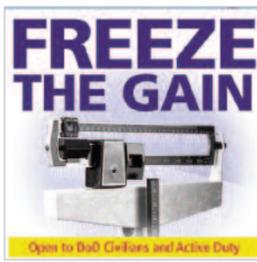




Campaign in swing

The 2013 Robins Combined Federal Campaign is back in full swing. As of Thursday, the campaign had raised \$79,645.

This year's campaign runs through Nov. 22. For a list of super monitors visit the Robins Homepage at robins.af.mil.



AFMC promotes campaign to prevent diabetes

Page 10

Daylight saving time

The return to Standard Time from Daylight Saving Time will occur Sunday at 2 a.m. Clocks will be set back one hour to 1 a.m.

Employees on a shift when time "falls back" to standard time will be credited with the actual number of hours worked. Time worked in excess of eight hours, or the regular tour of duty hours, must be paid overtime, compensatory time earned, or recorded as credit hours. For more information, call Civilian Personnel Customer Service at 472-0601.

ROBINS REV-UP

November 1, 2013 Vol. 58 No. 42

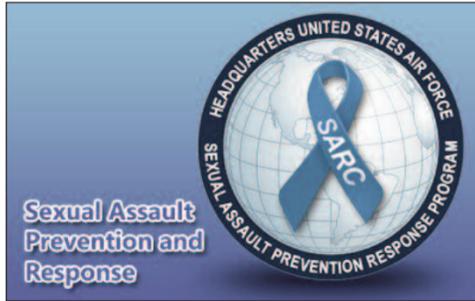
Attention all Airmen

AF holds sexual assault offenders accountable, convictions now online

BY COL. CHRIS HILL
Installation commander
and
COL. HENRY CYR
461st Wing commander

You've heard a lot lately about the topic of sexual assault. You will continue to hear a lot about it in the weeks and months ahead. It's important that each Air Force member understands the importance of the Air Force addressing and solving this real issue.

Each allegation of a criminal offense must be evaluated on a case-by-case basis. In court, the court members and military judge must exercise their independent judgment in determining the facts of a particular case and, if the accused is guilty, determine an appropriate punishment. When a person is found guilty beyond a reasonable doubt, it's often possible to identify recurring themes and risks.



U.S. Air Force graphic

In that way, we can all work together to protect ourselves, protect each other and combat the problem head on.

To this end, the Air Force now publishes sexual assault convictions online. Anyone can go to the website and review more than 100 sexual assault convictions from across the Air Force. After a few minutes of reviewing the facts of the cases that

resulted in a conviction, you will soon see many cases are very similar – they involve: the use of alcohol; the absence of personal respect for the victim; and the absence of the victim's consent.

A number of these cases also involve Airmen assaulting fellow Airmen. Many times these victims were coworkers and former friends – people who trusted their assailant. It is critical that we all look out for each other, that we respect each other and that we create a culture of respect and sense of responsibility for each other.

Airmen, who are convicted of sexual assault, can be held accountable by military judges and court-martial panels with punishments that often include jail time, rank reductions and punitive discharges. Be aware, of course, that there are – and should be – large variances in what a particular accused may receive as a punishment.

► see SAPR, 8

NEWS

YOU CAN USE

EO closure

The Robins Office of Equal Opportunity will be closed for training Tuesday until 1 p.m.

Exercise in progress

The installation is participating in Vigilant Shield 14, a U.S. Northern Command exercise.

Vigilant Shield 14 will test the ability of base personnel to respond to various situations and threats, particularly during the first five days of the exercise. It may result in some delays entering and exiting buildings, as well as the base.

The exercise is scheduled to run through Nov. 15.



Plan ahead

Tuesday the 78th Civil Engineer Group will close Gate 14, Russell Parkway Gate, from 9 a.m. to 3 p.m. to safely perform maintenance on the vehicle barriers.

One of the three main gates will be closed on each of the first three Tuesdays monthly from 9 a.m. to 3 p.m.

Second Tuesday of the month – Gate 3, Watson Boulevard Gate; and Third Tuesday of the month – Gate 1, Green Street Gate.

Note: In case of inclement weather, work will occur on the following Wednesday 9 a.m. to 3 p.m.



U.S. Air Force photo by ED ASPERA

Scott Mansfield, a local contractor, navigates a custom-built 18 wheeler which removes aircraft tire rubber and paint lines from the Robins airfield using high-pressure water for paint at 1,500 PSI and light detergent. Tire rubber particles are then picked up by a sweeper vacuum truck.

Project runway equals makeover

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

The longest runway in Georgia – at 12,001 feet – is currently getting a fresh shower and a new coat of paint to restripe lines along the concrete pavement.

Paint lines are being removed from the concrete and a new coat will be applied by a local general contractor. The company will also remove aircraft tire rubber markings

along the heavily-used north and south ends of the runway.

Work began Monday during evening hours and will continue for two weeks. A custom-built 18 wheeler will remove tire marks, and will paint lines along the runway using high pressure water for paint and light detergent for tire rubber particles. Water and paint particles are then picked up by a sweeper vacuum truck.

Because of budget constraints, the last time aircraft tire marks were removed was two years ago.

Robins only AF base to manufacture printed wiring boards

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

When no one else can make or find circuit boards that have become obsolete, folks with manufacturing capabilities in the 569th Electronics Maintenance Squadron are always up to the task.

"The printed wiring board manufacturing capability in the 569th EMXS is unique to the Air Force," said Connie Huffman, 569th EMXS physical scientist. "It's configured to fulfill a broad range of customers' electronics circuitry needs, from aging weapon systems with very low-level volume, to a myriad of automatic test equipment, the spectrum of flexible circuitry, and avionics unit redesigns."

The shop – which is the only one certified in the Air Force – received its first certification in 1996, providing printed wiring boards manufactured to the exact specifications of the military performance standard, Mil-PRF-55110.



