "Madagascar 2." The movie will start at dark (8:30 p.m.) in a new location behind the Heritage Club. For more information call the community center at 926-2105.

**Come on out for an evening of fun during the family night bingo today** from 7 to 9 p.m. in the Horizons ballroom. Doors open at 6 p.m. with games starting at 7 p.m. Cost is \$4 per pack, limit three per person. For more information call Horizons at 926-2670.

### TUESDAY

**The teen center will hold money matter classes on Tuesdays** at 4 p.m., career launch classes on Wednesdays at 4 p.m., passport to Manhood classes on Thursdays at 4 p.m., Keystone meetings on Thursday at 5 p.m. and advisory council meetings every other Thursday at 5:45 p.m. For more information call the teen center at 327-6831.

### UPCOMING

**The 78th Force Support Squadron will celebrate its first anniversary on July 1.** Watch for details coming soon about this momentous event in the Rev-Up, Edge, FSS website and future email submissions. For details call 78th FSS Marketing at 926-5492.

**This year's club scholarship essay submissions, titled "The High Cost of Freedom," are due July 1.** Robins Heritage Club and Horizons members and their families may apply for the 25 Air Force \$1,000 scholarships. The scholarships will be awarded through the Services club membership scholarship program, sponsored by Coca Cola and Chase Bank. Air Force-wide. Nominees must provide an essay of no more than 500 words. Essays exceeding 500 words (excluding title) will be disqualified. Essays must be typed in 12-point Arial or Times New Roman font, single-spaced, with double-spacing between paragraphs, and submitted on standard white bond paper with

one-inch margins top and bottom and one-and-one-quarter inch on left and right sides. Essays must be submitted electronically on a CD and must have applicants name, date written and word count (do not write SSAN on the CD), entry form (make sure all information marked with an asterisk is provided) and a current college/university acceptance letter for new students or official transcripts for students already enrolled.

Nominations are due to Sherry Trauth, FSS Marketing, located in Bldg. 983 by July 1. Submissions after this date will not be accepted. For more information go to [www.afclubs.net](http://www.afclubs.net) or call 926-5492.

**Sign up for the Fit Factor Program, the Air Force Fitness Program** for youth ages six to 18. FitFactor is a web-based program that encourages young people to Get Up, Get Out and Get Fit! The FitFactor program is based on the activities that you do in school, at home, with friends, family, and pets and even alone. So all the points you earn and record on the website are based on the FitFactor honor system. For each level you reach you earn valuable prizes. The FitFactor levels are Energy, Strength, Agility, Adventure and Endurance. Have fun, earn points and win prizes. To sign up contact the teen coordinator at 327-6831 or stop by the youth center.

**Information Tickets and Travel has the following tickets:**  
► Tickets for the 2009 Coke Zero 400 July 4 at the Daytona International Speedway are on sale. Tickets are \$36 – 132 and Sprint Fanzone (pre-race fan zone pass) \$46. Last day to order tickets is June 27. All other orders will be sent to Will Call.

**Are you up for the challenge?** Check out the Keystone Club, a teen character and leadership development club composed of eight to 15 teenagers. The club participates in activities such as character and leadership development, education and career development, community service and more. Call Marvin Hawkins at 327-

## The princess and the pea



U.S. Air Force photo by SHERRY TRAUTH

**A leprechaun talks to the Princess and the Pea while King and Queen Size listen during The Missoula Children's Theater musical performance of the "Princess and the Pea" June 12.** The theater tour arrived with a script, lights, costumes, props, and make-up -- everything it takes to put on the play except a cast. Local children auditioned and were cast for the play during open tryouts June 8.

6831 for details.

Training Office at 327-7330.

### ONGOING

**Need to talk?** A Military and Family Life Consultant program and a Child & Youth Behavioral program is available to all active duty, reserve, ANG, retirees, DOD civilians, contractors, spouses, family members and children. Consultation is free of charge and anonymous. No records are kept. To schedule an appointment call 230-2987 or email at [mflc.robins@gmail.com](mailto:mflc.robins@gmail.com).

