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# ROBINS REV-UP

August 29, 2013 Vol. 58 No. 33

## JSTARS reaches 85,000 combat hours since 9/11

BY 379TH AIR EXPEDITIONARY WING PUBLIC AFFAIRS

**SOUTHWEST ASIA** – The 7th Expeditionary Airborne Command and Control Squadron here reached 85,000 flight hours, Aug. 17, in support of operations in the U.S. Central Command area of responsibility.

This milestone was achieved on an E-8C Joint Surveillance Target Attack Radar System, or JSTARS airframe, which is based out of Robins Air Force Base, Ga.

The squadron has flown an average of 19.4 hours each day since events following 9/11, or the equivalent of being airborne continuously for almost 10 years.

“The fleet of E-8C Joint STARS has combined for more than 7,800 sorties,” said Lt. Col. Claude, the 7th EACCS commander. “These sorties have supported Operations Iraqi Freedom, New Dawn and continue to support Enduring Freedom.”

The squadron’s mix of active duty Air Force, Air National Guard and Army personnel continuously provide troops on the ground with command and control, intelligence, surveillance, and reconnaissance information.

According to Lt. Col. Chris, the 7th EACCS director of operations, “We bring persistent information to the current fight and continue to evolve tactics to support future mission sets.”

“It’s not really about the hours or



U.S. Air Force photo by 1ST LT. SUSAN HARRINGTON  
**An E-8C Joint STARS aircraft touches down Aug. 17 on the 379th Air Expeditionary Wing’s runway in Southwest Asia after reaching 85,000 hours in the U.S. Central Command area of responsibility.**

hitting a magic mark of 85,000, it’s about what it represents, which is nearly 12 continuous years of JSTARS providing protection and overwatch to

coalition ground forces and hunting down our enemies,” said Maj. Ryan, the mission crew commander. “For that reason, it’s an honor to be among the thousands of members of Team JSTARS who have fulfilled this mission every day since Operation Enduring Freedom began in October 2001.”

Aircraft commander, Maj. Billy, echoed those sentiments and said his crew represented a total of more than 148 years of combined military service.

“Overall, this milestone represents the hard work, professionalism and dedication of Team JSTARS’ deployed crews and maintainers,” Claude said.

**Editor’s note:** Full names were withheld due to operational security.

### A Moment in Time

On Aug. 30, 1991, a ribbon cutting ceremony officially opened the new C-130 Combat Talon Hangar at Robins.

### Labor Day ends Critical Days campaign

As summer comes to a close, the 101 Critical Days of Summer Campaign is concluding with a reminder to stay safe over the Labor Day weekend.

The holiday symbolizes the end of the season, the beginning of football and offers a celebration for workers and their families.

Common recreational activities can vary from barbecues and traveling to camping – all of which can be dangerous if proper safety procedures aren’t taken.

According to Staff Sgt. Gary Lund, 502nd Air Base Wing ground safety technician at Joint Base San Antonio-Randolph, Texas, the usual risks of Labor Day weekend include long road trips, summer hazards and irresponsible alcohol consumption.

No matter what plans are in store for the weekend, Team Robins members should always have a plan and use the wingman or battle buddy concept.

Anyone planning to leave the local area should notify a second party and avoid traveling alone.

Alcohol consumption is a factor that should be carefully considered and planned around at all times.

“Use the wingman philosophy,” Marvin Joyce, 502nd ABW safety and occupational health specialist, said. “Watch over each other, know your limits, make a plan and designate a driver.”

“If you’re going to drink, do so responsibly and drink enough water to stay hydrated,” he added.

Along with alcohol consumption, other potential hazards include cooking food on or around open flames, and water mishaps.

To lessen the danger of recreational activities during Labor Day weekend maintain constant supervision.

“Make sure barbecue grills are in good working condition, and if participating in water activities, set safety rules for the whole group based on swimming capabilities,” he said.

While traveling to and from events or different areas, “follow all road rules,” Lund said.

Travel preparation should include a survival kit, a vehicle tune-up, alternate plans for bad weather and adequate rest.

– Adapted from an article by Airman 1st Class Alexandria Slade, Joint Base San Antonio - Randolph, Texas

### Message from Gen. Mark Welsh, CSAF



U.S. Air Force photo by ED ASPERA  
**Alfred Harris, 568th Electronic Maintenance Group F-15 radar electronics technician, performs maintenance on F-15 radar antennas. 566th EMXS performs and overhauls the B-52 radar systems. This work is just one way Team Robins members provide Global Vigilance, Global Reach and Global Power for America.**

### The enduring importance of airpower

In January, the Air Force released a vision statement that focuses on “Airmen, Mission and Innovation.”