U.S. Air Force photo by ED ASPERA

The 569th Electronics Maintenance Squadron produces both rigid and flexible circuit boards, and is the only one in the Air Force that performs production-level manufacturing of bare printed wiring boards for line replaceable units.

Printed wiring boards are created from copper clad fiberglass laminate sheets, which are etched to produce a final circuitry pattern.

Electronic components are then mounted on the cir-

cuits, resulting in a circuit card assembly – basically, circuit card assemblies come in all different shapes and sizes and are found in some form in every electronics device.

Boards can be single-sided with one copper layer, double-sided with two copper layers, or multi-layered.

The bulk of the workload for many years in the squadron's manufacturing was a 17-layer backplane, which went on old 386 processor drives which flew aboard F-16s. Flexible circuit boards have also been produced in the squadron.

Re-manufacturing replacement circuit cards is regularly accomplished for line replaceable unit repairs and automatic test stations. The shop is the only one in the Air Force which performs production-level manufacturing of bare printed wiring boards for LRUs.

A small team does everything from selection of raw material to final inspection of completed bare boards.

► see WIRING, 8

Second Front

Foster Leadership in People awards

Fostering Leadership in People awards were presented to two individuals and one group Oct. 25.

Col. Christopher Hill, Installation commander; Doug Keene, 402nd Maintenance Wing vice director; and Tom Scott, American Federation of Government Employees Local 987 president, presented the awards which are given to those who contribute to

improving labor management relations at Robins.

The latest recipients are:
►402nd Maintenance Support Group, Voluntary Protection Program Steering Committee;
►Beatrice Winn, 78th Communications Directorate; and
►Randy Rustin, 402nd Electronics Maintenance Support Squadron.

Save A Life Tour

Airmen to get view of distracted driving

BY JENNY GORDON
 jenny.snider.ctr@us.af.mil

Members of the Save A Life Tour: Distracted Driving, will be making a stop at Robins next week. The tour will be here from 8 a.m. to 4 p.m. Nov. 8 in the Heritage Club ballroom.

Briefings will be conducted at 8 and 9:30 a.m., 1 and 2 p.m., and will last for 30 minutes each. Save A Life members will discuss the danger of texting and driving and how lives are affected by the consequences of driving while distracted.

The event is mandatory for all military members ages 18 to 26. Civilians are welcome to attend.

Between briefings, attendees may use a simulator which consists of a realistic encounter of users driving under distracted situations. This can occur as a result of texting



U.S. Air Force file photo by SUE SAPP

In this 2008 file photo, a Robins Airman tries out a simulator as Brian Baldyga, Save A Life speaker, looks on. This was the last time the Save A Life Tour came to Robins. The \$2.5 million driving simulator is part of the tour's distracted driving awareness campaign that will visit Robins Nov. 8.

while driving, talking on a cell phone, changing stations on the radio, putting on make-up, etc. The simulator's program will last 2 to 3 minutes.

The event, presented by the 78th Air Base Wing Safety Office, is open to all active duty military members, Reservists and Guard members.



U.S. Air Force photo by MASTER SGT. ROGER PARSONS

Mission support

Tech. Sgt. Jessica Colunga, 461st Maintenance Squadron aerospace propulsion apprentice, installs a bleed air duct on an E-8C Joint STARS engine. Colunga and fellow mechanics from the 461st and 116th Air Control wings work to ensure maintenance stays on track and JSTARS missions continue.

Professional Maintenance Certificate Program open season

BY MICHELLE ALDANA
 WR-ALC Business of Operations
 Human Resources

The Warner Robins Air Logistics Complex Business of Operations Human Resources office is accepting Professional Maintenance Certificate Program applications until Jan. 6.

All general schedule and federal wage system personnel in the Air Force Materiel Command depot maintenance community can submit an application package. Other civil service employees who do not work in maintenance may be eligible if they meet program requirements for a specific level (i.e. training,

formal and developmental education where applicable, and minimum years of maintenance experience.)

Applicants must meet eligibility requirements as identified in the PMxCP framework and outlined in the governing instruction.

The PMxCP was developed in response to the Office of the Secretary of Defense's goal of developing enterprise logisticians. AFMC headquarters led the development of a maintenance-specific certification program to formally recognize the maintenance workforce's skills and experience. The PMxCP consists of five levels of certification. Five occupational certificate codes

