



# HAVE A SAFE HOLIDAY!!

# ROBINS REV-UP

November 25, 2009 Vol. 54 No.47

## WR-ALC commander reflects on family, holidays

COMMENTARY BY POLLY A. PEYER

Like so many people, my thoughts on Thanksgiving are eternally tied to family.

There are more than a few good reasons for that. Of course, most people's earliest memories of this holiday are of traditional family gatherings complete with a feast, family fun and football.

But there is a deeper reason for the connection of family and Thanksgiving Day. This uniquely American holiday is a day set aside to be grateful for our many blessings. When I think of all the



Maj. Gen. Polly A. Peyer WR-ALC commander

things I have to be thankful for, my family is first and foremost in my thoughts. My family is my greatest blessing and a major priority in my life. I hope it's yours, too.

Winston Churchill once said, "There is no doubt that it is around the family and the home that all the greatest virtues, the most dominating virtues of human society, are created, strengthened and maintained."

Indeed, those personal traits learned from a good home life lead to the relationships we cultivate throughout our lives. It is how we establish the friendships and working relationships that make every aspect of our lives — from work to

recreation, rest and relaxation — a success.

This all came to mind for me last week as I gathered with my staff for our Thanksgiving luncheon, an early kickoff to the food and festivities for the season ahead. More than once, the term "extended family" was used to describe our relationship to one another. After the meal, as we sat around laughing and sharing thoughts and stories, I couldn't help but realize it was true. We are very much akin to a family unit.

The concept of family was one of the draws to an Air Force career for me. The camaraderie of military service, the necessity of teamwork and emphasis on people were evident and appealing to me from the start. Caring about people and the mission

requires the utmost commitment, the kind of loyalty and dedication one normally reserves for their family.

The Air Force commitment to family has only gotten stronger over the years. Support programs designed to assist and care for family members have grown in both variety and quality since I joined the service. We are currently in the midst of a celebration — the Year of the Air Force Family — that shines a spotlight on the breadth of excellent services offered for our families. Check out [www.MyAirForceLife.com](http://www.MyAirForceLife.com) and you'll see that this service is truly devoted to supporting the family.

► see PEYER, 2A

### MILITARY JUSTICE

## DUI costly for Robins sergeant

BY KENDAHL JOHNSON  
78 Air Base Wing Public Affairs

Drinking alcohol without a plan can have dire consequences, as one Robins Airman recently learned.

Staff Sgt. Erik Savage of the 5th Combat Communications Support Squadron was court-martialed for drunken operation of a vehicle. He pleaded guilty and was sentenced to reduction in rank to airman basic, a forfeiture of \$933 in pay for two months, two months confinement and a reprimand.

Savage was drinking beer with a friend the morning on Aug. 8. According to his statement, he pulled off Watson Boulevard into a Wendy's parking lot. There, a Wendy's employee found him passed out in his vehicle and notified police. After failing three field sobriety

tests, Savage was arrested and subsequently charged with a DUI.

He faced maximum penalties of a bad conduct discharge, six month confinement, two-thirds forfeiture of pay per month for six months and reduction in rank to airman basic.

"He just didn't make the right decision. This reinforces that you need a plan, and it's not just having a plan, but also following it," said Capt. M. Arthur Vaughn, chief of military justice for the Warner Robins Air Logistics Center's Judge Advocates Office. "There is no reason to sacrifice your career; it's easily avoidable."

It was Savage's second DUI. He was arrested in April in South Carolina, a charge the Air Force was unaware of at the time. Because this was his second DUI,

► see DUI, 2A



U.S. Air Force photo by SUE SAPP

The effective date for the revised fitness program is now July 1, 2010. Biannual testing under the current fitness standards are still scheduled to begin Jan. 1. The six-month delay was a result of feedback obtained from the field that found implementing the new program in July 2010 would lead to a smoother transition and allow commanders adequate time to establish installation fitness assessment cells.

## New fitness standards effective July 1

BY MASTER SGT. RUSSELL P. PETCOFF  
Secretary of the Air Force Public Affairs

Maintaining peak combat readiness begins and ends with healthy, motivated and well-trained Airmen.

On Nov. 19, the Air Force's deputy chief of staff for manpower and personnel announced the new Air Force fitness standards will officially begin July 1, 2010.

Lt. Gen. Richard Y. Newton III said the service's top leaders sought

feedback from commanders and senior NCO leaders throughout the Air Force when deciding to execute the updated program that will test Airmen twice during calendar year 2010 — once under the current program and once under the new program.

"Based on feedback from the field, we are implementing the July start date so Airmen have the opportunity to excel," Newton said. "This implementation strategy will allow for a smoother transi-

tion of the new Air Force Instruction and afford commanders adequate time to establish installation fitness assessment cells to include adequate manning for the FACs."

According to Newton, a new AFI detailing the new fitness standards is due out within the next few weeks. This fitness AFI is the first to cover the total force of active duty, Guard and Reserve.

The general added that

► see FITNESS, 2A

## Metering initiative paying dividends

BY ED DROHAN  
78 Air Base Wing Public Affairs

Even as the 78th Civil Engineer Squadron is working to bring electricity consumption data online, at least one unit is already taking advantage of electric meters to conserve energy.

The 78th Medical Group has reduced their electricity consumption by 25 percent at the Robins clinic since meters were first installed in 2007. Using information provided by the meters, facility manager John Ahlvin said they were able to keep a daily and monthly log of how energy was being

used in the building. "Starting in 2007, we saw energy usage spiking pretty good," Mr. Ahlvin said. "In 2008, we started doing some drastic measures."

As it turned out, air conditioners were one of the biggest energy drains in the unit.

The systems used in large buildings like the clinic are so complex, Ahlvin said, that they were the primary user of energy.

"Now, instead of letting that 480 volt pump run all night, we shut it off," he said.

Because of opera-

tions going on in different sections of the building, the two systems are shut off at different times, Ahlvin explained. Since they don't need air conditioning at night, the facility manager programs the units to shut down and then turn back on in the morning.

The medical group now also uses a computer to control lights in the building, ensuring they are shut off when no longer needed.

When combined with education initiatives asking people to unplug

► see METERING, 2A



### THINK SAFETY



Days without a DUI: 34  
Last DUI: 78th SFS  
— courtesy 78th Security Forces

### AADD

To request a ride, call 222-0013.