In addition to recognizing Airmen as the power behind the Air Force and acknowledging the importance of innovation to our story, the vision encourages Airmen to understand and explain their role in producing airpower for America by telling the story of the Air Force through their own unique perspective.

This vision statement builds upon the Air Force’s five enduring core missions – air and space superiority, intelligence, surveillance and reconnaissance, rapid global mobility, global strike, and command and control – and explains how innovative Airmen bring them together to provide Global Vigilance, Global Reach, and Global Power for America.

The 21st century is a time of unusual volatility due to the spread of advanced technology, global economic and energy pressures, and the evolutionary forces of social change.

**By integrating airpower capabilities across the air, space and cyber-space domains, Airmen bring to life the Air Force’s core missions.**

Accordingly, despite the best analyses and projections by national security experts, the time and place of the next crisis are never certain and are rarely what we expect.

In addition, our military has an imperative to spend its resources in a fiscally responsible way.

That means our Nation requires not only a flexible, precise, and

lethal force that is capable of rapidly responding anywhere on the globe to protect and advance America’s interests, but also one that can do so at a relatively low cost in relation to the return on investment.

The Air Force meets that need and offers freedom of action to our joint and coalition partners through our ability to integrate our core missions to provide Global Vigilance, Global Reach, and Global Power.

From the earliest days of organized warfare, controlling the high ground has been vital to successful military operations.

► see AIRPOWER, 10



### Campaign for positive, healthy thinking

BY JENNY GORDON  
jenny.gordon@robins.af.mil

The Integrated Delivery System would like Team Robins to do a little soul searching this season.

The “Hunt the Good Stuff” campaign which runs through September is encouraging everyone to take time to focus on the positive, to reap the benefits of a life filled with good thoughts.

The goal is to cultivate gratitude, to build optimism and positive thinking.

Hunting the good stuff is finding what you are thankful for each day. Like negative thinking, positive thinking has a cascading effect. The more you look at things positively, the more you see positive things in life. Positive thinking decreases our daily stress levels, and strengthens our relationships with others.

You may be asking yourself where to start? Take time today to think on what things you are thankful for and ways to improve your thinking.

Examples could be focusing on positive events that have happened, something you’re good at, goals you’ve

► see CAMPAIGN, 6

### 500th JSECST delivered, Robins plays key part



U.S. Air Force photo by TOMMIE HORTON  
**Col. Michael Kelly, Electronic Warfare and Avionics Division chief and John Miller, Agile Combat Support director, view a Joint Service Electronic Combat Systems Tester Tuesday during a reception at the Horizons Event Center.**

BY JENNY GORDON  
jenny.gordon.ctr@robins.af.mil

Robins Air Force Base plays a vital role in managing and sustaining electronic warfare capabilities onboard weapon systems platforms across the Department of Defense.

That includes management and software maintenance for the Joint Service Electronic Combat Systems Tester, which recently celebrated the delivery of its 500th unit.

JSECST troubleshoots and tests electronic warfare systems on F-15, F-16, A-10 and CV-22 Air Force aircraft, as well as the

Navy’s F/A-18 and AV-8B, and foreign military sales customers.

Organizations here involved with the tester include the Automatic Test Systems Division, 410th Supply Chain Management Squadron and 579th Software Maintenance Squadron, whose engineers write test program sets which run on the JSECST test system.

During a ceremony Tuesday at the Horizons Event Center, base and industry officials commemorated the JSECST’s 500th delivery.

► see JSECST, 2

# Page Two



U.S. Air Force photo by TOMMIE HORTON

From left: Mike Callaway, signals intelligence engineer; Earl Sifford, senior business developer; John Miller, AFPEO and Director, Agile Combat Support; Lt. Col. Lea Kirkwood, Automatic Test Systems Division chief; and Col. Michael Kelly, Electronic Warfare and Avionics Division chief; discuss the JSECST electronic warfare tester.

## JSECST

Continued from 1

“The JSECST test platform is a vital tool in supporting DoD mission objectives. It’s a cost-effective test solution that supports electronic warfare mission readiness while allowing for the reduction in the overall DOD testing footprint by providing a standardized test platform,” said Lt. Col. Lea Kirkwood, ATS Division chief at

Robins. “Its broad application across DoD and our FMS allies is a testament to the one team, one fight attitude exhibited by all JSECST mission partners.”

JSECST was created by AAI Corp., an operating unit of Textron Systems, whose services include solutions for customers in areas such as unmanned aircraft systems, test and training and logistics and technical services.

“I believe this pro-

gram has been very successful because of the people involved, smart people doing smart things and working together,” said Ellen Lord, president and CEO of Textron Systems, who attended Tuesday’s ceremony. “Ever since I was at AAI Corp. as general manager, everyone talked about Warner Robins and all the great people here, and how the industry-government team worked alongside each other.”