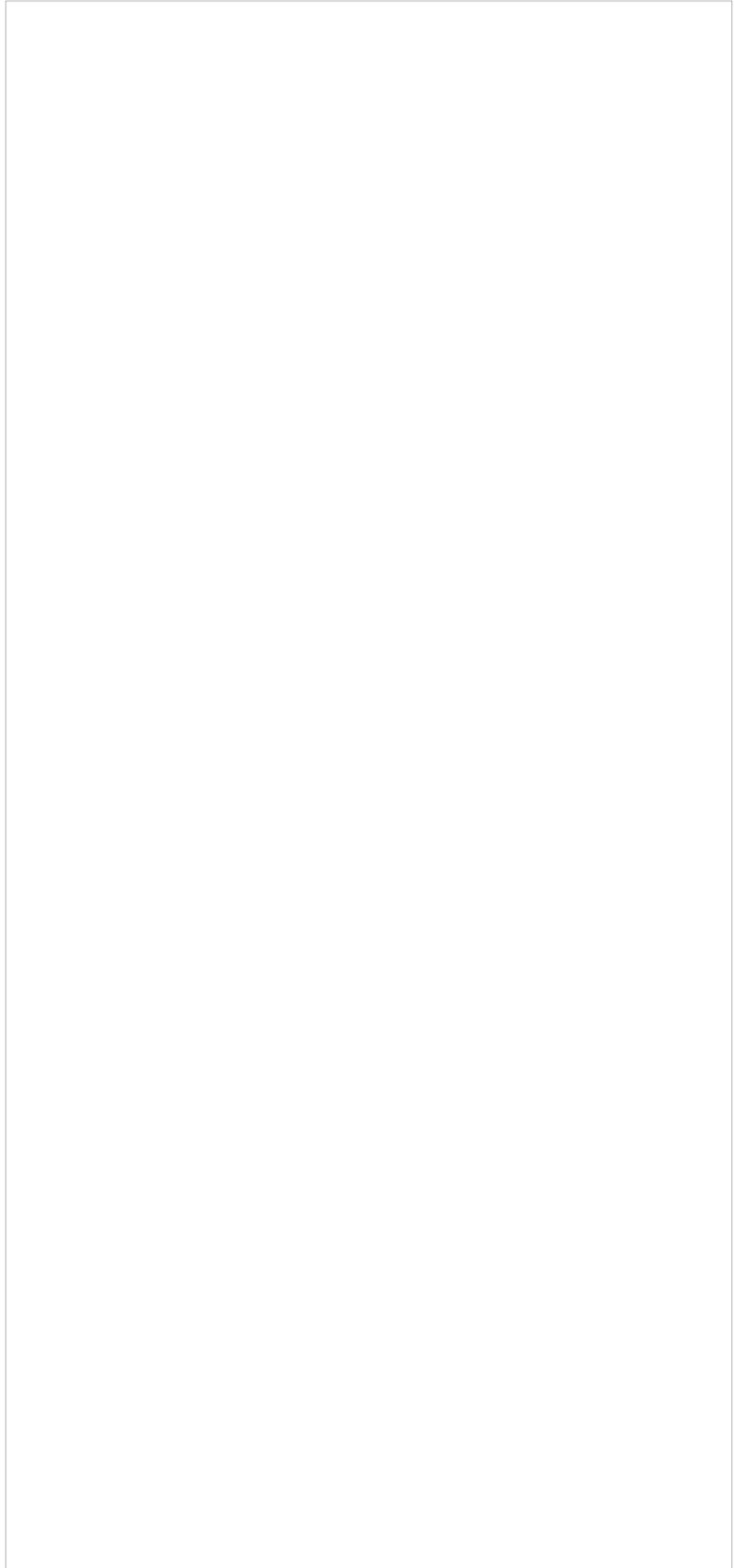
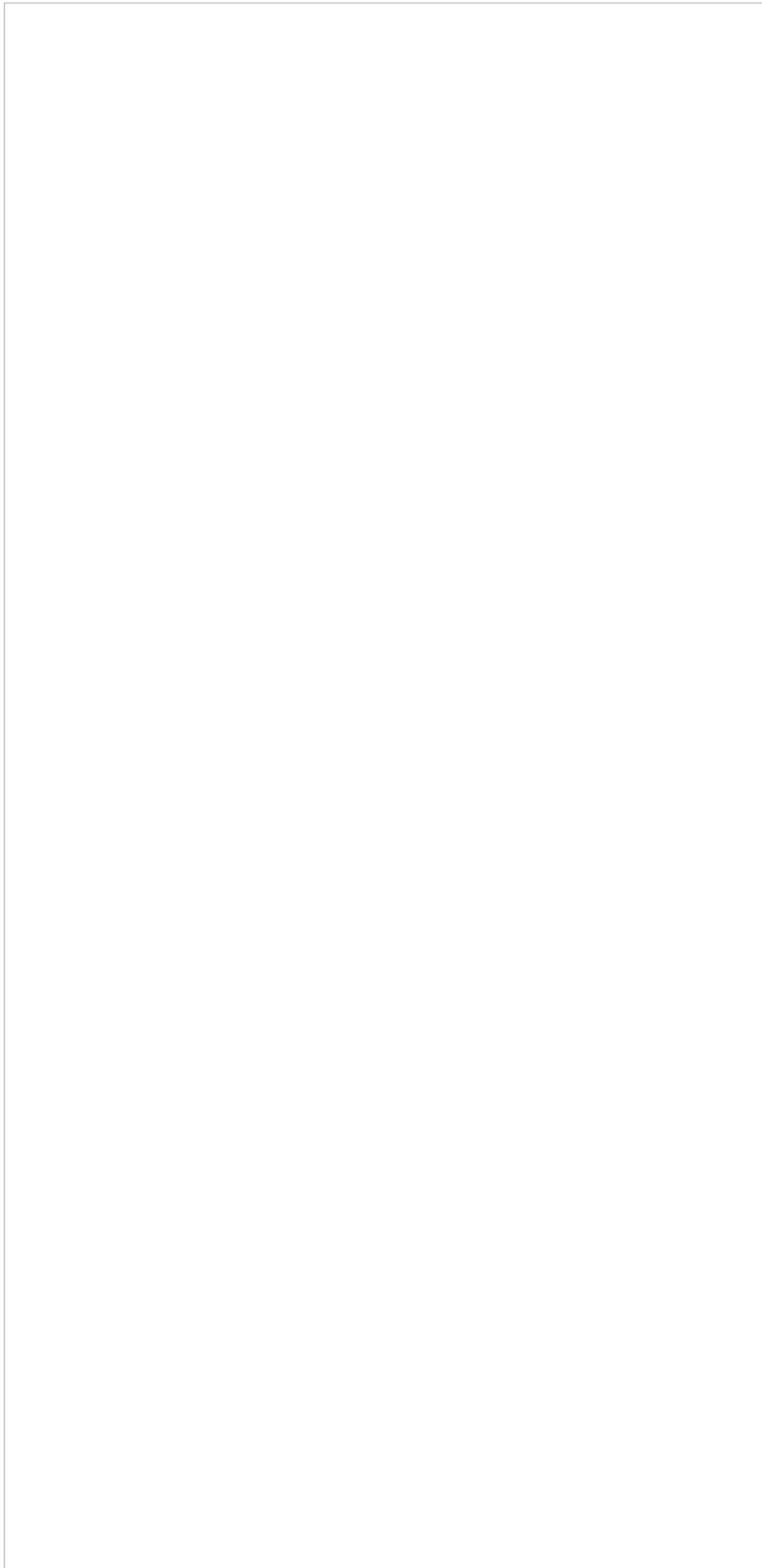
have been added to the personnel system that can be used to document the program in a worker's career briefs.

