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ROBINS REV-UP

November 15, 2013 Vol. 58 No. 44

NEWS

YOU CAN USE



One week left to give

The 2013 Robins Combined Federal Campaign is entering its final week. As of Thursday, the campaign had raised \$400,000.

This year's campaign runs through Nov. 22.

For a list of super monitors visit the Robins Homepage at robins.af.mil.

OSHA Star Site presentation today

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

The 402nd Maintenance Support Group will be presented with a Star flag and plaque today in recognition of its designation as an OSHA Voluntary Protection Program Star Site.

The ceremony will take place at 2 p.m. in Bldg. 321 – its warehouse worksite.

William Fulcher, area director for OSHA's Atlanta East Area Office, will make the presentation.

The 402nd MXSG is the first industrial site in Air Force Materiel Command to achieve the classification.

The unit provides a wide range of industrial and engineering services for maintenance

production groups in the Warner Robins Air Logistics Complex.

Those services include designing, installing, modifying, and maintaining and repairing ground support equipment; facilities maintenance; building and issuing tool boxes and kits; performing material, chemical and environmental laboratory testing and analysis; and managing the complex's energy program.

The installation now has two OSHA VPP Star Sites. The 402nd Software Maintenance Group became a Star Site in 2009.

VPP builds on safety and occupational health programs already in place to help reduce workplace mishaps and improve employees' overall well-being.

Union, base leaders meet, discuss future relations



U.S. Air Force photo by TOMMIE HORTON

Charles Howard, American Federation of Government Employees Local 987 vice president; Col. Chris Hill, Installation commander; Robert Tidwell, AFGE Local 987 president; and Brig. Gen. Cedric George, Warner Robins Air Logistics Complex commander, gather at the Base Restaurant Wednesday to discuss Union and management relations. Tidwell and Howard took office Nov. 12.



**Paving projects:
Macon Street underway,
Beale Drive starts Saturday**

The Macon Street paving project began Thursday and involves road closings from Seventh Street to Ninth Street for one week. Traffic is being rerouted using Ninth Street while work is performed.

Access to the base clinic, dormitories and dining facility remains accessible.

Work begins Saturday on Beale Drive from the 'cattle guard' to 100 yards south of Bldg. 9 and will take about three weeks to complete.

Traffic will be rerouted to Perimeter Road at the north end of the runway.

Additionally, the Air National Guard gate will be open weekdays from 6 a.m. to 6 p.m. However, drivers are advised that outbound traffic will be right-hand turn only.

The MLK gate will also be open – from 6 to 8 a.m. for inbound and outbound traffic, and from 8 a.m. to 6 p.m. for outbound traffic only.

Editor's note: These projects are tentatively scheduled and are subject to change. Pedestrians, vehicles and motorcycles should be aware of uneven surfaces. Remember to use caution while driving near these areas.

Heritage celebration

The Native American Heritage Observance committee will host a Lecture and Tribal Dance, on Nov. 22 at 11 a.m. at the Exchange.

The event will feature speakers from the Ocumulgee Indian Mounds National Park in Macon and an artifacts display. Additionally, there will be music and tribal dances by Cherokee dancers.

For more information, contact Tech. Sgt. Lizeth Martinez at 497-1777 or lizeth.martinez@us.af.mil.

**A Moment
in Time**

On Nov. 17, 1978, officials at the Warner Robins Air Logistics Center closed down the special C-141 Inertial Navigation System project two weeks ahead of schedule after completing modifications on 152 C-141A Starlifter aircraft.

DRAGON LADY



U.S. Air Force file photo by SUE SAPP

The U-2 Program Office here has completed a modification which keeps U-2 pilots from experiencing decompression sickness during high-altitude flights.

U-2 Program Office helps eliminate DCS

BY ROBINS PUBLIC AFFAIRS OFFICE

Thanks to the U-2 Program Office here, Air Force pilots flying the "Dragon Lady" no longer experience decompression sickness during their high-altitude flights.

Commonly referred to as DCS, decompression sickness is caused by the formation of nitrogen bubbles in the blood and tissue following a sudden drop of air pressure.

For U-2 pilots, who routinely fly missions above 70,000 feet, this has been a major concern.

"Our pilots were seeing an increased number of DCS incidents due to long missions," said Col. Fred Kennedy, Command and Control, Intelligence, Surveillance and Reconnaissance Division chief. "Air Force senior leaders became aware of the problem, and made fixing it their No. 1 priority for our program."