## ALL in a Day's WORK

**Name:** Glenn Petit  
**Work title:** Information Assurance manager  
**Unit:** 402nd Software Maintenance Group/Flight S  
**Hometown:** Tampa, Fla.  
**Number of years in federal service:** 30



Courtesy photo

**What does your work involve at Robins?** “Protecting government information by securing computer systems and networks so only authorized personnel can work on them. Also educating unit personnel on the importance of protecting government information that they’re working with, whether it’s classified or unclassified information.”

**What do you enjoy most about your work?** “Learning new technologies and working on computer systems and networks.”

**How does your work contribute to the Robins mission?** “It ensures that only authorized personnel and agencies are handling and receiving government

information.”

**What prompted your interest in your current career?** “My interest started in high school while taking computer courses.”

**What is something people would be surprised to know about you?** “I started my working career off as a policeman.”

**Who has been the biggest influence in your life?** “My father. I’ve always been impressed with my father and admired how he was able to do anything he set his mind to, and how he was well respected.”

**What is an accomplishment you are most proud of?** “Retiring active duty from the Air Force.”

*Positive workplace relationships enable everyone to perform at their very best*



# Airman's training benefits injured at accident scene

BY JENNY GORDON

jenny.gordon@robins.af.mil

Witnessing a motorcycle accident while on leave in his native Oregon, Staff Sgt. Vernon Pifer put his Air Force training into practice.

Heading up the side of a hill in the Cascade mountain range July 28, Pifer – who works in the 402nd Electronics Maintenance Group's Operations Office – decided to get involved.

He told his father to pull over, where he joined about five people who were assisting.

With adrenaline pumping, he shepherded traffic around the scene, where a couple in their 60s had crashed their motorcycle while going downhill near a left-hand curve.

Pifer said it was the first time he's had the opportunity to help at an accident scene.

"The most I've ever done is help someone push their car off to the side of the road," said Pifer.

He directed traffic around the crash, while a school bus driver was providing first-aid kits and a nurse was aiding the injured.

Not only did he provide direction for motorists, but he gathered supplies that the nurse was asking for.

He even stepped over into nearby woods to grab two big sticks for a makeshift tourniquet to help with the victim's injuries.



U.S. Air Force photo by ED ASPERA

**Staff Sgt. Vernon Pifer, 402nd Electronics Maintenance Group's Operations Office, briefs Col. Theresa Humphrey, 402nd EMXG commander.**

## WHAT TO KNOW

Staff Sgt. Vernon Pifer was recently honored with the Air Force Achievement Medal, presented by Col. Theresa Humphrey, 402nd Electronics Maintenance Group commander.

"It felt like the majority of the time I was just holding a blanket over the man so he wouldn't get burned or dehydrated," he said, "but looking back, I did play a major role in organizing and directing the other first responders.

"I was on complete auto-pilot," he added. "If I'd had time to think about it, I would have gotten nauseous right away. I mean as soon as I crossed the street to help, I saw the guy's leg and the huge pool of blood on the ground.

"You could clearly see it was broken in at least three places."

Pifer, who has served in the Air Force for 12 years, credits his military training, but also his sense of duty to help oth-

ers in time of need.

"The training is everything," he paused. "Even if you only need it once – it really, truly matters."

Coworker Teresa Maddox, 402nd EMXG equipment manager, agreed.

"A lot of people would have kept going and figured, 'Well there are people out there,' but Vernon knew to stop," she said. "He knew what needed to be done. He took charge and began to direct the others. What he did was truly heroic."

Pifer said he spent about an hour and a half on site.

According to news reports, the couple had been wearing their helmets and speed was not believed to be a contributing factor.

The motorcycle had gone in to the road's right shoulder, sideswiped a guardrail and fell on its side.

"If you see an accident on the side of the road, and you have any inkling there's a problem – just stop," he said.

# NEWS FROM AROUND THE AIR FORCE



## Training system brings fight to F-16 pilots

**MISAWA AIR BASE, Japan (AFNS) –** Groundbreaking advancements to F-16 Fighting Falcon warfare training here arrived during the week of Aug. 12 through 16 in the form of a Joint Deployable Electronic Warfare Range, or JDEWR.

The JDEWR is a weapon system which provides tactical-level training to participants in live training events. It's implemented as a threat capable of submitting ground threat defenses for bilateral and joint missions and exercises for United States Air Force, Japan Air Self-Defense Force and Navy aircraft stationed here, according to Lt. Col. Kevin Jones, 35th Operations Support Squadron director of operations.

The mission of the 35th Fighter Wing is the Suppression of Enemy Air Defenses – known as the Wild Weasels – and focuses largely on the neutralization of enemy Surface to Air missile sites. In the past, Wild Weasels have had to fly to Red Flag exercises over Eielson Air Force Base, Alaska, which use the JDEWR system, to get the most accurate training possible for their SEAD mission.