To apply, complete all program requirements for a target certification level, complete the required PMxCP application and submit a complete application package no later than the Jan. 6 closing date.

All PMxCP information, including program specifics and application details is located at <https://cs3.eis.af.mil/sites/25568/default.aspx>.

For more information, contact Abe Banks, at abe.banks@us.af.mil or Michelle Aldana, at michelle.aldana@us.af.mil.

Safety first, it saves lives.



Benefits enrollment, Affordable Care Act info

There are two important events underway affecting federal employees regarding health benefits coverage and the Patient Protection and Affordable Care Act.

The 2013 Federal Benefits Open Season will run Nov. 11 through Dec. 9. That includes enrollment in the Federal Employees Health Benefits, Federal Employees Dental and Vision Insurance and Federal Flexible Spending Account programs.

Open season information may be found on the myPers benefits and entitlements website at <https://gum-crm.csd.disa.mil>. Common access cards are required. The Office of Personnel Management's guides to federal benefits are available at www.opm.gov/insure/health/planinfo/guides/index.asp.

"Open season is a good time for employees who



don't have health coverage to consider their options in light of the Affordable Care Act requirement to maintain minimum health care coverage for themselves and all dependents claimed on their federal tax return or to qualify for an exemption," said David McAlpin, 78th Air Base Wing civilian personnel officer. "Those who don't meet the requirement, in accordance with the Patient Protection and Affordable Care Act, and the Health Care and Education Reconciliation Act, will be charged a penalty beginning with their 2014 federal tax return."

During open season employees can enroll, change health plans or options, cancel enrollment, change to self-only or self and family and waive or begin participation in Premium Conversion.

Elections made during the 2013 season will be effective Jan. 12, and will be reflected on leave and earning statements received on Jan. 31.

Enrollments or changes will be made via the Employee Benefits Information System, at <https://www.my.af.mil> and <https://w20.afpc.randolph.af.mil/AFPCSecurityenet20>, or the Benefits and Entitlements Service Team automated phone system at 1-800-525-0102.

Safety saves lives. Start your savings account today.

News from around the Air Force

Air Force leaders describe future force under sequestration

WASHINGTON (AFNS) – Two senior Air Force leaders testified before Congress Oct. 23, along with their Army and Navy counterparts on the impact of the continuing resolution and sequestration on the service's acquisition and modernization programs.

William LaPlante, the principal deputy to the secretary of the Air Force for acquisition, and Lt. Gen. Michael Moeller, the Air Force deputy chief of staff for strategic plans and programs, both testified on the significant impacts of the continuing resolution and sequestration to the House Armed Services Committee's Subcommittee on Tactical Air and Land Forces.

LaPlante, along with the other acquisition chiefs, said sequestration will cost the Defense Department more than it saves. Cuts to development programs will drive up unit costs and are already delaying testing, he said.

Under the continuing resolution, the services are not permitted to change how funds are appropriated from one year to the next; leaving some accounts with excess cash while others are underfunded. In fiscal 2013, Congress authorized the transfer of some funds between accounts, but that flexibility has not been renewed for fiscal 2014.

The inflexible funding means the Air Force is likely to have to cut the number of aircraft it buys this year, LaPlante said, singling out the F-35 Lightning II program as an example. "We'll lose somewhere between four and five airplanes in fiscal 2014," he said.

Since sequestration started, people have been seriously affected. Thousands of Air Force civilians were furloughed without pay earlier in the year, and flying units stood down for a period of time, degrading readiness.

As sequestration continues, Air Force leaders said cuts need to be made, in addition to those made already.

"We had to look everywhere in order to get billions in dollars of savings," Moeller said.

They went as far as to say the service is looking at cutting entire fleets of aircraft, and under sequestration, the service will need to reduce the force by as many as 25,000 Airmen.

To read more, visit www.af.mil.

Violators of PII will have AFNET accounts locked

PETERSON AIR FORCE BASE, COLO. (AFNS) – Individuals who inappropriately store and transmit Personally Identifiable Information over the Air Force Network will now have their accounts locked in response to the violation.

"We are taking several steps to improve notification and reporting of PII incidents," said Gen. William Shelton, Air Force Space Command commander. "My intent is to increase awareness within the Air Force as part of my responsibility to ensure the security and defense of the AFNET and its users. PII violations create both a personal and operational risk for all of us."

The 68th Network Warfare Squadron and 352nd Network Warfare Squadron, as the Cyberspace Defense Analysis Weapon System, are actively monitoring the AFNET for PII breaches and violations. When a PII breach is identified, it is reported to the 624th Operations Center and the formal reporting process is initiated.

The 624th OC, as the Cyber Command and Control Mission System Weapon System, then reports the



U.S. Air Force photo by U.S. NAVY MASS COMMUNICATION SPECIALIST 2ND CLASS BRIAN T. GLUNT

On the prowl...

An MQ-1 Predator unmanned aerial vehicle attached to the 324th Expeditionary Reconnaissance Squadron takes off Oct. 22. The Aerospace Sustainment Directorate at Robins performs program management for the aircraft.

AFNET PII breach to the 24th Air Force Commander, which will result in locking the violator's AFNET account and notification to the individual's wing commander.

"Beginning Oct. 24, we began locking out the AFNET account of individuals who were found to be inappropriately transmitting PII data via the AFNET," said Maj. Gen. J. Kevin McLaughlin, 24th Air Force and Air Forces Cyber commander. "A violator's account will only be unlocked once the first O-6 in their chain of command certifies that the individual has accomplished all necessary actions, to include remedial training."

To read more, visit www.af.mil.