The fix – dubbed the Cabin Altitude Reduction Effort, or CARE, program – beefs up the U-2's structure, replaces the legacy cockpit pressure regulator and safety valve, and includes modifications to the engine bleed schedule. That permits engineers to nearly double the cockpit pressure experienced by a U-2 pilot, from 4.4 pounds per square inch to more than 8 psi.

"What our folks have done is to drop the apparent altitude in the cockpit from 29,500



U.S. Air Force photo

The western United States are visible from the cockpit of a U-2. Flying above 70,000 feet, U-2 pilots are able to see the curvature of the Earth and the upper edges of the stratosphere.

feet to 15,000 feet – roughly the difference between Mount Everest and Pikes Peak.

CARE basically eliminates the risk of DCS and allows our U-2 pilots – who might otherwise have been removed from flying status – to keep flying," said Kennedy.

A total of 27 U-2 airframes have been outfitted with CARE, ahead of schedule and under cost. The total outlay for the program was just \$8.7 million.

To date, there have been no reported DCS incidents since the modifications.

"This is a big deal for the U-2 community," said Kennedy. "Healthy pilots mean more missions and more extraordinary ISR capability for our warfighters."

'Super Teams' to improve access to patient care

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

The 78th Medical Group is the test base for the Air Force in finding a way to providing better patient care.

Using Lt. Gen. Bruce Litchfield's 'People, Process and Resources' framework, the 78th MDG this month has taken the Patient-Centered Medical Home model and modified it from a previous five-team concept to three 'Super Teams' in its Family Health clinic.

If it's successful, the Super Team model will be considered for Air Force-wide implementation.

"It took a lot of organization to try this out and to see if it works for the Air Force. We're confident this will improve efficiencies here," said Lt. Col. Christopher Paige, 78th Medical Operations Squadron commander.

▶ see SUPER, 8

Workshop teaches parents, children Internet safety

BY TOMMIE HORTON

tommie.horton@us.af.mil

Children today use computers for everything from homework to socializing.

Parents may sometimes feel overwhelmed when it comes to keeping up with the newest technology while trying to feel assured their children's Internet activity is safe.

Robins recently co-hosted Georgia Cyber Safety Initiative Classes – one for parents, one for youth – to help provide them a better understanding of the safety issues linked to the Internet and the latest electronic devices.

A subsequent class is designed for parents and children to attend together.

That session will be conducted Thursday from 5:30 to 7:30 p.m. at the base theater. It is open to anyone with base access.

The class is sponsored by the

▶ see INTERNET, 8

Second Front



U.S. Air Force photo by RAY CRAYTON

Proud tradition

About 110 members of Marine Light Attack Helicopter Squadron 773, headquartered at Robins, completed a two-mile formation run Nov. 5.

“We have been making this an annual tradition here,” said Lt. Col. David Steele, Marine Aircraft Group 49 Detachment A commander.

The run was held just days prior to the 238th birthday of the Marine Corps on Nov. 10.

The “Red Dogs” of HMLA-773 is one of three units; the others are located in Louisiana and New Jersey. The squadron includes AH-1W Super Cobra attack helicopters and UH-1N Huey utility helicopters which perform close air support functions stateside and overseas.

HMLA-773, the Marine Corps Reserves’ only attack helicopter squadron, falls under the command of MAG 49. Both units relocated to Robins in 2010.

Team Robins award winners

Congratulations to the following quarterly award winners:

- AMN – Senior Airman Marcus Allen-Hall
- NCO – Tech. Sgt. Lizeth Martinez
- SNCO – Master Sgt. Tracie Timmerman
- CGO – 2nd Lt. Shantel Gibson
- Civ Cat 1 – Karen Harrison
- Civ Cat 2 – Channin Hicks
- Civ Cat 3 – Andrew Dunagan
- Civ Cat 4 – Earnest Flad
- Civ Cat 5 – Scott Kersey
- Civ Cat 6 – James Bush

Health Fair today

The Health & Wellness Center is sponsoring a health fair today from 8

a.m. to 1 p.m. at the entrance to Bldg. 827. The event will include representatives from Robins’ helping agencies, including Civilian Health Promotion, Airman & Family Readiness, Mental Health, Audiology, the Employee Assistance Program, Sexual Assault Prevention and Response Office, and the Exceptional Family Member Program. The event is free to anyone with base access. For more information, call 497-8480.