"As a SEAD wing, we need to be able to detect, locate, engage and kill enemy SAMs, anti-aircraft artillery and their associated radars," said Capt. Matthew Karmondy, an F-16 pilot in the 14th Fighter Squadron who has flown in multiple Red Flag exercises. "The more our training matches reality, the better we'll be when the balloon goes up and we are called on to neutralize enemy threats."

Karmondy said once a SAM is located, the next step is how to best neutralize that threat, whether it be through avoidance, electronic jamming or kinetic means such as bombs, missiles or guns. Pilots were previously forced to simulate these attacks, and one of the realities was that the aspect of realistic feedback from the ground always fell short. Now, with this new system, pilots can fight back realistically, using all aspects within the cockpit.

To read more, visit [www.af.mil](http://www.af.mil).

## Air Force offers potential model for future MWR programs

**WASHINGTON (AFNS) –** For a glimpse into how the military services might provide quality morale, welfare and recreation services and programs despite continuing budget pressures, the transformation program the Air Force Services directorate has been rolling out for the past two and a half years is worth a look.

Each service administers its own quality-of-life programs, and the offerings vary widely – even within a service's installations, depending on the location, the size and demographic of the population served, said Ed Miles, the Department of Defense MWR policy director.

So, even as the entire military suffers the effects of budget cuts and sequestration, each service is looking for new efficiencies and innovations to minimize reductions to their programs and services.



U.S. Air Force photo by STAFF SGT. JARED BECKER

## Where there's smoke ...

Firefighters maneuver a fire hose to attack fires in support of Warrior Exercise 86-13-01/Exercise Global Medic 2013, at Fort McCoy, Wis. WAREX provides units an opportunity to rehearse military maneuvers and tactics. Held in conjunction with WAREX, Global Medic is an annual joint-field training exercise designed to replicate all aspects of theater combat medical support.

In some cases, as demonstrated by the Air Force's services transformation initiative, it's actually improving the quality and accessibility of MWR – despite cuts in both the appropriated funding and staffing required to provide quality-of-life programs.

The effort began with an extensive review of existing programs and services and an assessment of which most directly affect readiness in the event that all can't be fully funded, said Col. Thomas Joyce, the services director at the Air Force Personnel Center in San Antonio, Texas.

Based on those findings, senior Air Force leaders designated six core activities: fitness, appropriated-fund dining facilities, child and youth care, youth activities, outdoor recreation programs and libraries, he said.

To read more, visit [www.af.mil](http://www.af.mil).

## Communications capability surpasses 50,000 flight hours

**HANSCOM AIR FORCE BASE, MASS (AFNS) –** The Battlefield Airborne Communications Node, or BACN, reached a significant milestone Aug. 11, when it achieved more than 50,000 flight hours of service.

Airmen use the BACN to translate and distribute imagery, video, voice and data between warfighters, both in the air and on the ground, who may be operating on different networks.

"BACN provides crucial 24/7 communications support to warfighters by bridging disparate elements," said Maj. William Holl, the BACN program manager at the Life Cycle Management Center here. "We constantly get feedback from (troops in the) theater telling us how important BACN is for their missions."

The system can act as a high-altitude relay, providing reliable, dynamic communication links, officials said. Some of the types of missions BACN has been used for include airdrop and airstrike operations, where it ensured situational awareness. The system



U.S. Air Force photo by SENIOR AIRMAN ZACHARY PERRAS

## Pod person

Wes Dear, an electronic technician with Bering Sea Environmental North, attaches an air-combat maneuver instrument pod to a Japan Air-Self Defense Force F-15J Eagle, at Eielson Air Force Base, Alaska. The pods are attached to aircraft to help monitor movement during flights, which can be reviewed during post-flight briefings.

has been especially useful in rugged terrain areas by providing a beyond-line-of-sight capability.

"Without BACN, ground forces in Afghanistan would have to rely on much slower satellite communications – and a few seconds can make all the difference when you are under fire," Holl said.

To read more, visit [www.af.mil](http://www.af.mil).

## CSAF details Air Force Fitness Program changes

### Fellow Airmen,

Chief Cody and I get a lot of questions about the physical fitness test. To ensure we fully understood the issues folks were concerned about, we conducted a comprehensive review of the Fitness Program.

The one thing that was crystal clear to both of us when we finished is that we have a tremendous program that has fundamentally changed the Air Force's overall fitness level during the past few years. So, I'll tell you right up front that the PFT itself is not going to change. But, even the best program can be improved upon, so we are making changes in four different areas to enhance the overall program.