Air Force Bands, Thunderbirds resume outreach operations in 2014

WASHINGTON (AFNS) – The Air Force is implementing a coordinated plan to resume public outreach and community engagements at a reduced capacity as a result of a multi-service working group.

The plan, approved by the Secretary of Defense, promotes a formalized, joint approach to national engagement and represents a new normal for outreach operations across the services, according to Wendy Varhegyi, the Air Force public affairs engagement division chief.

Two popular, high-visibility programs, the Thunderbirds and Wings of Blue aerial demonstration teams, will return with full seasons. However, the Air Force will not resume a public flyover program across the country, nor will there be Air Force static display aircraft at civilian air shows.

"The decision was made after months of coordination between the services and is, we believe, the fiscally responsible way to reconnect with the American public," Varhegyi said. "We may, however, see some slight modifications to the plan as the year progresses."

Funeral flyovers are not affected by the plan and will continue to be coordinated through normal procedures.

For the Thunderbirds, a full season will consist of 34 shows divided between civilian and military events, while the Wings of Blue Jump Team will participate in up to 33 shows.

The Air Force 2014 outreach plan cuts overall spend-



U.S. Air Force photo by MASTER SGT. BEN BLOKER

Load it up

Staff Sgt. Ryan Vanterpool chains down a mine-resistant, armored-protective vehicle, known as an MRAP, on a C-17A Globemaster III at Bagram Airfield, Afghanistan. Bagram has become a major hub for retrograde operations out of Afghanistan. Vanterpool, a Hawaii native, is deployed from Joint Base McGuire-Dix-Lakehurst, N.J.

ing by about 54 percent from 2012 levels, but still allows the Air Force to engage with the American public.

"Community and public outreach is a crucial activity for the Air Force because we must connect with the people we serve and highlight the capabilities of the Air Force," said Brig. Gen. Les Kodlick, Air Force public affairs director. "Historically the Air Force participates in thousands of national events every year. Under the new plan, those small scale flyovers will cease. Instead, the Thunderbirds will fly over a limited number of national-level events."

To read more, visit www.af.mil.

– compiled by Geoff Janes

AMERICA'S ASYMMETRIC ADVANTAGE

I believe that air supremacy – in all its components – will be indispensable to maintaining American military strength, deterrence, and global reach for decades to come.

– Former Secretary of Defense Robert Gates

From airpower's earliest days, Airmen working together have exploited technology to provide essential knowledge and information on when and where to act, to move people and materials when and where needed, to control the ultimate high ground, and to strike where and when desired.

In building the Air Force's culture of "over, not through," we now have an incomparable ability to act either independently or in full collaboration with our joint, interagency and coalition partners to protect and defend our nation and its interests.

The increased use of airpower as the lead American force element is a probability for which Airmen must be prepared to execute.

The Air Force's core missions will continue to serve America's long-term security interests by giving our nation and its leadership unmatched options to confront the challenges of an unpredictable future.

The heavy demands placed on the military to defend the nation's interests during the last 20 years



U.S. Air Force graphic

have dramatically increased the level of adaptability, creativity, and coordination between and among our sister services, interagency partners, allies and friends.

Through it all, airpower has repeatedly been used to deter conflict, control escalation, and, when so tasked by the nation's leadership, destroy an adversary's military capability.

However, investments in Air Force capabilities and readiness are essential if the nation is to maintain an

agile, flexible and ready force.

To be effective, this force must be deliberately planned for and appropriately and consistently funded. Our highly sophisticated and capable Air Force cannot be reconstituted overnight if it is allowed to atrophy.

A smaller, highly capable Air Force is clearly preferable to a larger one of lesser quality.

The Air Force gives our nation powerful options to advance its long-term interests and protect our way of life. Today's Air Force is an indispensable hedge against the challenges of an uncertain and dangerous future. Every Airman, and every citizen, should take pride in the fact that the Air Force will always provide Global Vigilance, Global Reach, and Global Power for America.

Editor's note: This is the last in a series of articles from Chief of Staff of the Air Force Gen. Mark Welsh's office.

ROBINS REV-UP

COMMANDER
Col. Christopher Hill

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They should be e-mailed to
lanorris.askew.ctr@us.af.mil and
vance.janes@us.af.mil

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

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From the Command Down

AFMC recognizes third quarter graduates

AIR FORCE MATERIEL COMMAND PUBLIC AFFAIRS

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – Congratulations to the following Team Robins members of the Air Force Materiel Command team for completing a degree or certificate program during the third quarter of AFMC’s “Year of the Graduate” program.

Master Sgt. Pedro Achaval
Senior Airman Linda Allenhall
Staff Sgt. Shemuel Beroo
Tech. Sgt. Aaron Bickel
Tech. Sgt. Donna Bickel
Staff Sgt. Ashley Block
Staff Sgt. Daniel Bricker

Master Sgt. Joseph Capazola
1st Lt. Micah Dalcoe
Capt. Rebecca Daugherty
1st Lt. Herbert Doss
Tech. Sgt. Ron Dunn
Staff Sgt. Erik Edwards
Master Sgt. Tynnishua Fowler
Tech. Sgt. Benjamin Fuller
Tech. Sgt. John Fusco
Staff Sgt. Richard Garrett
Staff Sgt. Ryan Gilbreth
Senior Airman Elijah Ginter
Staff Sgt. Daniel Gorman
Tech. Sgt. Geovanny Govea
Tech. Sgt. Ashley Gross
Senior Airman Antonio Hanson
Tech. Sgt. Shawn Hardee
Tech. Sgt. Joshua Hatcher
Staff Sgt. Christopher Hatten