Office closure

The 78th Comptroller Squadron will close Nov. 22 at noon, for an official function. For more information, call 478-442-4427 or email pablo.rivero@us.af.mil.

CONGRATS CHIEF MASTER SERGEANT PROMOTEES

Joe Kennedy - 53rd Combat Communications Squadron

Mary Lewis - Headquarters Air Force Reserve Command

Phylisa McCarthy - Headquarters Air Force Reserve Command

Pasquale Muoio - Headquarters Air Force Reserve Command

The Robins Chief’s Group will host a Chief Master Sergeant Promotion Release Celebration today at 3 p.m. in the Heritage Club Ballroom.

CONGRATS STAFF SERGEANT PROMOTEES

Samuel Carothers - 12th Airborne Command and Control Squadron

Jessica Horton - 12th Airborne Command and Control Squadron

CONGRATS MASTER SERGEANT PROMOTEE

Zach Jordan - 12th Airborne Command and Control Squadron

ALL in a Day’s WORK

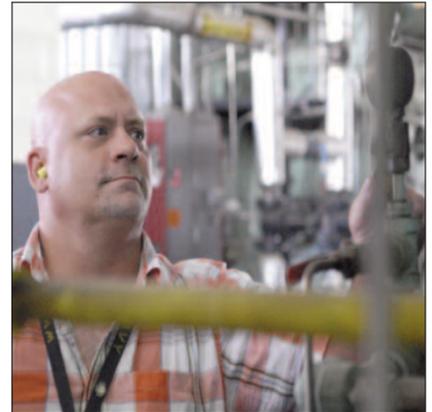
Name: Matthew Curl

Work title: Lead boiler plant operator

Unit: 78th Civil Engineer Squadron

Hometown: Warner Robins

Number of years in federal service: 19



U.S. Air Force photo by PAUL WENZEL

What does your work involve? “As a boiler plant operator, I operate and maintain high pressure boilers that produce process steam for environmental control of electronics repair and flightline production facilities.”

What do you enjoy most about your work? “We have good people in the steam plants, and I enjoy the atmosphere.”

How does your work contribute to the Robins mission? “If I don’t provide steam to the facilities and flight line – there’s no mission.”

What prompted your interest in your career? “I joined the Navy after high school, and this is the career field they chose for me.”

Who has been the biggest influence in your life? “My dad. He is just a great man.”

What’s something people would be surprised to know about you? “I really do have hair.”

What is an accomplishment you are most proud of? “I am proud of my military service, and the service to this country in my current job.”

Around the Air Force

U.S. military to aid typhoon-devastated Philippines

WASHINGTON (AFNS) – Defense Secretary Chuck Hagel directed U.S. Pacific Command yesterday to support U.S. government humanitarian relief operations in the Philippines in the wake of a deadly typhoon that has left more than 1,000 dead, defense officials announced yesterday.

The support, provided at the request of the Philippines government, will initially focus on surface maritime search and rescue, medium-heavy helicopter lift support, airborne maritime SAR, fixed-wing lift support and logistics enablers, officials said.

The Defense Department is working in coordination with the U.S. Agency for International Development and U.S. ambassador in Manila, they said, and will continue to monitor the effects of Typhoon Haiyan while standing ready to help the Philippines recover from the monster storm.

Super Typhoon Haiyan hammered six central islands Nov. 8, devastating the city of Tacloban and leaving a huge storm surge and widespread flooding in its wake.

Secretary of State John Kerry immediately offered assurance of U.S. support, and Pentagon Press Secretary George Little told reporters that day the U.S. military was prepared to respond, if requested.

Little noted that U.S. forces frequently provide direct relief and recovery support during and after natural disasters.

Nowhere in the world are natural disasters as prevalent as in the Asia-Pacific region. It sits on the earthquake-prone “Ring of Fire” and is tormented by hurricanes, cyclones, tsunamis, floods and mudslides.

As part of its extensive regional engagement, PACOM works closely with regional nations to promote disaster preparedness and build resilience; and to respond quickly and effectively should disaster strike. One of the best ways to do that is through the exercise program, command officials said.

To read more, visit www.af.mil.