The first change involves the abdominal circumference portion of the test. We use the AC measurement to assess an Airman's body composition, which is a key component of fitness. Because the AC measurement is integrated into our fitness test, DoD approved a permanent waiver to the DoD Physical Fitness and Body Fat Program, making us the only service not required to have a separate weight management program requiring annual body mass index measurements and assessments for every Airman.

One of the two concerns Chief Cody and I hear most is that there are Airmen

who pass every component of the PFT except the AC, but fail the AC because they have a very large, thick body type or are very muscular. To put this in perspective, since we implemented the PFT, only 348 of 1.3 million Airmen tested resulted in an Airman failing the AC portion and passing all the others with a passing composite score of 75 or higher. That's 0.03 percent ... so this is an unusual occurrence. But, in the future, if an Airman fails the AC portion of the test, and passes each of the other three components, we'll measure that Airman using the Body Mass Index taping guidance in DOD instructions. If the Airman meets the DOD BMI standard, they pass the PFT.

Chief Cody and I also hear about the "many" Airmen who have been kicked out of the Air Force for AC-only failures. The fact is that since we started the new Fitness Program, only 76 airmen have been separated from the Air Force for failing only the AC portion of the test multiple times. That equates to 0.006 percent of the Airmen tested.

It's certainly difficult for the Airmen involved, but it really doesn't happen that often.

We're making three other modifications designed to improve the program. First,

we're realigning the fitness appeal process back to wing commanders. Second, passing standards are being adjusted for Airmen who can only test on one component of the Fitness Assessment, and third, we're changing and simplifying the walk test.

All those changes will be effective Oct. 1, and detailed implementation guidance will be sent to the field shortly.

The second comment Chief Cody and I hear most frequently is that we need to rethink how we document fitness performance in performance reports.

We're doing that as part of a larger effort to examine the performance report itself, along with the promotion system it supports. We'll give you the results of that study in the near future.

I believe we have DoD's best-designed, best-run Fitness Program, and as a result, we have a force ready for any mission our nation asks us to execute.

I'm extremely proud of how far we've come with our fitness culture. Thanks for your personal commitment to staying in shape. As always, thanks for all you do.

See you in the gym!

– Gen. Mark Welsh,  
Air Force Chief of Staff

### DID YOU KNOW

A process was developed at Robins in late 2011 to address issues identified in implementing provisions of AFI 36-2905, "Fitness Program." A working group was formed with Dr. William Klein from Flight Medicine, and Stuart Bapties and Greg Reynolds from the Health and Wellness Center, to develop an alternative process for members with large body types and those, due to medical reasons, who fell into the point penalty category because they couldn't complete enough components to successfully pass.

The alternative created is that medical group providers refer members falling into either category to be assessed by the HAWC staff using body fat standards in the existing DoD 1308.3, already used by the Air Force for ascensions and special training programs, that takes height into consideration and removes the bias toward those with large body types.

### ROBINS REV-UP

COMMANDER  
Col. Christopher Hill

### HOW TO CONTACT US

Robins Public Affairs  
620 Ninth Street, Bldg. 905  
Robins AFB, GA 31098  
468-2137  
Fax 468-9597

### SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication.

They should be e-mailed to [lanorris.askew@robins.af.mil](mailto:lanorris.askew@robins.af.mil) and [vance.janes@robins.af.mil](mailto:vance.janes@robins.af.mil)

Submissions should be of broad interest to the base populace. For information, call Lanorris Askew at 472-0806.

### DELIVERY

To report delivery issues, call 472-0802.

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INTERNAL INFORMATION CHIEF  
Geoff Janes

EDITOR  
Lanorris Askew

PHOTOGRAPHERS  
Sue Sapp  
Tommie Horton  
Ed Aspera  
Misuzu Allen  
Raymond Crayton

STAFF WRITERS  
Jenny Gordon  
Holly Logan-Arrington

# On the Fly

## CAC Validation Schedule

U.S. Cyber Command has issued an order directing all Robins-2K network users, including those who have migrated to the Air Force Network, to perform a face-to-face Common Access Card validation. Any network account not validated by Sept. 13 will be disabled. A user with a disabled account will not be able to access the network. It will take about seven to 10 business days to have disabled accounts re-enabled.

All personnel must present their CAC for validation on one of the dates and at one of the locations listed below. For assistance or further questions, call the First Response Service Center at DSN 468-4357.