### TWO-MINUTEREV

#### Parking lot closure

Due to the repainting of the water tower and riser at Bldgs. 242 and 164, the two parking lots north of Bldg. 301 on Richard Ray Blvd. will be closed Dec. 12 through Jan. 28. Closure of these parking lots will prevent paint overspray from falling on parked vehicles in the immediate vicinity.

#### Delays in issuance of presidential letters

Due to a current backlog on requests for presidential letters delays in their processing is occurring. Requests for the letters are being processed 60 days before the retirement date and the Congressional Support Branch has up to 60 days after the retirement day to send it to the point of contact. Because of the delays, employees may or may not receive their presidential letter by their retirement date. This situation will continue to be monitored and requests will be expedited as received. For more information, call Regina Seth at 327-9801.

### ROBINS



#### Complaints are down

Inspector General is improving programs, communication, 6A

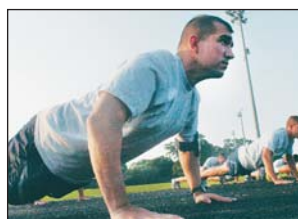
### COMMUNITY



#### Coach of the year

Robins youth coach garners national recognition, 8A

### WELLNESS



#### Freezing the gain

Tips on having healthy holiday season and halting weight gain, 11A

# AFMC commander encourages holiday safety

Thanksgiving is the perfect occasion to reflect on everything in life we have to be thankful for. Many of your celebrations will involve traveling to see family and friends. I challenge you with one of AFMC's top priorities: nurture and protect your people and families. We want to ensure we don't lose a single AFMC family member during the holiday.

Commanders and supervisors: Take a few moments with your personnel and set the tone for a safe and enjoyable holiday weekend. Ensure your team

members conduct themselves in a responsible manner. Actively encourage everyone to exercise fundamental, life-saving habits like wearing the right protective gear, getting plenty of rest, and driving appropriate speeds, especially during adverse conditions. Aggressively encourage responsible decision making, especially when alcohol is involved, to prevent your people from drinking and driving.



**Gen. Donald Hoffman**  
AFMC commander

Everyone: Prepare for your journeys well in advance and build in flexibility, since trips rarely go as planned. Assess all risks such as unfamiliar roads, adverse weather, traffic or airport delays, and vehicle maintenance issues. Proper planning can help guarantee you and your family arrive safely at your destination and back home.

Thanksgiving is a wonderful holiday and as good Wingmen we should remember those far

away from family and friends. If possible, look for ways to include them in your holiday celebrations. As you reflect on your blessings, please keep those serving in harm's way in your thoughts and prayers.

Finally, AFMC would not enjoy the successes we've had to date if not for you, the professionals constantly contributing to the mission. Jacki and I wish all of you and your families a safe and happy Thanksgiving.

— *Commentary by Gen. Donald Hoffman, Air Force Materiel Commander*

## DUI

Continued from 1A

the Air Force requested, and was granted, jurisdiction of the case from the city of Warner Robins.

Airman 1st Class Charles McCafferty, a member of Savage's squadron, said the punishment was a harsh reminder of the consequences of driving while intoxicated.

"I knew drinking and driving was wrong, but sitting in on the court martial made me realize how serious it is to drive while intoxicated," he said.

Another squadron mem-

### IMPORTANT PHONE NUMBERS

▶ Airman Against Drunk Driving .....	222-0013
▶ Employee Assistance Program .....	800-222-0364
▶ Airmen and Family Readiness Center .....	926-1256
▶ Health and Wellness Center .....	327-8480
▶ Chaplain.....	926-2821
▶ Military Family Life Consultant .....	230-2987
▶ Mental Health Clinic.....	327-8398

ber, Tech. Sgt. David Smith, said he hopes others will learn a lesson from Savage's experience and make arrangements for getting home when planning a night out drinking.

"There are many safeguards in place to assist Airmen when they drink

so they don't have to drive while intoxicated," Smith said. "We constantly inform Airmen to have a wingman and that supervisors, first sergeants and commanders would much rather drive someone home than have that individual drive drunk."

## FITNESS

Continued from 1A

the July start date will provide commanders and Airmen plenty of time to be prepared and in compliance with the new AFI.

"We want to do this right," the general said. "It's about readiness and our continued commitment to ensure we have a fit force, ready to perform its global mission."

Col. Joan H. Garbutt, chief of military force management for Air Staff Manpower and Personnel, said the new start date for the new fitness standards will "set our Airmen up for success." She believes Airmen will excel with the new standards.

"Every time you raise the bar, our Airmen reach higher to meet the standards," Garbutt said.

Biannual physical fitness testing will begin

Jan. 1 using current fitness standards. Units with FACs will use them to conduct the assessments. Units without FACs will continue to use their physical training leaders, or PTLs, to assess Airmen. Enlisted and officer performance reports will reflect fitness training scores based upon their reports close out dates, Newton added.

According to the change, during the Jan. 1 to June 30 testing phase, unit PTLs will provide two scores — one for the current system and one for the new standard so Airmen can gauge their performance.

Starting July 1, Airmen will officially test under new requirements with the new scoring. Scores will be annotated on EPRs and OPRs accordingly.

Under the new standards, the aerobic run will count for 60 percent of

the test. Body composition will count for 20 percent. Under the current standard, they count for 50 and 30 percent, respectively. The sit-up and push-ups remain at 10 percent each. The new standards have differently valued waist measurements and 15 seconds, rather than 30, separating run scores.

Passing the test will require a composite score of 75 while also meeting a minimum level for each component. The new physical fitness test will place Airmen in one of five age groups: less than 30, 30-39, 40-49, 50-59 and 60-plus. Results will fall into one of three categories: 90 and above, excellent; 75-90, satisfactory; and under 75, unsatisfactory.

Information on the Air Force fitness program is online at [www.afpc.randolph.af.mil/affitnessprogram/index.asp](http://www.afpc.randolph.af.mil/affitnessprogram/index.asp).



U.S. Air Force photo by SUE SAPP

**The implementation of meters has helped the base reduce its electricity consumption and save on energy costs.**

## METERING

Continued from 1A

and turn off electrical items when no longer needed, Ahlvin said the energy savings have been dramatic.

As part of the base's metering initiative, individual buildings are receiving electrical meters that send electrical consumption data over dedicated phone lines to a computer system. Once the system is completed and technology hurdles overcome, facility managers will be able to see real-time electrical consumption, said 78th CES Director Paul Kelley.