DOD must control rising personnel costs, Hagel tells NCOs

WASHINGTON (AFNS) – The Defense Department has to get personnel costs under control, Defense Secretary Chuck Hagel told “NPR Morning Edition” host Steve Inskeep in an interview.

The interview came at the conclusion of Hagel’s monthly lunch with junior NCO’s in his Pentagon office Nov. 4.

The secretary uses these lunches, and the troop visits he conducts, to take the pulse of the more than 1 million enlisted members of the armed forces.

“You can’t build institutions, you can’t build national security for this country, unless you have the right people motivated in the right culture and they believe they are being treated fairly,” the secretary told Inskeep.

The secretary discussed the issue of sexual assaults in the military. He told the NCOs that the system was broken, and that the services are working to fix it.

One NCO noted to the secretary that the recent case of an officer tasked with formulating service policy to combat sexual assault being accused of the crime does not help the push to eliminate sexual assaults in the military.



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

On the horizon

Senior Airman Justin Tamayo, 82nd Expeditionary Air Support Operations Squadron, monitors incoming combat aircraft during a joint live-fire exercise Oct. 23 at a range in Southwest Asia. The squadron provides air-to-ground joint terminal attack controllers and weather expertise to the U.S. Army Central Task Force.

To read more, visit www.af.mil.

CSAF launches new initiative to improve communication with Airmen

WASHINGTON (AFNS) – As part of a series of recent efforts to enhance communication with Airmen, Air Force Chief of Staff Gen. Mark Welsh III released the first in a series of videos called “Airman to Airman.”

With the issues facing the department during the last year, Welsh said the videos serve as an opportunity to inform Airmen on the challenges ahead, but more importantly, to help them understand the logic behind certain decisions.

“This is about keeping you informed about what the Air Force’s position is on certain issues and challenges,” Welsh said. “We must do better at communicating these issues with our Airmen, they need to hear the whys and understand the reasons decisions are being made.”

In his first message, Welsh talks about one of the repercussions of sequestration – becoming a smaller Air Force.

“How much smaller remains to be seen ... it will be a balance between capability, capacity and readiness that we’re going to be walking through the next 10 years,” Welsh says in the video. “You just need to know that we’re spending a lot of time and energy trying to figure out how to do this the right way.”

“Airmen have questions and concerns -- we need to be there to provide answers and address these concerns,” Cody said.

The “Airman to Airman” videos will be distributed on af.mil, the Air Force Portal and various social media platforms. To watch the first video, visit www.youtube.com/watch?v=IbE2QhXN1hg. To read more, visit www.af.mil.

Service chiefs testify on risks of sequestration

WASHINGTON (AFPS) – As they face the prospect of another year of deep cuts to their budgets, the military’s service chiefs testified today before the Senate Armed Services Committee on the impact sequestration is having on the ability to organize, train



U.S. Air Force photo by STAFF SGT. JARAD A. DENTON

All aboard

Soldiers board a C-17 Globemaster III during mission Oct. 23 at Langley Air Force Base, Va. The Soldiers partnered with Airmen from the 633rd Logistics Readiness Squadron to learn how to properly unload large airframes. The Soldiers are assigned to the 622nd Movement Control Detachment from Fort Eustis, Va.

and equip their service members.

Army Chief of Staff Gen. Ray Odierno, Chief of Naval Operations Adm. Jonathan W. Greenert, Air Force Chief of Staff Gen. Mark A. Welsh III, and Marine Corps Commandant Gen. James Amos told lawmakers sequestration portends a hollow force, greater risk of coercion and fewer options to handle global adversaries.

Odierno urged all military leaders and lawmakers to keep foremost in their minds the impact budget shortfalls have on service members who are asked to protect the nation.

“They are national treasures and their sacrifices cannot be taken for granted,” Odierno said. “They are not chess pieces to be moved upon a board – each and every one is irreplaceable.”

To read more, visit www.afrc.af.mil.

– compiled by Holly Logan-Arrington

AF Portal goes mobile, gets facelift

BY JUSTIN OAKES

66th Air Base Group Public Affairs

Expected to launch by the end of 2013, the Global Combat Support System-Air Force, or GCSS-AF, is rolling out a revamped portal, which simplifies navigation, improves performance on low-bandwidth connections and works from mobile devices.

“The old system had become cluttered, difficult to navigate and was in need of an update,” said Danielle Dunn, GCSS service area lead. “The new system is orderly, simple to navigate, and updated with a fresh look and feel.”