Master Sgt. Brad Houchins
Tech. Sgt. Matthew Hunn
Tech. Sgt. Christopher Jones
Capt. Christopher Jones
Master Sgt. Royal Jones
Master Sgt. Anthony Kemp
Tech. Sgt. John Kiely
Senior Airman Mark Lincoln
Master Sgt. Thomas McCune
Tech. Sgt. Matthew McKeegan
Master Sgt. John Paolozzi, Jr.
Master Sgt. Jesse Pate, Jr.
Master Sgt. Kenneth Plummer II
Capt. Corin Potor
Senior Master Sgt. Elenamay Reyes
Tech. Sgt. Kevin Rogers
Col. Patrick Ryan
Staff Sgt. Shanelle Sapp
Senior Airman Joshua Shryock

Senior Airman Christopher Simmons
Master Sgt. Noemi Sison
Senior Airman Christopher Storer
Master Sgt. Jason Thomas
Senior Master Sgt. Jean Vargo
Staff Sgt. Zachary Waldron
Capt. Ariel Wheelock
Staff Sgt. Victoria White
Master Sgt. Terence Wiley
Tech. Sgt. Angie Wright

The goal of YoGrad is to inspire those considering or currently working on an education plan to start, continue or complete that plan.

Editor’s note: For a list of all the graduates across the command, visit www.afmc.af.mil.

Positive workplace relationships enable everyone to perform at their very best

ALL in a Day's WORK

Name: Marchelle Glover

Work title: Group protocol specialist

Unit: 402nd Software Maintenance
Group/Flight M

Hometown: Detroit, Mich.

Number of years in federal service: 28



U.S. Air Force photo by RAY CRAYTON

What does your work involve at

Robins? "I coordinate all tours within the 402nd SMXG. I'm also an alternate emergency management representative and member of the 402nd SMXG Employee Council."

What do you enjoy most about your work? "Meeting new people and coordinating events. I love planning and my job allows me to do what I love to do."

How does your work contribute to the Robins mission? "Many of the tours I coordinate are for groups who are looking at software maintenance to see our capabilities for workload. When I provide that first leg, my organization does the rest."

What prompted your interest in your career? "I have always enjoyed the less technical aspects of a job. I was an administrative specialist in the Air Force, and I am an administrator at heart."

"I appreciate coordinating, organizing and making things happen, then sitting

back and letting others enjoy it."

Who has been the biggest influence in your life? "My mother, Betty Wordlaw, has influenced me greatly. She was a single mother who raised seven children and is currently raising two of her grandchildren. Although we didn't have a lot growing up, my mother could always squeeze out a little something to help someone else."

What's something people would be surprised to know about you? "People will be surprised to know that although I sing all the time, I have severe stage fright. Getting up in front of people to talk is one of my worst nightmares."

What's the accomplishment you're most proud of? "I served six honorable years in the Air Force, and I give back currently by singing the National Anthem upon request."

"To learn my purpose in life was a journey well taken. I truly live life to serve others."

**THINK OPSEC!
PRACTICE IT AT WORK, HOME,
EVERYWHERE.**

WIRING

Continued from 1

Manufacturing steps include photo-imaging, machining and chemical processes. They're able to diversify and improvise to meet customer demands.

"The shop provides value to the Air Force and other military customers by being small enough to maintain agility in manufacturing processes, thus ensuring continuous process improvement," said Huffman.

One interesting recent project was a redesign of a faceplate that sits in an F-15 cockpit. A dark cockpit can result in a surprisingly bright environment for pilots who sit in the presence of illumi-



U.S. Air Force photo by ED ASPERA

Circuit card assemblies come in all different shapes and sizes and are found in some form in all electronics devices.

nated switches, controls and other components.

Prior to redesign, the faceplate had not been night vision-compatible and had included a non-reparable circuit.

However, it was replaced with a reparable, single-sided circuit – created by the 569th EMXS – that included night

vision compatibility.

Perhaps most importantly, the shop contributes to properly functioning, secure defense systems, mitigating threats to the supply chain and providing a source for high quality, trustworthy printed circuit boards, thereby maintaining military superiority.

SAPR

Continued from 1

Punishments are determined on an individual, case-by-case basis, and are based on the specific facts of that case.

Furthermore, Airmen who are found guilty of sexual assault and don't receive a punitive discharge as part of their punishment will have administrative discharge proceedings initiated against them and may be retained only if they meet a cumulative multi-part test.

For Airmen at this base, only Lt. Gen. Bruce A. Litchfield, Air Force Sustainment Center commander, can waive this requirement to initiate administrative discharge proceedings. In addition, as required by many state laws, convicted Airmen must also register in their jurisdiction's sexual assault registry. These sex offender lists include the names and addresses of convicted sex offenders and are publicly available online.

What is clear is that the Air Force will neither condone nor sit idly by when there has been an allegation of sexual assault – and will not tolerate those who do not share our values regarding sexual assault and mutual respect for one another. An

accused who commits such an offense will be held accountable by the Air Force and by society.

We encourage all Airmen to visit the website at www.afjag.af.mil/sexualassaultprosecution/index.asp.

The site, in addition to information on prior sexual assault convictions in the Air Force, has information on the senior trial counsel program, senior defense counsel program and the special victim's counsel program.

After reading the information provided, we ask that you take the time to discuss the cases – and the serious personal, legal and career-ending consequences of committing sexual assault – with your fellow Airmen. It's critical that we work together to combat this serious, mission-threatening issue.

When you see a situation that isn't right, be a good wingman; intervene and insist your fellow Airman treat others with respect. You will regret being a passive bystander when a few words of intervention can forever positively change the lives of Airmen around you. Always remember, your actions will help create the environment where all Airmen are respected and supported.

**BE SMART
ARRIVE ALIVE
DON'T DRINK AND DRIVE**

**TURN OFF
THE JUICE
WHEN NOT
IN USE**



**ON
ROBINS
IT'S THE
LAW**



**THINK
GREEN ...**

**PLEASE
RECYCLE
THIS
NEWSPAPER**

BREAKING THE CYCLE

Family Advocacy program helps victims of domestic violence

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

Nearly everyone has seen or heard about it at some point.