**The Council of College and Military Educators is offering scholarships** to United States service members and their spouses who are working towards the completion of higher education degrees. For more information visit <http://www.ccomeonline.org/nashville10.aspx?session=scholarships>. Application deadline for both scholarships is Sept. 1. For more information call the Education and

**The Instant Payback club drive has kicked off.** New members will receive three months free dues and zero percent introductory rate for six months. All new members can register on-line at [www.afclubs.net](http://www.afclubs.net) for a chance to win \$250 by completing the on-line survey. Receive discounts on every club meal purchase and cash back (2% on base/1% off base) on everything you buy with your MasterCard. The club drive will end Aug. 15. Sponsored in part by Chase. No federal endorsement of sponsor intended. To apply on line go to [www.afclubs.net](http://www.afclubs.net) or call 1-800-569-1285 or visit Horizons.

**A new convenience is available at the main fitness center,** Bldg. 826. A grab-n-go breakfast is available Monday – Friday for dorm residents only. Call Wynn Dining at 926-4766 one day in advance between 8 a.m. to 5 p.m. to place a

breakfast order of three choices (breakfast 1 - biscuit, bacon, egg, cheese, yogurt, fruit, OJ; breakfast 2 - biscuit, sausage, egg, cheese, yogurt, fruit, OJ and breakfast 3 - cereal, milk, yogurt, fruit, OJ). Breakfast orders will be ready for pick up at the main fitness center from 6 to 10 a.m. the following day. For more information call the fitness center at 926-2129.

**The Afterburner, which proudly brews Starbucks coffee, is open Monday – Friday** from 5 a.m. to 2 p.m. Come in and enjoy a June special of a tall Verona coffee with midnight layer cake or strawberry shortcake for only \$4.25. Also in June, come in between 8 to 9 a.m. and receive 10 percent off any coffee purchase. Afterburner is located in the Base Restaurant, Bldg. 166 on Byron St. Afterburner offers a variety of hot and cold beverages, pastries and snacks. For more information call 222-7827 or 926-6972.

## 78th FSS Independence Day hours

### OPEN

- Auto Hobby Shop, open July 5 from 9 a.m. to 5 p.m.
- Equipment Rental Center, open July 3 from 8 a.m. to 2 p.m.
- Fitness Center, open July 3 and 4 from 8 a.m. to 2 p.m.
- Flight Kitchen, open 24 hours a day
- Golf Course normal hours and tee times
- Heritage Club Pool, open July 3 - 5
- Horizons Pool, open July 3 - 5
- Lodging, normal hours
- Indoor Pool, open July 3 from 8 a.m. to 2 p.m.
- Pizza Depot, open July 5 from noon to 3 p.m. (limited menu & no deliveries)
- Wynn Dining Facility, normal hours

### CLOSED

- Aero Club administration and sales, closed July 3
- Airman and Family Readiness Center, closed July 3

- Airman Leadership School, closed July 3
- Arts & Crafts Center, closed July 3
- Auto Hobby Shop, closed July 3 and 4
- Base Library, closed July 3 - 5
- Base Restaurant, closed July 3
- Bowling Center, closed July 4
- CDC East & West, closed July 3
- Community Center, closed July 3
- Military Education & Training Office, closed July 3
- Equipment Rental Center, closed July 4 and 5
- Family Child Care, closed July 3
- Fairways Grille, closed July 3
- Fitness Center Annex, closed July 3 - 5
- Flight Line Dining Facility (fast food), closed July 3
- Food Service office, closed July 3
- Heritage Club, closed July 3 (No Bingo or

- Texas Hold 'Em)
- Honor Guard/Mortuary Affairs/Readiness (answering machine checked every 2 hours)
- Horizons, closed July 3 - 5
- Human Resource office, closed July 3
- Indoor Pool, closed July 4 and 5
- Information, Tickets and Travel, closed July 3 - 5
- Marketing, closed July 3
- Military Personnel Section, closed July 3
- Pizza Depot, closed July 3 and 4
- Professional Development Center, closed July 3
- Resource Management office, closed July 3
- Skeet Range
- Teen Lounge, closed July 3 and 4
- US Veterinarian Services, closed July 3
- Wood Hobby shop, closed July 3 and 4
- Youth Center, closed July 3 and 4

## DONATE YOUR LEAVE

Employee-relations specialists at 926-5307 or 926-5802 have information and instructions concerning requests to receive or donate annual leave.