With more than 750,000 active users and an average of 400,000 weekly log-ins, the Air Force Portal is the service’s primary Web gateway, giving Airmen worldwide secure access to a broad range of information and applications.

In January 2010, the Air Force removed username and password access to the portal, requiring users to log in using a common access card or public key infrastructure certificate. While the same requirement is still in effect, the redesigned portal will now support PKI/CAC-enabled mobile devices, such as smart phones and tablets.

When users log-in on a mobile device, the portal will detect the device’s screen size and adapt the display auto-



Courtesy graphic

The Air Force Portal is undergoing a redesign which allows access on mobile devices, is geared for easier navigation, and operates in low-bandwidth environments.

matically, paring down the feature and functionality that works best for that device.

“The team studied industry trends and acknowledged the shift to mobile information access anywhere, on any device,” said 2nd Lt. Rett Rayhill, Air Force Portal service area lead. “In order for us to remain relevant, it was a logical next step to support mobile access.”

The redesign stemmed from a requirement to support users in bandwidth-constrained locations, such as overseas bases within the U.S. Central Command area of responsibility and geographically separated units within the United States.

According to Rayhill, the new system will continue to

enable Airmen to do their jobs whether deployed or in the U.S.

“It will provide a more consistent user experience to forward operating bases as afforded to those stateside,” he said.

In addition to the system operating on a low bandwidth and from CAC/PKI-enabled mobile devices, users will notice that the AF Portal was reorganized and streamlined to make the system easier to use and navigate – another key component to the redesign.

“The look and feel has been updated to reflect today’s Air Force,” Dunn said. “The design helps users find their applications and information more quickly and efficiently.”

The updated navigation menu clearly highlights news and announcements, base or organization and functional areas, career and training, life and fitness and references. “My Stuff,” one of the new design features, focuses on user personalization by providing quick access to each user’s alerts, workspaces, applications and favorites.

Another new feature within the system focuses on information sharing.

Users will be able to join groups and compile information then transfer it to other users before leaving a location – similar to a continuity binder.

“This new portal will definitely increase productivity while enhancing Airmen’s personal and professional endeavors,” Dunn said.

ROBINS REV-UP

COMMANDER
Col. Christopher Hill

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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.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.

DELIVERY

To report delivery issues, call 472-0802.

The Robins Rev-Up is published by The Telegraph, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Robins Air

Force Base, Ga.

This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Robins Rev-Up are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, or Department of the Air Force.

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Robins continues to grow recycling program

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

Each year on Nov. 15, recycling is celebrated as part of America Recycles Day.

Since the current base recycling center opened in July 2012, Bldg. 987 has welcomed daily visitors to its location conveniently tucked away behind the Exchange and Auto Hobby Shop.

“There are still folks who don’t know this building is here,” said Darryl Mercer, 78th Civil Engineer Group Qualified Recycling Program operations manager. “Take a few minutes to come by and bring your items. At best, you won’t have to empty your garbage as much since you can take all the recyclables out.”

The center has 16 convenient drive-up windows which you can slide open and drop recyclables inside. All are labeled, to include mixed, brown and clear glass, metal/aluminum cans, plastics, white or mixed paper, cardboard and newspapers.

An area for toner cartridges has also been a busy area as well. In the last year, \$3,500 has been generated back to Robins from that alone, according to Mercer.

Employees from Happy Hour Service Center in Warner Robins



U.S. Air Force file photo by SUE SAPP

The base recycling center, which opened in July 2012, is located in Bldg. 987.

Information on the Robins Qualified Recycling Program can be found by calling 327-3976. For more information on America Recycles Day, visit <http://americarecyclesday.org>.

continue to clear out items in the building and other collection points across the base three days a week.

In fiscal 2013, the recycling program here, in conjunction with Happy Hour, collected 455 tons of cardboard, 349 tons of paper, 10 tons of aluminum, 54 tons of glass and 47 tons of plastics, generating revenue of more than \$117,000.

The program also recycled 935 tons of scrap metal, 175 tons of used oil and more than 56 tons of batteries.

The recycling program’s other sources of income include QRP scrap metal operations

and Defense Logistics Agency Disposition Service.

More than half of what Americans throw away each year ends up in landfills. Recycling not only reduces the amount of that waste, but also conserves natural resources, prevents pollution, saves energy and helps sustain the environment for future generations.