Name-calling, physical violence or the threats of it, and possibly public humiliation of another person – it's called domestic violence.

Recognizing it when it happens to someone else is one thing, but would you recognize domestic violence if it were happening to you?

Tracy Snider, Family Advocacy Treatment manager in the 78th Medical Group's Mental Health Flight, said spotting an "abuser" is harder than you'd expect.

"There is no typical abuser," she said. "In public, they may appear friendly and loving to their partner and family. They often only abuse behind closed doors. They also try to hide the abuse by causing injuries that can be hidden and don't need a doctor."



Abusers usually have low self-esteem and don't take responsibility for their actions, often blaming their victims for the abuse, Snider said.

"An abuser will use fear, guilt, shame and intimidation to wear a victim down to make them feel powerless so the abuser can gain control," she said. They'll make decisions for their victim and tell them what to do. Abusers may treat their victim like a servant, child or even a possession. Abusers keep their

victims walking on eggshells.

The abuse crosses all boundaries.

"It occurs in intimate relationships including current and former spouses, partners and significant others," Snider said. "A person engages in domestic violence because he or she wishes to gain or maintain power and control over another, and believes he or she is entitled to do so."

Domestic violence is inflicted through a pattern of emotional, physical, sexual abuse or neglect of a disabled partner. It may include violence to intimidate and control. Physical abuse includes force meant to hurt, intimidate or coerce.

Family Advocacy can help people break the cycle of violence.

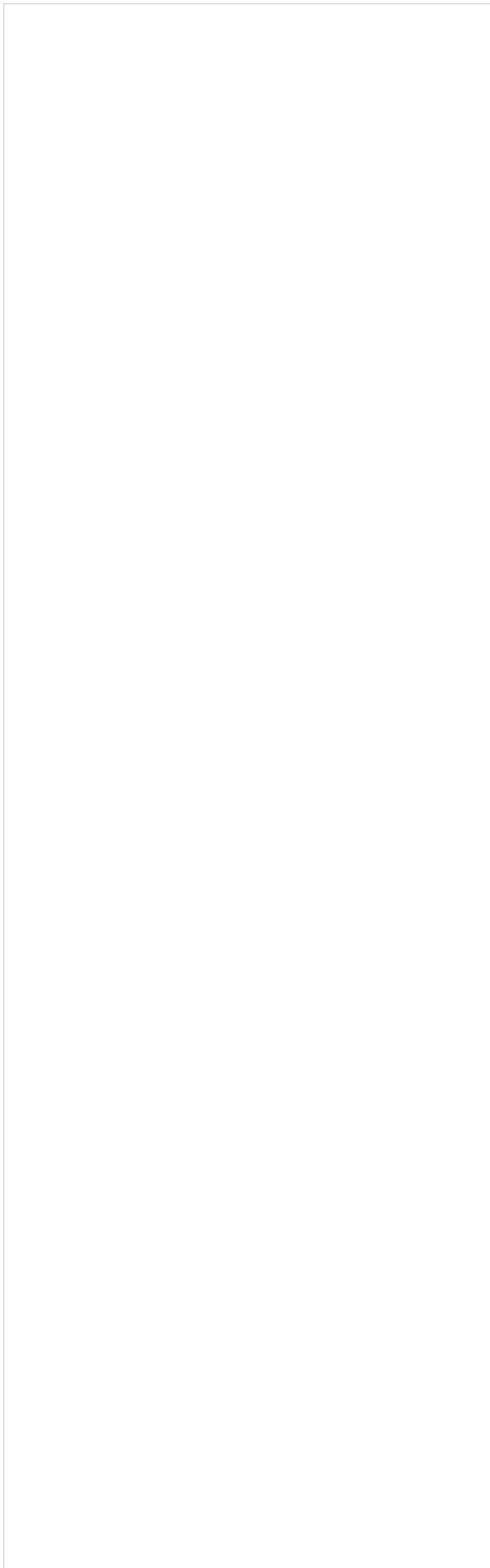
Abuse prevention classes are open to anyone in the military community. New Parent Support and counseling is also available to Tricare eligible families. For more information, call DSN 497-8398 or commercial 327-8398.

PRIVATE INFORMATION IS WORTH KEEPING HIDDEN

- PROTECT YOUR PERSONAL INFORMATION
- CHANGE PASSWORDS OFTEN
- LOCK YOUR COMPUTER

CYBER SECURITY IS UP TO YOU!

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AFMC promotes Freeze the Gain to prevent diabetes

AIR FORCE MATERIEL COMMAND WELLNESS SUPPORT CENTER

WRIGHT-PATTERSON AIR FORCE BASE, Ohio —

During the holiday season, Air Force Materiel Command will promote the Freeze the Gain Challenge to help prevent type 2 diabetes.

According to the American Diabetes Association, diabetes is a national epidemic and is one of the fastest growing diseases in the country. More than one in four adults has pre-diabetes and one in 10 adults have diabetes. Keys to prevent or delay the onset of type 2 diabetes include healthy lifestyle habits

that focus on weight management, physical activity and proper nutrition.

Freeze the Gain is a weight maintenance program that encourages participants to maintain – not gain – weight during the eight week period of the challenge, which runs from Nov. 18, through Jan. 10. Civilian Health Promotion Services will be conducting the program.

The Freeze the Gain program has four parts:

►Enroll online at AFMCwellness.com between Oct. 15 and Nov. 15 (appropriated fund Department of Defense civilians need to complete the online Health

Risk Assessment when they enroll).

►Complete an official FTG weigh-in by CHPS staff between Nov. 1 and Nov. 15.

►Attend one CHPS class about Preventing Diabetes between Nov. 18 and Jan. 10.

►Get weighed-out by CHPS staff between Jan. 13 and Jan. 24.

Participants who complete the FTG program without gaining more than two pounds of their initial weight will receive a free copy of the Eat Right for Life Cookbook Companion.