The following person has been approved as a leave recipient: **Ray Jean Miller**, 407th SCMS. POC is Sharon Stanovich, 926-9858.

To have an approved leave recipient printed in the Robins Rev-Up, wings should send information to Lanorris Askew at: [lanorris.askew@robins.af.mil](mailto:lanorris.askew@robins.af.mil). Submissions run for two weeks.

### 78th FSS DIRECTORY

- Services .....926-5491
- Community Center .....926-2105
- Outdoor Rec .....926-4001
- Arts & Crafts .....926-5282
- Horizons .....926-2670
- Heritage Club .....926-7625
- Library .....327-8761
- HAWC .....327-8480
- Fitness Center .....926-2128
- Fitness Center Annex .....926-2128
- Youth Center .....926-2110
- ITT .....926-2945
- Bowling Center .....926-2112
- Pine Oaks G.C. ....926-4103
- Pizza Depot .....926-0188

Additional information on Services events and activities can be found in **The Edge** and at [www.robinservices.com](http://www.robinservices.com)

### CHAPEL SERVICES

**Catholic**  
Catholic masses are at the chapel each Saturday at 5:30 p.m., Sunday at 9:30 a.m., on Holy Days of Obligation at noon and 5 p.m. vigil the day before, and Monday through Friday at noon. The Sacrament of Reconciliation is Saturday from 4:30 to 5:15 p.m.

**Islamic**  
Islamic Friday Prayer (Jumuah) is Fridays at 2 p.m. in the chapel annex rooms 1 and 2.

**Jewish**  
Jewish service is Fridays at 6:15 p.m. at the Macon synagogue.

**Orthodox Christian**  
St. Innocent Orthodox Church service is at the chapel on the second Tuesday of each month at 5 p.m.

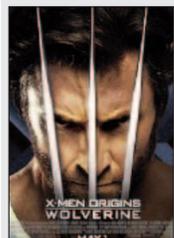
**Protestant**  
The traditional service meets Sunday in the Chapel at 11 a.m. Contemporary service meets at 6 p.m. in the Chapel sanctuary. The gospel service meets at 8 a.m. at the Chapel. Religious education meets in Bldg. 905 at 9:30 a.m.

### NOW PLAYING



**JUNE 26  
7:30 P.M.  
STAR TREK  
RATED PG-13**

The story of a young crew's maiden voyage onboard the most advanced starship ever created: the U.S.S. Enterprise. On a journey filled with cosmic peril, the new recruits must find a way to stop an evil being whose mission of vengeance threatens all of mankind. The fate of the galaxy rests in the hands of bitter rivals.



**JUNE 27  
3 P.M.  
X-MEN ORIGINS  
RATED PG-13**

The first chapter in the X-Men saga unites Wolverine with several other legends of the X-Men universe in an epic revolution that pits the mutants against powerful forces determined to eliminate them.



**JUNE 27  
7:30 P.M.  
STAR TREK  
RATED PG-13**

The story of a young crew's maiden voyage onboard the most advanced starship ever created: the U.S.S. Enterprise. On a journey filled with cosmic peril, the new recruits must find a way to stop an evil being whose mission of vengeance threatens all of mankind. The fate of the galaxy rests in the hands of bitter rivals.

Tickets: \$4 adult; \$2 children (11 years old and younger). For more information, call the base theater at 926-2919

## THINK BEFORE YOU DRINK!

Have a plan in place to make it home safe. If that plan falls through, call **Airmen Against Drunk Driving** at 222-0013.

## RECYCLE THIS PAPER

# 101

## CRITICAL DAYS OF SUMMER Boating safety

Over 90 percent of the watercraft registered in the United States are less than 26 feet in length. These same boats account for as many as 80 percent of the underwater impact injuries where people in the water are struck by a boat or its propeller.

The Georgia Boat Safety Act prohibits anyone from boating under the influence - that is, operating any boat, sailboat, personal watercraft, water skis, sailboard or similar device while intoxicated. It is also unlawful for the owner of a boat or personal watercraft to allow anyone else to operate their boat or PWC while under the influence of alcohol or drugs.