To learn more about Air Force recycling efforts, including its current Win the War Against Waste campaign, visit the Air Force Civil Engineer Center site at www.afcec.af.mil/news/WWAW/index.asp.

For more information on America Recycles Day, visit <http://americarecyclesday.org>.

Information on the Robins Qualified Recycling Program can be found by calling 327-3976.

**THINK GREEN
RECYCLE THIS PAPER**

SUPER

Continued from 1

The three teams, affectionately called Super Team Braves, Hawks and Falcons, consist of a medical provider, two nurses, and patient technicians and administrative support personnel.

With more health providers to choose from among each team, the idea is to increase the likelihood that patients will be seen by the same provider team, versus being referred off base.

Along with the team size, another change included the decentralization of appointments made in Family Health. When a patient now calls, instead of being patched into a main



U.S. Air Force photo by TOMMIE HORTON
Lt. Gen. Bruce Litchfield, Air Force Sustainment Center commander, signs the ball of one of the 78th MDG's Super Teams.

appointment line, they are scheduled through one of three “team” appointment clerks who can book more appropriately to their needs.

“By completely decentralizing appoint-

ments, we can shorten the gap and set up communication between not only nursing, but providers, technicians and admin staff,” said Capt. Deana Porter, Family Health flight commander.

This also allows providers, whether they’re a doctor, physician’s assistant or nurse practitioner, the opportunity to build flexibility in their schedules by using their own staff to make appointments.

A third change was the addition of team administrative technicians, whose role it is to provide more office management, thereby reducing the burden on nurses and technicians who can continue providing direct patient care.

A kick-off celebration was conducted Nov. 5 at the base clinic, which was attended by senior leaders, as well as Litchfield, Air Force Sustainment Center commander.

INTERNET

Continued from 1

Houston County Sheriff’s Department, Robins Youth Programs, the 78th Medical Group and the Family Advocacy Program.

The sponsors hope the initiative will help teach children to be alert and make good decisions on the Internet, and empower parents to be actively involved and aware of what their children are doing with technology.

Topics of discussion include cyber bullying, sexting, online recruitment, Wi-Fi devices, Global Positioning Systems, and a wide variety of other topics designed to leave attendees informed.

“I attended out of concern for my daughter’s safety,” said Rosalind Mitchell, 410th Supply Chain Management Squadron, Support Equipment Flight, who



U.S. Air Force photo by TOMMIE HORTON
Daniel Glass, Houston County Sheriff's Department investigator, speaks to parents during the Georgia Cyber Safety Initiative Class.

attended a session for parents only. “I received valuable information that will help with identifying potential threats while trying to protect her,” she said.