### Today

- ▶6:30 to 9:30 a.m. in the Main Lobby of Bldg. 350
- ▶7 to 9:30 a.m. in the Main Lobby of Bldgs. 376, 215 and 660
- ▶8 a.m. to 4 p.m. in the Main Lobby of Bldg. 228
- ▶10:30 a.m. to 1 p.m., at the Base Restaurant
- ▶11 a.m. to 2 p.m., Bldg. 700 Atrium (Medical Group)
- ▶12:15 to 1:15 p.m., Base Theater (5th CCG)

### Tuesday

- ▶6:30 to 8 a.m. and 2:30 to 3:30 p.m. at the Pedestrian Bridge Gate; Pedestrian Gate 44; Pedestrian Gate 50 / Green St Red Light; Pedestrian Gate 59; Pedestrian Red Light Gate by Bldg. 83/89 and Pedestrian Gate 91
- ▶9 to 11 a.m. in Bldg. 125, Room 217, Zone 1 Help desk
- ▶9 to 11 a.m. in the Main Lobby of Bldg. 2039

### Wednesday

- ▶6 to 8:30 a.m. and 3 to 4 p.m. in Bldg. 321 large conference room
- ▶6:30 to 8:30 a.m. in Bldg. 158, Flight Conference Room
- ▶7 to 9 a.m. and 3 to 4 p.m. in Bldg. 140 upstairs break room

- ▶7 to 9 a.m. in Bldg. 169, large break room and upstairs large conference room
- ▶2 to 4 p.m. in Bldg. 255, West Foyer
- ▶3 to 4 p.m. in Bldg. 670, break room, enter West Side
- ▶3 to 4 p.m. in Bldg. 364, break room or Parachute Room
- ▶3 to 4 p.m. in Bldg. 269, Main Lobby

### Thursday

- ▶5:30 to 8:30 a.m. and 2 to 4 p.m. at Bldg. 229C West Door; Bldg. 229E East Door; Bldg. 229S SW Door; in Bldg. 640, Lean WAR Room and in Bldg. 645, GCC Conf. Room
- ▶7:30 to 9:30 a.m. in Bldg. 1555, Main Lobby

### Sept. 6

- ▶7 a.m. to 1 p.m. at the Base Restaurant
- ▶7 a.m. to 4 p.m. in the Bldg. 228, Main Lobby

### Reservists or make-up sessions

#### Sept. 7

- ▶8 to 10 a.m., Bldg. 228, Main Lobby

### Make-up sessions Sept. 9-12

- ▶7 a.m. to 4 p.m. at the Base Theater and in Bldg. 228, Main Lobby



U.S. Air Force photo by RAY CRAYTON

## 'Getting to know you ...'

Renea McFeeters, Exceptional Family Member Program Coordinator, explains EFMP to Kelly Hill, wife of Col. Christopher Hill, 78th Air Base Wing commander, and other leaders' wives during a tour of the Airman & Family Readiness Center Wednesday. Leadership spouses were treated to an Installation Spouses Immersion tour of the 78th Force Support Squadron's Quality of Life Programs with stops that included the Library, Airman and Family Readiness Center, Child Development Centers East and West, Youth Center, Fitness Center and the Airman's Attic.



### "Feds Feed Families" Food Drive ends Saturday.

Feds Feed Families is a voluntary effort by federal employees to bring nonperishable food items to their offices for distribution to local food banks.

Drop-off locations include the commissary, Bldgs. 594, 210, 220, 221, 222 and 211.

For more information, call Senior Master Sgt. Arthur Cassidy at 468-3868 or Master Sgt. Joleen McCollister at 468-7199.

**The Munitions Operations Office will be closed Wednesday through Sept. 3** for a semiannual inventory of the munitions stockpile.

Only emergency issue requests, submitted in writing and approved by a group commander, will be accepted.

**The Robins POW/MIA Committee** will host a recognition ceremony Sept. 19 at 3 p.m. in the Museum of Aviation's Century of Flight Hangar.

Crawford Hicks, an Air Force B-17 pilot who was a prisoner for 11 months in a German camp during World War II, will be the guest speaker.

For more information, call Staff Sgt. Brandon Harris at 497-7048.

**Your donations to the Robins Thrift Shop help provide scholarships** for graduating high school seniors and continuing education students, as well as funding for local charities.

Anyone with base access can shop, volunteer or cosign at the shop. Consignments are accepted from 10

a.m. until 12:30 p.m. and 3 to 5 p.m. daily and donations are welcome.

Sales are by cash or check only. The hours of operation are Wednesdays from 10 a.m. to 1 p.m. and 3 to 6 p.m.; Fridays, from 10 a.m. to 1 p.m.; and the first Saturday of the month, from 10 a.m. to 1 p.m.

For more information, visit Robins AFB Thrift Shop on Facebook or at [www.robinsosc.com](http://www.robinsosc.com).

**The following leave recipient has been approved** through the Voluntary Leave Transfer Program:

*Laura Beard* of 78th MDOS. Contact Tammy Holland at 497-8390.

To have a VLTP recipient listed here, email Lanorris Askew at [lanorris.askew@robins.af.mil](mailto:lanorris.askew@robins.af.mil).