Georgia boating law states:

It is illegal for those under the age of 21 to operate a boat or PWC if their blood alcohol level is 0.02 or higher. Those 21 or older are considered to be under the influence, and may not operate a boat or personal water craft, if their blood alcohol level is 0.08 or greater or if drugs are detected.

Those arrested for boating under the influence may lose their privilege to operate a boat or PWC until they successfully complete an Alcohol or Drug Use Risk Reduction Program approved by the Georgia Department of Human Resources. They will also be charged with a misdemeanor punishable by fines up to \$1,000 and/or prison time up to one year.

By operating a boat or PWC on Georgia waters, you have consented to be tested for alcohol or drugs if requested by a law enforcement official. Refusal of the test results in suspension of your privilege to operate a boat or PWC for up to one year may be offered into evidence against you at a trial.

A person found operating a boat or PWC under the influence while a child under the age of 14 is onboard, is also guilty of the separate charge of endangering a child.

The National Transportation Safety Board reports that half of boating accidents involve PWCs. Investigators found that only 16 percent of users ever received any instruction on how to pilot the machines.

Each person riding on a PWC must wear a Coast Guard-approved Type I, II, III or V personal flotation device properly fitted and fastened. A PWC must be operated at idle speed if within 100 feet of a non-moving boat, dock or pier, bridge, person in the water, shoreline adjacent to a residence, public park or beach, swimming area, marina, restaurant or other public use area.

PWC must be equipped with a fully operational self-circling device or a lanyard type engine cut-off switch. If a switch is used, the lanyard must be attached to the person, clothing or PFD of the operator.

## New Online Boater Education course available in Georgia

Georgia is the latest state to launch the new BoaterExam interactive boater education course as an online option to obtain the Georgia Boating Safety Certificate. Now, Georgia residents have access to an animated and narrated course they can take online. This boating education course is approved by the National Association of State Boating Law Administrators, recognized by the US Coast Guard and covers 100 percent of the state's exam requirements.

BoaterExam.com course participants learn about boat classifications,

hull designs, motors, legal requirements for registration and equipment, navigation rules, basic safety regulations and waterway marking systems all in a narrative fashion with more than 300 original illustrations and 150 animated video clips. Each of the courses' seven chapters is followed by chapter summaries and practice quizzes. Students also have access to BoaterExam.com's industry exclusive toll-free customer service help line (1-866-764-2628) from 8 a.m. to 11 p.m. (central), seven days a week.

The BoaterExam.com course and

final exam is free: students pay a one-time fee of \$29.95 only when they pass the final exam to obtain their official results. Students can print off a temporary certificate immediately and the permanent Boating Safety arrives by mail within 2-3 weeks. The Certificate is good for life and never needs to be renewed.

For complete Georgia boating regulations or more information on the new boater exam course, visit [www.boaterexam.com/usa/Georgia](http://www.boaterexam.com/usa/Georgia). General boating safety rules are listed at <http://georgiawildlife.dnr.state.ga.us/>.

# WALKING THE WALK

## Engineer marches past competition for first place finish in fitness center contest

BY WAYNE CRENSHAW

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When the Fitness Center decided to hold its first walking contest, it didn't turn out to be much of a contest.

Approximately 20 people signed up, agreeing to come to the Fitness Center, check out a pedometer and walk, then turn the pedometer back in before leaving. That means there was no opportunity for cheating by letting someone else walk with the pedometer, said Scott Peavy, a recreation assistant who coordinated the Walking with Pedometers program.

Approximately 20 people participated, he said, and winner Paul Brown walked further than the combined total of every other participant.

Mr. Brown, an electronics engineer in the 580th Software Maintenance Squadron, ended up with 466,000 steps. That was about 100,000 steps more than the combined total of the rest of the group.

According to Mr. Peavy, 2,000 steps is about a mile. That means Mr. Brown's total is 233 miles, or about the equivalent of walking from Robins to the State Capitol in Atlanta and back, plus about another 32 miles.

Mr. Brown said he was an avid walker before the contest, and he is still an avid walker. The contest did motivate him to walk a little more, he said.