For more information on the campaign, contact your local CHPS team or visit AFMCwellness.com.



WHAT TO KNOW

For more information, contact CHPS at 478-327-8030 or DSN 497-8030 or email Kelley Denney, CHPS Coordinator, at Kelley.Denney.ctr@us.af.mil.

HAWC classes offer something healthy for everyone

The following HAWC classes are available to active duty, Reserve, Guard, retired military, their dependents, Department of Defense civilians and contractors at no cost. Classes are limited and all require preregistration.

RUNNING IMPROVEMENT PROGRAM (RIP)

This four-week program is designed for the runner who has a good base or foundation in running. You will further enhance or improve running form and technique as well as learn drills and exercises to work on key elements of running. This course will also help you understand and experience speed, interval, and pace training techniques that can improve your run times. This is a four-week program which will meet on Mondays, Wednesdays and Fridays (must plan to attend all classes).

Class meets from 8 to 9 a.m. Monday through Nov. 27.

HEALTHY HEART

This class shows the dangers of high cholesterol and high blood pressure, and how to lower them through positive lifestyle changes and the DASH diet.

Class meets from 8:30 to 10:30 a.m., Monday.

CHILDBIRTH EDUCATION CLASS

A four-week course designed for expectant mothers and their coaches at 28 weeks or greater. Participants learn



U.S. Air Force photo by RAY CRAYTON

Gunnery Sgt. Anthony Reyne, Marine Aircraft Group 49, Detachment A enjoys his daily run around Duck Lake Oct. 29.

what to expect during childbirth and receive a tour of the Women's Center.

Class meets from 6 to 8 p.m. Monday, Nov. 11, Nov 18, 25, Dec 2, & Dec 9.

WALK-TO-RUN PROGRAM

This 10-week, hands-on beginner or post rehabilitative program is designed to safely prepare you for progression to intermediate running programs. It is specifically designed to properly build a running base for progression to other higher intensity run-training programs which are important for improving run speed and performance.

Class meets from 9 to 10 a.m. Tuesdays and Thursdays from Oct. 1 through Dec. 5.

PERFORMANCE NUTRITION

Ready to learn how to fuel your body for performance? In this program you will learn nutrition for energy management for optimized metabolism and peak performance. This class is designed for active duty, Guard and Reserve members and anyone who wants more energy each day.

Class meets from 9:30 to 10:30 a.m., Wednesday, Nov. 20 and Dec. 4 and 18.

TOBACCO CESSATION

This three-week session provides education and support to clients who desire to quit using tobacco.

The 4th week is a Support Group for those who want to attend. Program includes the use of prescription medications such as Chantix and Nicotine Patches.

Class meets from 11 a.m. to noon Wednesday, Nov. 13 and 20.

HEALTHY PREGNANCY

This class is for pregnant women and new mothers who want to reap the many health benefits of exercising. The class will include how your body changes, adapted strength exercises, complete prenatal and postpartum exercises, essential flexibility exercises, special relaxation exercises and safety guidelines. Class meets from 8:30 to 10:30 a.m., Nov. 13 and Dec. 11.

DIABETES SELF MANAGEMENT

This class provides education and training concerning the nutritional management of diabetes through healthy food choices.

Class meets from 1 to 3 p.m., Nov. 20.

For more information or to register for classes, call the HAWC at commercial 478-327-8480 or DSN 497-8480 Mondays through Fridays from 7 a.m. to 4 p.m. Closed on weekends and federal holidays.

Out and About

FRI	SAT	SUN	MON	TUE	WED	THUR
1	2	3	4	5	6	7

ON TAP

First Friday

Today
5 to 6 p.m.
Heritage Lounge
Food, fun, entertainment and prizes.
For details, call 472-7864.

Torch Club

Today
5:30 to 6:30 p.m.
Youth Center
Empowers youth to support and influence the club and community, sustain meaningful relationships with others, participate in the democratic process, and to always respect their own as well as the cultural identities of others.
For details, call (478) 926-2110.

Give Parents a Break (Deployed Military)

Today
6:30 to 10:30 p.m.
CDC East (Bldg. 943) and Youth Center (Bldg. 1021)
For details or reservations, call 926-5805 or 926-1426.

Thunder Alley

Today
9 to 11 p.m.
Bowling Center
For details, call 468-2112.

NFL Game Day

Sunday

Noon to 8 p.m.
Heritage Lounge
For details, call 472-7864.

FTAC/Resiliency

Monday
7:30 a.m. to 4 p.m.
Professional Development Center Bldg. 941
For details, call 472-0168.

Transition GPS Workshop (Retiring military members)

Monday through Nov. 4
8 a.m. to 4 p.m.
A&FRC, Bldg. 794
Department of Labor workshop is a required skill based program for members, and spouses who are within 12-months of separating or 24 months of retiring from the military.
For details, call 468-1256.

Adult Watercolor

Monday
10 to 11:30 a.m. and 4 to 5:30 p.m.
Arts & Crafts Center
To preregister, call 468-5282.

NFL Monday Night Football Specials

Monday
Heritage Lounge
For details, call 472-7864.

FTAC/Financial

Tuesday
7:30 a.m. to noon
Professional Development Center Bldg. 941
FTAC students learn how to manage their money and support savings.
For details, call 472-0168.

Golf tips from the Pro

Tuesday
5 to 6 p.m.
Pine Oaks Golf Course
Pay \$5 for all the range balls you can hit and get free tips from the PGA head golf professional.
For details, call 468-4103.

Home School Association Meeting

Wednesday
1 to 3 p.m.
Youth Center, Bldg. 1021
Weekly meeting of parents and children for families who home school.
For details, call 468-1795.

USAJOBS navigating and resume writing

Thursday
8 a.m. to 4 p.m.
A&FRC, Bldg. 794
For details, call 468-1256.



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For more details, call **Venus Mansourzadeh** at 468-6559.