That will offer even more opportunities for energy savings, Ahlvin said.

"Heck yeah, that will help," he said. "We'll be able to analyze the data and come up with changes. We'll be able to look up the data about our other two buildings (occupational medicine and a warehouse) and see how much we're using and how to save even more energy." It's going to be effective. When you have both groups meeting together side by side it can only have a positive outcome. Trained at the same time receiving the same information, it can only work for the positive.

## PEYER

Continued from 1A

Many of these helpful programs offered for all our personnel have taken on increased importance in these times of deployments, high operations tempo and economic difficulties. Particularly with the holidays upon us, the stresses of life can seem overwhelming. That's why it is important that we are all good Wingmen. We must look out for and care for one another. So please, stay alert for any signs a coworker, relative or friend is troubled or depressed. Reach out to them or refer them to the resources here to help them. That's what being part of a caring family is all about.

Another way the Air Force has furthered its commitment to family is through our increased emphasis on safety. I'm proud that everyone at Robins is embracing the Voluntary Protection Program, as is evident in our ever growing list of safe sites. During this holiday season, I want you to remember to do as VPP has encouraged you and take your safety practices with you when you leave work. Apply them to your life at home and in your leisure activities. And be sure to make safety a pre-planned part of any holiday travel; especially if you are driving long distances or in inclement weather. We all want to see every member of the Robins family back safe and sound after the holiday.

Happily, my perception of the Air Force proved more than correct. I've grown a large, extended family over the course of 34 years — a family tree with branches that reach around the globe. That tree has significantly grown during my time here at Robins.

It is indeed an honor and privilege to be part of the rich, 68-year legacy that is Robins Air Force Base. This incredible family history is one of patriotic, hard-working people dedicated to mission success. The family we know as Team Robins gives greater meaning to the term "extended family." The close-knit partnership between this installation and its neighbors is a rich, long-standing Middle Georgia tradition. It is without a doubt the best base-community relationship in the Air Force, and something for which we are truly thankful.

All together, base and community, we share in a heart-felt connection to the cause that drives us. The work we do supports a significant extension of our Air Force family — those who deploy to fight for our country. Thanksgiving is a great time to honor the continuing vigilance of every Airman, Soldier, Sailor, Marine, Reservist and Coast Guardsman giving so selflessly of themselves for our sake. They are a blessing to us all.

As we gather around our tables with family and friends to share good food, laughter and memories of times past, take a moment to remember the families whose celebration will not be complete because their loved ones are on duty for our nation in a distant land.

And as you think of those who've pledged their lives for our sake, make sure you take some time this Thanksgiving to do what they will be unable to do — spend time with the ones you hold most dear and let them know how important they are to you.

There is nothing more important than family. Brian and I are happy and most thankful to be part of the Robins family. Please, have a safe, enjoyable Thanksgiving.

# ANNUAL CHRISTMAS TREE LIGHTING DEC. 5 @ 5 P.M. - BASE CHAPEL LAWN

# Department of Defense, Air Force rated positive in Gallup study

BY MASTER SGT.  
STAN PARKER

Secretary of the Air Force Public Affairs

The Air Force with the Department of Defense has received high ratings for its professionalism, trust, accuracy and quality, according to a recent survey.

The findings were presented during a recent panel discussion following a Gallup Organization study,

analyzing how Americans perceive the federal government.

“Overall the survey asked Americans to rate the federal government on a five point scale,” said Frank Newport, editor in chief of the Gallup poll. “The military was included and was the highest.”

“We asked which branch of the military is most important to the United

States and it historically continues to be the Air Force,” Mr. Newport said. He added the military has continued to do well in spite of challenges with its nuclear enterprise and the on-going war in Iraq and Afghanistan.

Following the President Obama administration’s call for “a high-performance government,” Gallup officials conducted the study to examine public attitudes

about the “overall customer experience” across all federal agencies. The study asked more than 40,000 American citizens to answer a series of questions about the level and quality of service they received from federal agencies, painting a clearer picture of the overall experience of individual’s interactions with the agencies.

Although the study concluded Americans have the

most governmental contact through tourism by way of the National Park Service and the Transportation Security Administration, contact with the Air Force and Navy has been fairly positive, Mr. Newport said.

The study’s data illustrated how Americans feel about their interactions with the federal government, why they interact with the federal government and with which

agencies they most frequently interact.

Panel members agreed the federal government has been largely misunderstood of how best to serve its customer base and believed Gallup’s initiative will foster growth in meeting the challenge.

“We have lost track of what the public wants and needs,” said Max Stier, a panel member.

## President nominates new AFMC vice commander

President Obama has nominated Maj. Gen. Janet C. Wolfenbarger, director of the Intelligence and Requirements Directorate at Air Force Materiel Command, for confirmation by



Maj. Gen.  
Janet  
Wolfenbarger

and Requirements Directorate, Headquarters AFMC, Wright-Patterson AFB, Ohio. She has also held several positions in the F-22 System Program Office at Wright-Patterson AFB, served as the F-22 Lead Program Element Monitor at the Pentagon, and was the B-2 System Program Director for Aeronautical Systems Center from April 2000 through December 2002.

She graduated from the U.S. Air Force Academy in 1980 with a Bachelor of Science degree in engineering sciences.

In 1985, she earned a Master of Science degree in aeronautics and astronautics from the Massachusetts Institute of Technology. She also earned a Master of Science degree in national resource strategy from the Industrial College of the Armed Forces, National Defense University in Washington, D.C. — *Air Force Materiel Command Public Affairs Office*

the Senate to the rank of lieutenant general with assignment to the position of AFMC vice commander.

As vice commander of AFMC, she will be responsible for providing acquisition management and logistics support for a variety of Air Force aircraft and weapon systems. The command conducts research, development, test and evaluation of warfighter technology.

General Wolfenbarger will succeed Lt. Gen. Terry L. Gabreski as AFMC vice commander. General Gabreski will retire after 35 years of Air Force service on Nov. 20.

General Wolfenbarger’s previous assignments include special assistant for command transformation to the commander and director of the Intelligence

# Commentary

"Be faithful in small things because it is in them that your strength lies."

— Mother Teresa

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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.**  
Submissions should be of broad interest to the base populace. If there are further questions, call Lanorris Askew at (478) 222-0806.

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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 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).