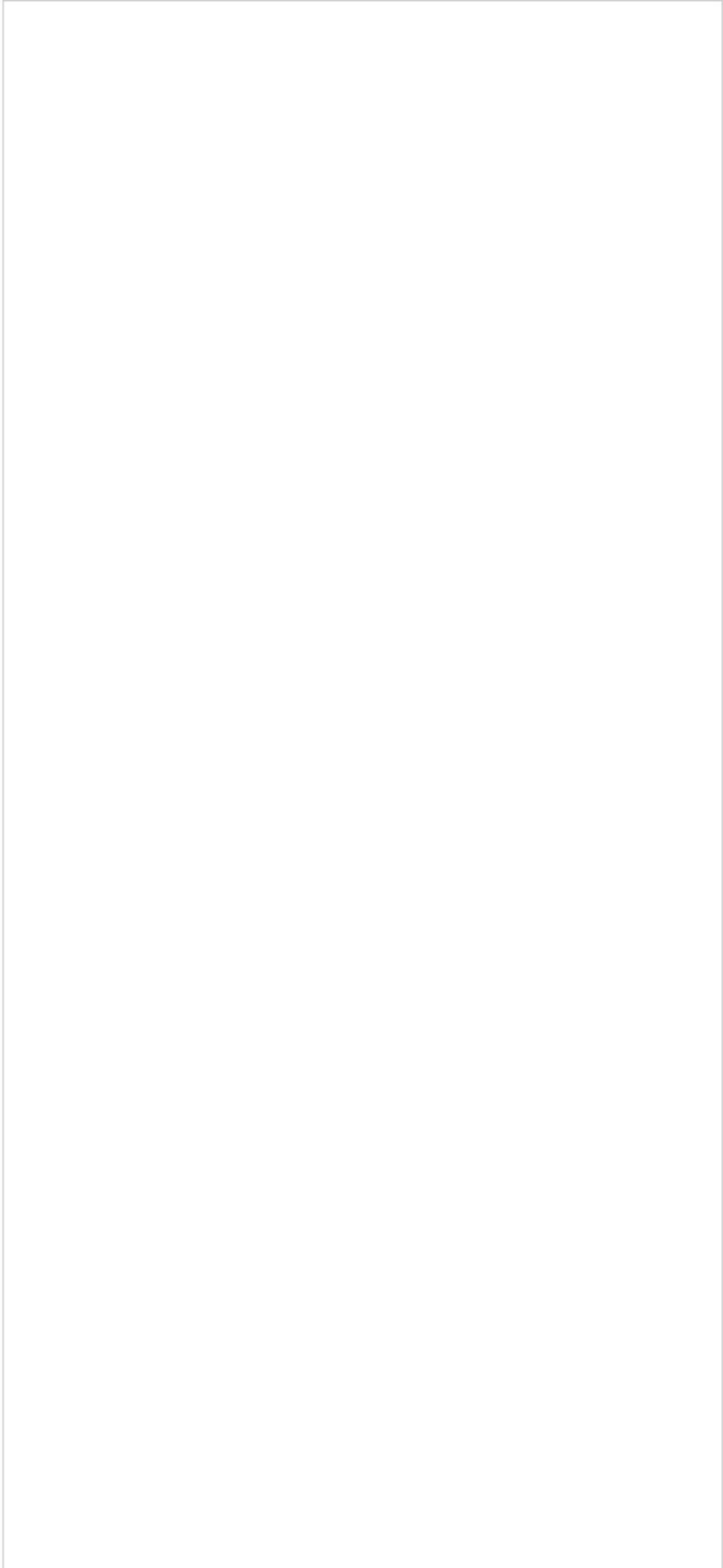
Editor’s note: *For more information and to register contact Roslyn Battle at 327-8398 or DSN 497-8398.*

PRIVATE INFORMATION IS WORTH KEEPING HIDDEN

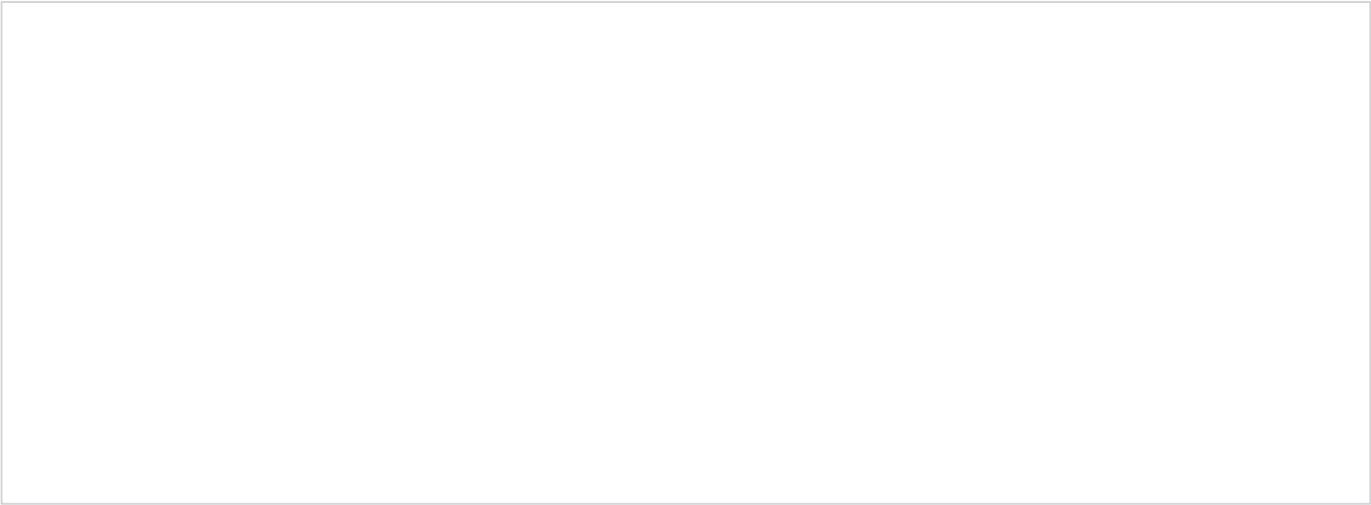
- PROTECT YOUR PERSONAL INFORMATION
- CHANGE PASSWORDS OFTEN
- LOCK YOUR COMPUTER

CYBER SECURITY IS UP TO YOU!