# MDG has vision screening tips for parents

**BY CAPT. DIANNE WILLIAMS**

78th AMDS optometrist

With children back in school loaded up with needed supplies, wearing new clothes and sporting new haircuts, don't forget their vision.

Experts say 80 percent of what we learn is through our eyes. And, about one in four school-aged children are suffering from undetected or untreated vision problems.

Don't assume the vision screening at school is sufficient. Although they're important and have their place, they only detect a small fraction of actual vision issues.

Studies show that about 40 percent of those who failed a vision screening don't receive the follow-up care or treatment that they need.

Most of those problems detected at screenings are refractive error – near-sightedness, farsightedness, and astigmatism.

Ruling out the need for glasses is the first step in making sure your child is ready to learn in school, but there is more to vision than clear sight.

There are 17 skills that are required for good vision, including focusing skills – making images clear at different distances, keeping objects single while using two eyes, and being able to accurately follow an object or shift one's gaze between two objects.

Further, if children have a comprehensive eye exam and still struggle in school, they should be evaluated by someone who provides in-office programs of optometric vision therapy.

A provider can be found on the website for the College of

## WHAT TO KNOW

Some common symptoms that can be addressed with therapy include:

- ▶ Skipping lines, rereading lines
- ▶ Poor reading comprehension
- ▶ Taking longer than it should to complete homework tasks
- ▶ Reversing letters like "b" and "d" when reading
- ▶ Short attention span or falling asleep with reading and school work.

Optometrists in Vision Development, [www.COVD.org](http://www.COVD.org) or the Optometric Extension Program Foundation, [www.OEPF.org](http://www.OEPF.org).

We can't say it's never too late, but we can say it's never too early. According to the American Optometric Association, children should have their first eye exam at age 6 months, at age 3, and before the first grade.

The AOA then recommends a comprehensive eye exam every two years for healthy eyes without glasses and every year for kids who wear glasses or have other risk factors. See [www.aoa.org](http://www.aoa.org) for more information.

Kids often don't know what's normal. In fact, there was once a story about a 4-year old girl who asked, "Daddy, why do we have two eyes when we can only see out of one?"

If you want your child to have the best advantage in school, bring them in to see a local optometrist in your area for a back to school, comprehensive eye exam. That's the best place to start for a school year full of learning.

## CAMPAIGN

Continued from 1

achieved or individuals who care for you.

While this type of thinking may not be easy for everyone, try to find the right fit for you. But make sure you do it on a regular basis, not just during times of stress.

Capt. Kimberly Lane, 78th Medical Group Mental Health Flight, offered several ways to accomplish this. First, focus on realistic goals and expectations. Not everything has to be perfect.

Second, avoid labeling yourself, situations and people.

Finally, set up those goals, both long and short-term, for things you can look forward to.

Take the time to appreciate all you've accomplished.

If you're still having a difficult time, the follow-

ing IDS agencies can help: The Airman & Family Readiness Center, 468-1256 or 926-1256; the Chapel 468-2821 or 478-926-2821; the Civilian Employee Assistance Program, 497-7577 or 800-222-0364; Mental Health, 497-8398 or 478-327-8398; the Sexual Assault Response Program 468-2946 or 478-327-7272; and Military & Family Life Counselors, 478-230-2987.

Additional resources include the National Suicide hotline, 800-273-TALK (8255), and inTransition, 800-424-7877.

"Hunt the Good Stuff" is based on one of many skill sets being taught in the new Comprehensive Airman Fitness program.

The goal is for every Team Robins member to see how important they are – to let them know, "You Matter."

## WINGMEN WANTED

EAP – 327-7683;

926-9516

AIRMAN AGAINST

DRUNK DRIVING –

335-5218;

335-5236; 335-5238

<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

## EVENTS AND ACTIVITIES

### Mug Night at the Heritage

Today  
3:30 to 9 p.m.  
Heritage Lounge  
Bring your own beer mug  
(20 oz. or less)  
For details,  
call 472-7864.

### Power Hour - Health and Life Skills

Today  
4 to 5 p.m.  
Youth Center  
For details,  
call 468-2110.

### Max out Fridays

Friday  
2 to 6 p.m.  
Fitness Center  
Weight Lifting  
Incentive Program  
For details,  
call 468-2128.

### Torch Club

Friday

5:30 to 6:30 p.m.  
Youth Center  
Empowers youth to support  
and influence their club and  
community, sustain mean-  
ingful relationships, develop  
a positive self-image, partici-  
pate in the democratic  
process and respect various  
cultural identities.  
For details,  
call 468-2110.

### Thunder Alley

Friday  
9 to 11 p.m.  
Bowling Center  
Friday Family Night  
For details,  
call 468-2112.