▶ Security Forces	327-3445
▶ 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

## CONCERNS ABOUT SANITATION

We are only a week into the self-disposal of trash and the conditions at this building are getting deplorable.

We need to address the following issues:

1. If the trash collection containers along the dock are no longer going to be emptied; they need to be removed. They are crammed full and/or overflowing for almost a week. The flies are swarming and maggots will soon appear. Once the squirrels begin rummaging through the trash, the other rodents will follow.

2. The dumpsters either need to be increased in size or emptied more often. Even though building occupants have been told to use the recycling bins for paper, plastic bottles, aluminum cans and to break down corrugate boxes, they are not.

The dumpsters will continue to overflow between pick-up.

Also when the lid is flipped shut, they either toss their trash on top or leave the sliding door on the side open after tossing their trash in. This causes any subsequent trash to overflow and fall out, exacerbating the bug and rodent problem.

3. There is already a marked increase in cockroaches, waterbugs, silverfish and fruit flies throughout the entire building. Saving money is important, but health and safety

needs to be considered.

## COL. BUHLER RESPONDS:

Thank you for your interest regarding health and safety at your facility.

To improve the appearance and sanitary conditions along the dock, trash containers that are not serviced by the contractor have been removed.

Additionally, the dumpsters beside the facility and common trash cans in the break areas and restrooms will continue to be serviced on a regular basis.

Also, CE will increase surveillance of the dumpsters around your facility to determine if a change in service is needed. In the meantime, if you notice the dumpsters are full, please notify your facility manager or call the CE Service Contracts Office at 327-8907 and let them know.

Moreover, with the Air Force's recent change to the levels of service for custodial contracts, building occupants are encouraged to recycle as much as possible to prevent dumpsters from filling up quickly and to help reduce the possibility of bug and rodent infestation. I've asked CE to inspect your building and take appropriate measures on their part to control the spread of bugs and rodents. Please contact CE Customer Service at 926-5657 to report any problem areas.

## Lean metrics: red is good, green is worthless

I remember back in my Navy days having a boss who managed under the mantra, "If you aren't measuring it, you aren't managing it." We had metrics for everything, and we briefed them on a regular basis.

I remember countless long hours trying to figure out how to explain and justify the metrics in the "red." I could just see my fitness report and career going down the drain every time the big red meatball was thrown up on the conference room wall - usually followed by a comment from the boss along the lines of "What's the problem, lieutenant? You need to get this problem fixed."

In the traditional world of management, we are enamored with our red, yellow and green metric charts, leading to the ever-present "self-preservation" paranoia about going forward to management "red." Red is bad, green is good. Knowing that, managers lobby heavily for easily achievable goals so they don't have to explain why they have "failed."

In the world of lean management, the mindset is completely reversed. When the big red

meatball goes up, the response from the floor is normally: "Great! Thank you for bringing this to our attention. What can we do to fix the problem?" In lean management, problems are viewed as opportunities - not failures. Lean managers view problems as gold to be mined, and they ruthlessly go after the problem, not the people. They view a "green" board as being worthless - if you are green, where do they focus improvement efforts?

I once took a course from Pascal Dennis who worked for and with Katsuaki Watanabe (now president of Toyota) and other Lean masters from North America and Japan at Toyota Motor Manufacturing Canada. He recalled a story of Watanabe walking into a plant for a visit.

The local managers were very excited and proud to show him their metrics - as they were all green. They were devastated by his response: "Ah, no problems; must need no managers ..."

His point obviously was that if they are operating in a comfort zone with metrics that aren't driving them to attack waste, then they aren't doing their job.

What you really want are employees falling over each other to bring problems to the table.

In a lean environment, all efforts are focused on removing waste from the work environment through continuous process improvement. All lean metrics and their concomitant targets should be focused on that waste removal. The waste is the gold.

In the lean world, employees should understand and be able to translate corporate lean strategic goals in the context of the work they do on the floor. They should know that they will be heralded for coming forward with a problem or roadblock that, if removed, will make the organization more efficient.

Management must empower them to fix problems where they can, and go to bat for them in removing obstacles they can't fix themselves. Many in the traditional world relate this to a "suggestion" program. If it takes a formal program to bring ideas to light, you aren't a lean organization. Every employee must have the innate desire to attack waste, and a clear path to

Thank you for notifying me of these concerns. If you need any additional assistance, contact Marshall Wall, Chief of Civil Engineer Operations Support at 327-8935.

## FINES FOR TRAFFIC TICKETS

I suggest that traffic tickets carry a monetary fine, if not prohibited by regulations. The money collected from fines would go toward a Wingman Day for the active duty personnel assigned to Robins. The point assessment system doesn't seem to get the attention of many people but a hit on the wallet would plus the fines would go to a good cause.

## COL. BUHLER RESPONDS:

Thank you for your concern for traffic safety at Robins. Traffic citations with monetary penalties may be issued via DD Form 1805; however, all fines collected for these traffic citations would be paid to the federal court clerk's office and would not be available to support Robins activities.

As you noted, Robins drivers cited for traffic violations accumulate points that count against their base driving record and repeat offenders may lose their base driving privileges for a year or more.

If you have any further questions on the traffic citation process, call 222-1979. Thanks again for your concern.

the person or mechanism that can help them fix it. They must know and accept that tangible and intangible benefits will be returned to the organization - benefits that may or may not directly affect them.

I'm not suggesting that employees should not be rewarded for helping break through a waste barrier. I am arguing that employees want to do it for the betterment of the organization, because they have the true sense that in the long run they will benefit. They know that their efforts will help ensure the organization's long-term viability, thus returning to them the assurance that their jobs are secure well into the future.

So the next time you see a red metric, shout hallelujah, praise the bearer of "good" news, and start digging into the problem to find the waste holding your organization back. And the next green metric you see ... send them back to the drawing board.

—This commentary was written by Russell Rhea, Oklahoma City Air Logistics Center Transformation Office



### What are you most thankful for this year?



**Airman 1st Class  
Jonathan Hawkins**  
78th MDSS

"Definitely my family. I just joined and out of all the bases I could have been sent to, I'm stationed here just an hour from them."



**Shaneka Wright**  
78th AMDS

"My spiritual growth. It's taught me to reach out and help others regardless of what I'm going through."



**Staff Sgt.  
Michael Clifford**  
78th MDG

"All of my family is home this Thanksgiving. No one is overseas."