"I've always liked to walk," Mr. Brown said, while pausing during a stroll at the Fitness Center Annex, where he does his walking. "It relieves stress to my mind and changes my frame of thought."

A pedometer is a small device that the walker wears. It senses the motion and logs



U.S. Air Force photo by SUE SAPP

**Paul Brown, an electronics engineer in the 580th Software Maintenance Squadron, walked 466,000 steps to nab first place in a Fitness Center walking contest.**

each step. The prize for the contest was a \$60 pedometer that can download its stats into a computer.

Mr. Brown said he comes to the annex at least once a day, sometimes during lunch and sometimes after work to unwind before he heads home. One thing he likes about walking, he said, is that it is also a good social activity. Unlike other forms of exercise, he noted, you can carry on a conversation while walking. He often walks with co-workers and said he has learned more about them through walking.

Mr. Peavy said walking is good exercise, especially for someone who isn't accustomed to a vigorous workout. He was shocked when he saw how much Mr. Brown was walking.

"I've been in fitness a long time, and that is beyond crazy," he said.

# DOWNSIZE ME:

## Get moving to burn the fat

Anytime that you turn on the TV, you're bound to see an ad for some miracle weight loss gimmick. With all the pills and contraptions and promises being made, it's hard to know what will help you lose weight safely. But the answer really is simple: To rid yourself of unwanted pounds, all you need are your own legs, some comfortable shoes, and a little open space.

Energy In, Energy Out or Calories In, Calories Out -- either way you phrase it, when it comes to body weight, remember this: One pound equals 3,500 calories. For every pound you want to lose, you must burn 3,500 calories worth of energy. The only way to do that is to get your body moving more.

Walking is one of the best forms of exercise. It uses up oxygen, causing your body to burn stored fat. For example, you'll expend about 100 calories by walking a mile. That might not seem like a lot at first, but just think about it. Most people average just under three miles through the course of their day. If you add an enjoyable morning jaunt

or a brisk evening walk, you could easily move four miles a day. If you walk four miles four times a week, you can burn 1,600 calories. That's half a pound of fat gone. Add more steps to your day while making sure not to eat more calories than you use, and your body can't help but trim down.

Walking also strengthens muscles, which tones and shapes your body. The increased muscle mass boosts your metabolism. This means you burn calories long after you stop moving, and you don't have to get all of your walking in at once. If you don't have time for long walks, find pockets of time throughout your day for short jaunts.

The Robins Health and Wellness Center, Fitness Center, and Civilian Health Promotions Services want to help you make that commitment to get your body moving. Every Wednesday, through September 30, they invite you to the Health and Wellness Center to participate in 5K Nature Fun Run/Walks held at 8 a.m. and 2 p.m.

Any form of walking burns calories and

improves muscle definition but to get the most from your walk, concentrate on these main points:

►Choose distance over speed- It's better to walk at a steady pace than walk too quickly and have to quit early. As your fitness level improves, you can speed up gradually.

►Go for the hills- To help build your muscles, alternate inclines. Try walking up stairs, bleachers or hills.

►Warm up slowly- Walk the first few minutes at an easy pace to get your body prepared. If your start is too brisk, you risk burning only the immediate sugar supply in your body rather than the stored fat you want to lose.

Remember physical activity doesn't have to be hard to produce results; it just has to be steady. Walking lets you work your muscles and burn off stored fat. It's simple, enjoyable, and a good weapon in the battle against the bulge.

—Courtesy Robins Health and Wellness Center.

**BE KIND TO THE EARTH.  
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NEWSPAPER.**

# Robins Riverdogs take title

## Local team brings home baseball championship

The Robins Youth Center midget boys baseball team, the Riverdogs, won the Warner Robins Recreation League Optimist Club Championship June 12.

The team completed the regular season with a record of 10 - 1 and number one seed for the playoffs.

The Riverdogs avenged their only regular season loss in the semi-finals when pitcher Ryan Wood threw a no hitter for a 10-0 victory over the Perry Panthers. Wood also threw a one hitter in the championship game win over the Warner Robins Cubs by a 7-3 count.



courtesy photo