TURN OFF THE JUICE WHEN NOT IN USE



**WINGMEN
WANTED**
**AIRMAN AGAINST
DRUNK DRIVING –**
335-5218;
335-5236;
335-5238



Kicking the habit Program helps tobacco users commit to quit

BY HOLLY LOGAN-ARRINGTON
holly.logan-arrington@us.af.mil

Habits are often easy to pick up and hard to break.

Fortunately, Robins' Health & Wellness Center offers a class to help people kick the habit of tobacco use. It's called Tobacco Cessation.

Stuart Bapties, HAWC Flight commander, said while smoking rates are declining in the Air Force, the use of dip and chew is increasing – a trend he hopes his center's class could help change.

“A Tobacco Cessation Program is designed to offer resources and support to those who are either contemplating quitting tobacco, are ready to quit, or are actively engaged in a quit attempt,” he said. “Resources and support are in the form of helping the member develop a quit plan,

identify obstacles to being successful with the quit, as well as strategies for overcoming those obstacles and being successful in the long term.”

Bapties said those using the program here also have access to nicotine replacement therapy and medications such as Chantix to help with their plan.

The free, three-week program gives people with base access an environment to successfully put tobacco down for good, Bapties said.

“Non-judgmental facilitators with years of experience in guiding tobacco users through their quit attempt lead the program,” he said. “Participants will be in a group setting that offers them a support network throughout the quit and the knowledge that they are not alone.

“Throughout the class sessions, we will identify triggers, obstacles to success, available resources, and develop a plan tailored to the individual ensuring long term success,” he added.

Bapties, who is an Air Force representative for a Defense Department-level working group which creates effective tobacco cessation programs for the DOD, said the HAWC is committed to people's success in giving up tobacco.

“It may take a few attempts, but the Robins Tobacco Cessation Program is dedicated to helping our tobacco users ultimately be successful,” he said. “Sometimes all you need when times or situations are hard is a little bit of support and guidance, and we are here to help.”

Call 327-8480 or DSN 497-8480 to register.



U.S. Air Force photo by RAY CRAYTON

No distractions

The Save A Life Tour: Distracted Driving, brought an important message to Robins Airman on Nov. 8 – life is fragile and can change in just a matter of seconds.

Whether it's texting and driving, talking on a cell phone, eating, falling asleep at the wheel, changing radio stations or putting on makeup, your life will never be the same when you're in an accident, particularly if you are the cause of someone else losing his or her life.

“Distracted driving has become an epidemic in our country,” said Jonathan Saigeon, Safe A Life Tour facilitator. “The number one distraction is the phone, and all the different things that people do with their phones.”

Following a presentation, Saigeon showed an 18-minute video with recreated images of accidents.

About 525 military personnel attended last week's event, which was coordinated by the installation safety office.

Out and About

FRI SAT SUN MON TUE WED THUR
15 16 17 18 19 20 21

ON TAP

Pilgrim Pursuit 5K Relay

Today
Registration 7 to 7:30 a.m.
Two-man teams
For details,
call 468-2128.

Georgia Aquarium

Sign-up deadline is today
activity is Nov 16.
Adult - \$40
Child (3-11) - \$30
Includes transportation
and entry fee.

Boss n Buddy

Today
4 to 5 p.m.
Heritage Club Lounge
DJ, small buffet and
surprises.

Club members free,
\$5 for guests
For details, call 472-7899.

Yard Sales

Saturday
8 a.m. to noon
Outdoor Rec parking lot,
1 table and 2 chairs for \$7
For details, call 468-4001.

9-Pin No-Tap Tournament

Saturday
6 p.m.
Cost is \$20
For details,
call 468-2112.

Writing a Winning Resume

Monday
9 to 11 a.m.
A&FRC, Bldg. 794

For details,
call 468-1256.

Bundles for Babies

Tuesday
8:30 a.m. to noon
A&FRC, Bldg. 794
For details,
call 468-1256.

**Golf tips
from the Pro**

Tuesdays
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.