**Staff Sgt.  
Justin Tawater**  
116th AMXS

"My family. My son was born premature but pulled through and is good now and my family has stayed by me through deployments."

# IG sees sharp decline in complaints

BY TECH SGT. VAN MILLER  
78th Air Base Wing Public Affairs

The comedic actress Lily Tomlin once said, “Man invented language to satisfy his deep need to complain.”

But a group of professionals at Robins have used skillful language to aid in effectively reducing complaints.

The number of complaints here has been reduced by 33 percent through improved programs implemented by the 78th Air Base Wing’s Inspector General Office.

Col. John Cote, the inspector general, has been on the job since June and said he believes in helping out where he can.

One of the IG improvements that may have curbed the total number of complaints filed was the enhancement of the IG Publicity and Education Program. This program was modified to include the briefing of civilian employees during the base newcomers program.

This gives new civilian employees an overview of the inspector general program and stresses the importance of utilizing the chain of command.

“I am the inspector general, and everyone has the right to speak with me,” Cote said. “However, using the chain of command for complaint resolution is one of the most efficient ways to handle your issues. If that fails



U.S. Air Force photo by SUE SAPP

**Col. John Cote, 78th Air Base Wing Inspector General, and Tony Congi, deputy IG, look for ways to improve a training presentation.**

then the Inspector General Office is ready and willing to assist.”

The IG noted that prior to these program enhancements, the main complaint area had been supervisory issues, typically employees complaining about their supervisors. In most cases the chain of command had not been fully utilized by the complainants to find resolution.

Other changes the colonel implemented include a reduction in the amount of internal staff meetings, the introduction of security improvements and the functional reconfiguration of the congressional liaison office.

All of the new measures have amounted to a practical way of handling all types of complaints, providing a valuable service

to the community within applicable guidelines.

While many of the complaints received by the Inspector General’s office are related to traditional military complaint issues, there are also a number of civilian employees and contractors that visit the IG office seeking assistance for various issues they may be having.

By regulation the IG office can only refer these individuals to other appropriate agencies that can actually help solve their problems. But the IG office never turns anyone away that asks for assistance. If they cannot provide it, they help find someone who can.

For more information about the IG program, or for detailed instructions for initiating a complaint, call 222-0818.

**RECYCLE THIS NEWSPAPER**

# Robins seeks engineers to fill positions

BY KENDAHL JOHNSON  
Kendahl.johnson@robins.af.mil

In spite of a current economic downturn, Robins is still actively engaged in hiring additional engineers to handle the growing workload.

“It’s a great time to be hiring as there are a lot of qualified engineers looking for work and we are getting a better pool of candidates to select from,” said Jamie Cook, an engineer in the Warner Robins Air Logistics Center who is involved with the recruitment of new engineers.

Cook works primarily with the recruitment of experienced engineers. But the base is also actively involved in hiring engineers fresh out of college.

“We hire about 80 new engineers each year directly from college campuses,” Cook said. “We throw our net out as wide as we can, accepting resumes from all over the country. Part of my mission here is to spread the word as widely as possible to get as many applicants as possible.”

Maci Love, the Center’s recruiter for entry level engineers, said she takes resumes year round and makes hiring selections every four to six weeks. She travels to

## *A growing workload prompts officials to increase efforts to recruit workers*

numerous conferences and job fairs, seeking a pool of diverse candidates.

While the base hires engineers in all fields, the primary demand is for electrical and software engineers. There is also a need for mechanical and aerospace engineers.

Cook said although no one will get rich working for the Air Force, it’s not too difficult persuading young engineers to join Team Robins.

“Salaries are competitive, there are excellent benefits and there is good job stability,” he said. “There are training opportunities for increasing one’s skill set, as well as promotion opportunities. Plus, the weather is great here and you are close to anything you want to do recreationally. It’s a good place to live and good place to raise kids.”

Cook also said there is satisfaction in working for the Air Force in support of the warfighter.

“I take a certain pride for the work I do here whenever I see one of those planes taking off,” he said. “That patriotism is worth a great deal.”

Engineers at Robins work on a wide variety of

projects in areas like software maintenance, electronic warfare, surveillance, reconnaissance, counterintelligence and aircraft electronics.

Bryan Solomon, an electronics engineer in the 402nd Software Maintenance Group, was recruited from Mercer University and was hired in July. He said it was the work opportunities here that attracted him the most.

“I was impressed by the real engineering work being done here and the opportunity to be a part of that,” he said. “Coming straight out of college, they don’t just give you menial tasks. You get to dip your hands in meaningful and important projects.”

For more information on engineering jobs here, visit [www.robinsjobs.com](http://www.robinsjobs.com).

## ► IN BRIEF

### Applicants sought for air attaché duty

Air Force officials are accepting applications until Dec. 11 from senior captains, majors and lieutenant colonels to fill eight air attaché positions and assis-

tant air attaché positions with in-country reporting dates ranging from August 2010 to September 2012.

Officers selected for attaché duty will attend training during the period of April 2010 to April 2011.

An operations background, foreign language

skills and experience in the region are all highly desired for attaché candidates.

Applications are available online at <https://www.intelink.gov/sites/safia/aotools/avs/default.aspx> or through the 24-hour Air Force Total Force Service Center at 1-800-525-0102.

# Robins youth coach earn top honors

BY WAYNE CRENSHAW

wayne.crenshaw.ctr@robins.af.mil

Ronald Hayes, director of youth sports and fitness, believes there is no better sign of a good coach than repeat customers.

For season after season, he said, many children and their parents have been coming back to request the same coach, Donald Wendland.

That's why Hayes nominated Wendland to be honored by the National Youth Sports Coaches Association.

The organization, which dedicates itself to promoting positive and safe sports for children, recently named Wendland its 2009 Coach of the Year. He was selected from nominations from around the country.

"The kids want to play for him and that normally happens when you are really good," Hayes said. "He just has a love of the game and a love of working with kids."

Wendland retired from the Air Force in January, 2008, and now works for L-3 Communications doing training in the 116th Air Control Wing. He has been a youth coach at Robins for five years, and coaches up to three teams each year.

He coaches basketball, baseball and, his personal favorite, soccer.

"It's fun, that's about the best way I can say it," Wendland replied when asked why he coaches. "My wife says I've never grown up so I relate to children as they are."