### Thunder Alley

Saturday  
9 to 11 p.m.  
Bowling Center  
\$10 for two hours of  
bowling with shoe rental.  
For details,  
call 468-2112.

### Quick Turn now Base Restaurant Snack Bar

Mondays through Fridays  
7 a.m. to 3 p.m.  
Bldg. 2062  
Menu includes breakfast  
items, lunch plates, hot and  
cold sandwiches, made to  
order deli sandwiches, self-  
service salad bar, sundry  
items, candies and bottled  
beverages.  
For details,  
call 468-6972.

### FSS Wireless Hot Spots

Participating facilities include  
the Golf Course, Base  
Restaurant, Afterburner,  
Heritage Club, Horizons,  
Library and Bowling Center.

### Remote Control Bowling Ball

Bowling Center  
Available for Wounded  
Warrior Program and those  
with special needs.



U.S. Air Force photo by ED ASPERA

## Robins hosts Special Olympics bowling

The Special Olympics Georgia Masters Bowling Tournament games were played last weekend at the Robins Bowling Center and Gold Cup Bowling in Warner Robins.

More than 1,000 athletes, coaches and families from across the state, as well as local mayors, council members and other dignitaries were in attendance.



## ROBINS FAMILY DAY, LABOR DAY HOURS

*Have a safe Labor Day*



### FSS OPEN FRIDAY

- ▶ Afterburner 6 a.m. to 12:30 p.m.
- ▶ NAF AO 1 to 8 p.m.
- ▶ Aero Club 8 a.m. to 4 p.m.
- ▶ Family Campgrounds 10 a.m. to 2 p.m.
- ▶ Fast food cafeteria 6 a.m. to 12:30 p.m.
- ▶ Outdoor Rec 8 a.m. to 2 p.m.
- ▶ Main Fitness Center normal hours
- ▶ Fitness Center Annex normal hours
- ▶ Mobile Routes 2, 3, 4 & 6, 7 a.m. to 12:30 p.m.
- ▶ Youth Center normal hours
- ▶ CDC East and West 6:30 a.m. to 6 p.m.
- ▶ Bowling Center 11 a.m. to 11 p.m.
- ▶ Golf Course normal hours
- ▶ Fairways Grille normal hours

### Quick Turn 7 a.m. to 1 p.m. FSS OPEN MONDAY

- ▶ Bowling Center 1 to 8 p.m.
- ▶ Golf Course 7 a.m. to 7 p.m.
- ▶ Main Fitness Center 8 a.m. to 4 p.m.
- ▶ Heritage pool normal hours

### COMMISSARY

- ▶ Open Sunday from 10 a.m. to 6 p.m.
- ▶ Closed Monday

### EXCHANGE MAIN STORE

- ▶ Open Monday 11 a.m. to 5 p.m.

### SERVICE STATION

- ▶ Open Monday from 10 a.m. to 5:30 p.m.

### SHOPPETTE/CLASS SIX

- ▶ Open Monday from 10 a.m. to 5:30 p.m.

### MILITARY CLOTHING STORE

- ▶ Closed Monday

For more 78th Force Support Squadron information on base, visit [www.robinservices.com](http://www.robinservices.com)  
Off base visit [www.robinsfss.us](http://www.robinsfss.us)

For more Robins Exchange holiday hours visit <http://www.shopmyexchange.com>

**Watch  
your  
SPEED ...  
WE ARE**



**ON  
ROBINS  
IT'S THE  
LAW**

# AIRPOWER

Continued from 1

Early airpower advocates, such as Brig. Gen. Billy Mitchell, understood that aircraft can influence events through “the ability to do something in the air” – something we still do as an Air Force.

But how the Air Force provides airpower has evolved significantly from its early days. By integrating airpower capabilities within and across the air, space, and cyberspace domains, Airmen bring to life the Air Force’s core missions. And, those core

missions are indispensable to our Nation’s ability to conduct military operations successfully.

Today, Airmen are exploiting and mastering emerging technologies not only in air warfare, but also in space and cyberspace, giving the Air Force the ability to project global military power on a scale that our adversaries cannot match.

Exploiting such technologies is not unique to the Air Force, but we’re the only service that brings them together in ways that allow our sister services the freedom to maneuver in their respective domains without fear of attack by enemy air forces. The air arms of the Army, Navy, and Marine Corps are

supremely capable at what they do – facilitating their parent service’s respective mastery of operations on the ground, at sea, and in a littoral environment.

However, America has only one Air Force that was specifically designed and is precisely employed to exploit the unique global advantages realized from operating in air, space, and cyberspace.

Air Force airpower gives America the ability to control and exploit this ultimate high ground that is essential to winning our nation’s wars. No other service, or combination of services, can deliver the capability and capacity that the Air Force provides to the warfighter in our core mission areas.