According to the associa-



U.S. Air Force photo by SUE SAPP

**Donald Wendland, a youth coach at Robins, was named Coach of the Year by the National Youth Sports Coaches Association.**

tion's Web site, the coach of the year award goes to "someone who places the emotional and physical well-being of players ahead of any personal desire to win; who treats each player as an individual; who is an enthusiastic team leader and a positive role model; who has a thorough knowledge of the techniques and rules of the sport they're coaching; and who understands that they can use their role as a coach to influence so many other areas of a child's life."

"While nominations poured in from around the country for all the outstanding work volunteer coaches are performing, Wendland stood out above everyone else, earning him this year's prestigious NYSCA volunteer Coach of the Year Award," the Web site stated.

Wendland said he believes that youth sports are important to teach children responsibility and sportsmanship.

"Winning is last," he said when asked what he stresses to his players. "The first thing is to have fun, play hard and be a good sport."

Hayes said most of his volunteers have children playing, and Wendland is unusual because he hasn't had children in the league for years.

"He's always around regardless of what we need," Hayes said. "He's always there to help us. He's just an all around good guy, and he always puts the kids first."

His award earns him a trip to Orlando, Fla., where he will receive the award at the 8th annual Youth Sports Congress next week.

## 78th FSS BRIEFS

### THURSDAY

**Horizons will host a Thanksgiving Day Buffet Nov. 26** from 11 a.m. to 2:30 p.m. Enjoy home-style turkey, ham, stuffing, pies and much more. Open to all ranks and grades. Cost is \$12.95 for members, \$14.95 for guests, \$7.95 for children (3 – 10 years old) and free for children 2 years and younger. Reservations are required for parties of 10 or more. For more information on the best Thanksgiving buffet in Middle Georgia, call 926-2670.

### UPCOMING

**Private pilot ground school will be conducted Jan. 4 – Feb. 26.** Cost is \$585 and is due at the time of registration. Register soon as classroom seating is limited. For more information, call the aero club at 926-4867.

**The Airman & Family Readiness Center will host a dinner at Zen Japanese Steakhouse** for spouses of deployed members Dec. 4 from 7 to 9 p.m. Cost is free and limited to the first 25 people who sign up by Nov. 30. To sign up or for more information call Senior Master Sgt. Gary Hunkins at 926-1256.

### ONGOING

**Every Sunday watch all the play-by-play NFL football action** on the Heritage Club multiple television screens and three new high definition plasma televisions with satellite. Doors open at noon and games begin at 1 p.m. There will be prizes, food and beverage specials all season long. For more information call 926-2670.

**A T-shirt design competition has launched at myairforcelife.com, now through Dec. 20,** as part of the Year of the Air Force Family.

Upcoming competitions will include the following: Short Story Dec. 20 - Feb. 14, Video Feb. 14 – April 4, Original Song April 4 – May 23 and Photography May 23 – July 4. The site will also offer a place for visitors to provide quips and quotes

on how the Air Force has enriched their lives.

One winner in each category will be selected to win an Apple Mac Book laptop and Adobe Creative Suite 4 Design Premium software valued at about \$2,000. The winner in the adult category may also have the opportunity to have their design featured on a T-shirt to be sold in AAFES stores.

Air Force Chief of Staff Gen. Norton Schwartz and Secretary of the Air Force Michael Donley designated July 2009 to July 2010 as the Year of the Air Force Family. This time will focus on Air Force programs highlighting the importance of and commitment to the entire Air Force family. This includes all Airmen, married and single, spouses, children, Air Force civilians, extended families and retirees.

For more information log on to <http://www.myairforcelife.com>.

**Jump start your New Year's resolution and avoid those holiday pounds!** The Biggest Loser Competition will be held Dec. 1 till Feb. 26. Open to all Base ID card holders. Contact the Fitness Center for details at 926-2128.

**Last year, the Air Force Aid Society awarded \$6 million in college education grants to Air Force dependents.** Under its General Henry H. Arnold Education Grant Program, the Air Force Aid Society awards \$2,000 each to selected applicants. The program is offered to dependent sons and daughters of active duty, Title 10 AGR/Reservists on extended active duty, Title 32 AGR performing full-time active duty, retired, retired Reservists with 20+ qualifying years of service, and deceased Air Force members. Spouses (residing stateside) of active duty and Title 10 AGR/Reservists on extended active duty and surviving spouses of deceased members are also eligible candidates. Visit the Society's Web site at [www.afas.org](http://www.afas.org) for information and an application for the General Henry H. Arnold Education Grant Program.

## Kicking butts



U.S. Air Force photo by SUE SAPP

**Airman 1st Class (left) Mario Benavidez and Airman 1st Class Jonathan Hawkins talk with Stuart Bapties (right) about techniques for quitting smoking before the Great Smoke Out 5K Walk.**

**Are you driving home for the holidays?** Be sure your vehicle is in tip top condition. The Auto Hobby Shop has trained professionals to service and maintain vehicles. Get an oil change, tire rotation and balance, vehicle safety inspection and free car wash token all for \$46 – a \$70 value! For more information call 926-2049.

**The annual base Holiday Food Drive has begun.** The 78th Force Support Squadron will be collecting canned goods to make holiday gift baskets for families in need through Dec. 8. Collection boxes are located throughout the base. If you know of a Robins family in need, come by the community center, Bldg. 956 and fill out an application. All applications are confidential. For more information call 926-2105.

**Hunting season is open now through Jan. 15, 2010.** Hunting requires a valid Georgia state hunt-

ing license and hunting safety class offered by outdoor recreation. Cost is \$10 for archery hunting and \$30 for gun and archery. For class times and dates call 926-4001.

**The Afterburner, which proudly brews Starbucks coffee, is open Monday – Friday from 5 a.m. to 2 p.m.** November's specials are the Red Eye (one shot of espresso fused with Starbucks' world class blended coffee), Cross Eye (double shot of espresso fused with Starbucks' world-class blended coffee) or the Black Eye (triple shot of espresso fused with Starbucks' world-class blended coffee).

The Afterburner is located in the Base Restaurant, Bldg. 166 on Byron St. It offers a variety of hot and cold beverages, pastries and snacks. For more information call 222-7827.

**The Pine Oaks Lodging** now offers wireless high speed internet access available in all rooms.

Room reservations may be made up to two weeks in advance or you can register online at [www.robinservices.com](http://www.robinservices.com). For more information call lodging at 926-2100.

**Stalls for horses are available at the riding stables.** The stables, near Luna Lake, offer a lighted riding ring, hot & cold wash rack, horse trails, stalls and pasture. Cost includes a monthly \$15 family membership fee & monthly stable fee of \$97. All base ID cardholders – active duty, reserve, ANG, retired military, DOD civilians are eligible. For more information call 447-6905 or 926-4001.

**The vet clinic provides service to cats and dogs of active-duty and retired military.** Services include microchip ID system, shots, over-the-counter flea and tick medication, heartworm prevention and more. Call 327-8448 for an appointment.

## 78th FSS Thanksgiving and Family Day hours

### OPEN

- ▶ Base Library, Nov. 25 from 10 a.m. to 7 p.m., Nov. 27 and 28 from 10 a.m. to 5 p.m. and Nov. 29 from noon to 5 p.m.
- ▶ Bowling Center, Nov. 27 and 28 from 1 to 11 p.m. and Nov. 29 from 1 to 8 p.m.
- ▶ Equipment Rental/Outdoor Recreation, Nov. 27 from 8 a.m. to 2 p.m.
- ▶ Fitness Center, Nov. 27 from 8 a.m. to 2 p.m.
- ▶ Flight Kitchen, 24 hours, 7 days a week
- ▶ Golf Course, Nov. 26 & 27
- ▶ Rasile Indoor Pool, Nov. 27 from 8 a.m. to 2 p.m.
- ▶ Lodging
- ▶ Horizons, Nov. 26 from 11 a.m. to 2:30 p.m. (only) for Thanksgiving buffet
- ▶ Wynn Dining Facility, Nov. 26 for Thanksgiving meal from 11 a.m. to 2 p.m., military personnel from 2 to 4 p.m.
- ▶ Youth Center, open Nov. 23 - 25 from noon to 6 p.m.

### CLOSED

- ▶ Aero Club, administration and sales, closed Nov. 26 & 27
- ▶ Airman and Family Readiness Center, closed Nov. 26 & 27
- ▶ Airman Leadership School, Nov. 26 & 27
- ▶ Arts & Crafts Center, Nov. 26 & 27

- ▶ Auto Skills Center, Nov. 26 & 27
- ▶ Base Library, Nov. 26
- ▶ Base Restaurant, Nov. 26 & 27
- ▶ Bingo, closed Nov. 26 & 27
- ▶ Bowling Center, Nov. 26
- ▶ CDC East and West, Nov. 26 & 27
- ▶ Community Center, Nov. 26 & 27
- ▶ Military Education & Training Office, Nov. 26 & 27
- ▶ Equipment Rental Center, Nov. 26
- ▶ Fairways Grille, Nov. 26 & 27
- ▶ Family Child Care, Nov. 26 & 27
- ▶ Fitness Center Annex, Nov. 26 & 27
- ▶ Flight Line Dining, Nov. 26 & 27
- ▶ Heritage Club, Nov. 26 & 27
- ▶ Honor Guard/Mortuary Affairs/Readiness, Nov. 26 & 27
- ▶ Horizons, Nov. 27
- ▶ Human Resource Office, Nov. 26 & 27
- ▶ Information, Tickets and Travel, Nov. 26 & 27
- ▶ Marketing, Nov. 26 & 27
- ▶ Military Personnel Flight, Nov. 26 & 27
- ▶ Pizza Depot, Nov. 26 & 27
- ▶ Professional Development Center, Nov. 26 & 27
- ▶ Resource Management Office, Nov. 26 & 27
- ▶ Skeet Range, Nov. 26 & 27
- ▶ US Veterinarian Services, Nov. 26 & 27
- ▶ Wood Hobby shop, Nov. 26 & 27
- ▶ Youth/Teen Center, Nov. 26 & 27

## 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: **Celia Vinterella**, 402nd MXW/OMA. POC is Sherry Dawson 222-3538.

To have an approved leave recipient printed in the Robins Rev-Up, 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 (Jumua) 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.

CHAPEL — 926-2821

### NOW PLAYING



**The Base Theater will be closed Nov. 27 and 28 for the Thanksgiving holiday**



**DECEMBER 4 7:30 P.M. SURROGATES RATED PG-13**

FBI agents investigate the mysterious murder of a college student linked to the man who helped create a high-tech surrogate phenomenon that allows people to purchase unflawed robotic versions of themselves—fit, good looking remotely controlled machines that ultimately assume their life roles—enabling people to experience life vicariously from the comfort and safety of their own homes.



**UPCOMING LOVE HAPPENS RATED PG-13**

Dr. Burke Ryan is on the precipice of a major multimedia deal, but the therapist who asks his patients to openly confront their pain is secretly unable to take his own advice. Eloise has sworn off men. However, when she meets Burke at the hotel where he's speaking, there is an instant attraction. Will two people who have met the wrong time be able to give love another chance?

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. If that plan falls through, call Airmen Against Drunk Driving. 222-0013.

HAVE A SAFE AND HAPPY HOLIDAY!





### Streuseled Sweet Potato Casserole

Assemble the potato mixture and sprinkle with the streusel, then freeze the casserole up to 2 weeks ahead of Thanksgiving. Thaw in refrigerator and bake as directed. Or cook just the potatoes a day ahead, mash and refrigerate and proceed with the recipe as directed (starting with the addition of half-and-half) the day you're serving the dish.

Add 1/8 teaspoon ground red pepper if you want to add a bit of heat to this sweet dish.

Yield: 18 servings (serving size: about 1/2 cup)

[http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe\\_id=385230](http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=385230)

— courtesy *Cooking Light Magazine*

## FREEZING THE GAIN

### Holiday feasts don't have to equal bigger waist sizes in the new year

BY DANI LBOVITZ

Civilian Health Promotion Services

With the holiday season just around the corner, many of us have one thing on our mind: food! Holiday festivities are also about spending time with family and friends, with most celebrations centered around eating.

According to a study conducted by the National Institute of Health, the average American gains about one pound during the six week holiday season starting with Thanksgiving and continuing through New Year's Day. About 10 percent of the population gains five pounds or more.

The most alarming data researchers identified is that weight gain during the six-week holiday season accounts for 51 percent of all annual weight gain. This means that we do not

lose the holiday pounds throughout the year. However, this does not mean we cannot enjoy ourselves this holiday season.

All holiday goodies can fit into your holiday meals; the key to preventing weight gain is moderation. So this holiday season follow these tips to prevent the holiday bulge!

"Lighten up!"

You can "lighten up" your traditional holiday recipes with some simple tips and substitutions.

#### Tips:

►Trim fat from meat, remove skin from poultry

►Bake, broil, steam, and microwave foods with little or no added fat

►Cut back on calories, time, and mess by using cooking spray for skillet and baking pans instead of oils or butter

►Add healthy ingredients to cake or cookie bat-

ters, like raisins or toasted nuts instead of chocolate chips

►Cut back on total fat by using fruit purees or yogurt in place of butter or sour cream.

#### Substitutions:

►Instead of eating high fat/high calorie foods try lower fat/ lower calorie choices:

►Instead of sugar, try white/brown Splenda, Equal or Sweet N' Low

►Instead of butter, try Smart Balance or Benecol.

►Instead of heavy cream, try half and half or low-fat evaporated milk

►Instead of sour cream, try plain yogurt

►Instead of regular cream cheese, try low fat or non-fat cream cheese

►Instead of eggs, try egg whites or egg substitute

►Instead of eggnog, try light eggnog.

#### ► IN BRIEF

##### AFRC CONCERT

The Band of the U.S. Air Force Reserve will host its free annual holiday concert at the Museum of Aviation's Century of Flight Hangar Dec. 10 at 7 p.m.

The concert is open to the public. Doors open at 6 p.m. with the concert starting at 7 p.m. Seating is limited. For more information, call 327-1760.

##### ROBINS ANGEL TREES

The Robins Officers' Spouses Club in conjunction with the First Shirts will be setting up trees full of angels at the Robins Base Exchange and the commissary. Each angel represents a wish of a member of a Team Robins family.

Take an angel and then return it with the requested item to the gift boxes located in the front entrance of the BX or commissary. All Angel Tree contributions can be turned in any time through Dec. 11.

For more information, send an e-mail to Darla at OSC@gmail.com.

## Tips for having a healthy holiday season

Holiday festivities that are centered on all the delicious foods that we like to enjoy do not have to lead to that holiday bulge. Here are some tips to help you have a healthy and happy and holiday season:

►Plan ahead

Note parties and holiday meals on your calendar. If you know you have a party Friday night, make healthy choices throughout the week so you will not feel guilty about indulging during the festivities!

►Make healthy potluck contributions

Talk to your host to see what is being offered. If all the foods are rich and high in calories, bring a healthier option such as a salad, low

calorie dip with vegetables, fruit tray, or your favorite holiday recipe "lightened up!"

►Eat before the party

Contrary to what you might think, it is actually beneficial to eat a snack before going to a party. If you go to a party hungry you are more likely to over eat. During the holiday season, that can mean you are eating more high fat/high calorie food items.

►Mingle away from the buffet

When we talk around the buffet table we tend to continue to snack throughout the conversation.

Try filling a small plate with food and walking into another room to chat.

That way when your plate is empty you know how much you have eaten and you will be less inclined to go back for seconds.

►Eat slowly

It can take 15-20 minutes for your stomach to signal the brain that you are full. Therefore, eating more slowly will help you to eat less by acknowledging your feelings of fullness. Try taking smaller bites and savoring the flavors of each item on your plate.

►Drink water

Drinking water and other calorie free beverages can also prevent you from overeating and keep you hydrated. Remember, alcoholic beverages pack a lot of calories which can

reduce self control and increase appetites for 24 hours after drinking. 4 ounces (oz) wine = ~ 100 calories, 12oz Regular Beer = ~ 150 calories, 1 oz shot = ~75calories.

►Remember to exercise

Set yourself up for success by bringing comfortable clothing and sneakers with you during holiday travel. People who engage in more physical activity over the holidays tend to gain less weight. Physical activity can be easy, fun, and involve the whole family. Try taking a walk downtown and enjoying holiday lights and decorations or start new traditions such as an annual family football game. — *CHPS*

## Tips for preventing stormwater pollution

BY RUSSELL ADAMS

78th Civil Engineer Group

Stormwater runoff occurs when precipitation from rain flows over the ground. Impervious surfaces like driveways, sidewalks, and streets prevent stormwater from naturally soaking into the ground. Stormwater runoff picks up debris, chemicals, dirt, and other pollutants and flows into our stormwater conveyance system and ultimately discharges to our downstream water bodies (e.g., creeks, rivers, lakes, and wetland areas).

Polluted stormwater runoff can have many adverse effects on plants, fish, animals, and people. For example, sediments carried by runoff can cloud the receiving waterbodies and make it difficult or impossible for aquatic life to flourish. Non-degradable debris (i.e., plastic bags, six-pack rings, bottles, and cigarette butts) carried with stormwater runoff will have a long lasting effect on the natural habitats of a wide variety of animals and fish by causing choking, suffocation, or entanglement.

Wastes such as insecticides, pesticides, paints, and solvents are typically toxic to many living organisms, including humans. Stormwater runoff carry-

ing toxic substances will have significant environmental impact on the interconnected and dependent life cycle of plants, animals, and humans. For example, land animals and people can become sick from eating diseased fish and shellfish or ingesting polluted water.

Listed below are several ways the people who live and work at Robins can help reduce the loading of pollutants into our waterbodies.

►Never dispose of any product down storm drains or ditches. Storm drains do not convey the stormwater to our wastewater treatment facilities; the stormwater runoff is generally conveyed directly to our creeks, rivers, lakes, and wetland areas.

►Avoid littering our streets, yards, parks, and other open areas where stormwater can come into contact with the litter.

►Instead of hosing down sidewalks and driveways, sweep and collect debris and dispose of it properly.

►Store materials and equipment that could potentially impact the quality of stormwater indoors or underneath a canopy. This includes scrap metal, drums, chemical totes, and any equipment that could leak oil,

fuel, and/or gas. Use secondary containment to the extent possible to prevent accidental leaks mixing with stormwater runoff.

►Use lawn and garden chemicals (pesticides and fertilizers) sparingly or use organic alternatives. Whatever you put on your lawn could find its way to a stream.

►Collect and dispose of or recycle leaves and other yard waste.

►Always put your ciga-

rette butts in ashtrays or provided receptacles, not on the streets.

►Clean up after your pet and dispose of the double-bagged waste in a garbage receptacle.

►Get involved and take action. Organize or join in the cleanup of a common area, river, or community. Do your part to keep your community and waterways healthy and clean and encourage others to participate.