

AFSC, ALCs pull together to save time, standardize processes

Page 2

HAWC offers classes for everyone

Page 8

Goal setting tips for the new year

Page 9

SMART Goal Setting

- Specific
- Measurable
- Attainable
- Relevant
- Time-Bound

ROBINS REV-UP

January 10, 2013 Vol. 59 No.1

Expect delays

Gate work set to begin Monday

BY JENNY GORDON

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Beginning Monday, one of the entrances to Robins will be closed for two months due to a major road project.

Pavement resurfacing at the Martin Luther King Jr. Gate will involve removing and replacing the pavement and sub-base of the road vehicles used to enter the base from Ga. Highway 247.

The project is scheduled to be completed March 8.

Today is the last day the gate will be open from 6 to 8 a.m. to inbound traffic.

The gate will continue to be open for outbound traffic. Note that during

WHAT TO KNOW

As reported in the Rev-Up Nov. 8, work on the Martin Luther King Jr. Gate (gate 5) was set to begin Jan. 6. However, due to weather, the start date was delayed. Work is set to begin Monday.

this time the Air National Guard gate will also be open from 6 to 8 a.m. for both inbound and outbound traffic. However, outbound traffic is right-hand turn only.

The closure of the MLK gate to inbound traffic will have no effect on truck traffic entering at the commercial gate just north; trucks will still have access, according to Maj. Amy Rivera, 78th Security Forces Squadron commander.

The project follows weeks of busy road paving across Robins, including

milling and paving along portions of Page Road and Beale Drive.

Construction on Macon Street from Seventh to Ninth streets has resumed; the project was delayed due to weather.

A portion of North Perimeter Road from Finch Lane to Bldg. 2030 is also closed until further notice. Recent rain caused a pipe to collapse and a section of the road washed away. The 78th Civil Engineer Group is in the process of securing an emergency repair contract.



Gate maintenance

Routine gate closures allow CE to safely perform maintenance on vehicle barriers. The upcoming schedule is as follows: First Tuesday of the month – Gate 14, Russell Parkway Gate, closed 9 a.m. to 3 p.m.; Second Tuesday of the month – Gate 3, Watson Boulevard Gate, closed 9 a.m. to 3 p.m.; and Third Tuesday of the month – Gate 1, Green Street Gate, closed 9 a.m. to 3 p.m.

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



CFC donations accepted through Wednesday

Although the 2013 Robins Combined Federal Campaign officially ended Dec. 13, donations through the myPay CFC link will be accepted until Wednesday.

Cash or check donations will also be accepted through Wednesday. Simply send an email to Paul Nagle at pnagle@unitedwaycg.com who will make arrangements to pick up your pledge card and donation.

If you pledge through myPay, make sure your organization symbol mirrors your e-mail organizational symbol. Errors may result in your unit not being credited with your donation. At the end of week eight, donations totaled \$817,518.

Tax Center looking for assistance

The Robins Tax Center is scheduled to be open for the tax season from Feb. 3 through mid- to late April.

Tax preparer training is scheduled Jan. 21 through 24 in Bldg. 905.

No prior experience or specialized knowledge is necessary. Historically, most tax preparers work two to three shifts per week.

Those service members and civilian employees who may be interested in assisting in the Tax Center this tax season should contact Capt. Ryan Brunson by phone at DSN 472-0560 or 478-220560, or by email at ryan.brunson.1@us.af.mil by Wednesday.

The Tax Center provides free, non-complex tax preparation and filing to active duty service members and their dependents, and retirees and their dependents.



It's time to talk about Sexual Assault and how "IT" can affect an individual, his or her family, work environment and ultimately Team Robins. "IT" has to stop. To watch the "IT" video, visit the Robins Splash Page.



U.S. Air Force photo by TECH. SGT. SHANE CUOMO

C-17 Globemaster IIIs provide intra-theater heavy airlift support, helping to sustain operations throughout Afghanistan, Iraq and the Horn of Africa. A contract to provide 11 C-17 aircraft engine lift trailers, with a potential for an additional nine within a 24-month period, was recently awarded by the Air Force Life Cycle Management Center's C-17 Contracting Office.

\$12M contract awarded for C-17 support equipment

BY ROBINS PUBLIC AFFAIRS

The Air Force Life Cycle Management Center's C-17 Contracting office at Robins has awarded a \$12,078,000 firm-fixed-price contract for C-17 support equipment.

D&D Machinery and Sales Inc. of San Antonio, Texas received the award.

The contract will provide 11 C-17 engine lift trailers, with a potential for an additional nine within a 24-month period.

"Procurement of additional C-17 engine lift trailers will enable the C-17 Program Office to meet increased requirements for additional aircraft, site activations, and to support engine repair and delivery schedules for both Air Force and foreign partners," said Danny Singleton, C-17 product support manager.

The engine lift trailers will allow for lifting, lowering, and positioning capabilities supporting the removal and replacement of



U.S. Air Force file photo by SUE SAPP
The 402nd Aircraft Maintenance Group provides Programmed Depot Maintenance and unscheduled repair activities on C-17 aircraft here.

the engine, core thrust reverser or the inlet assembly to and from the on-board location on the C-17 Globemaster III.

Complex in nature, the aircraft engine lift trailer offers unique capabilities for engine transport, lift and positioning that's required for the removal and installation of engines, according to Singleton.

The trailer incorporates work platforms, ladders, auxiliary platforms, winches and controls, and is equipped with I-beam rails which mate with various

C-17 support equipment to facilitate the removal, installation and roll transfer of a cradle-mounted engine.

"We look forward in working with D&D Machinery and Sales to provide this critical capability to our Air Force and foreign partners," Singleton said.

Work will be performed in San Antonio, and is expected to be completed by June 12, 2015.

The award is the result of a competitive acquisition, 100 percent set-aside for small business.

U.S. Air Force graphic

NAF jobs go virtual Jan. 21

A new centralized online tool is making it easier for job seekers to find and apply for federal careers in various nonappropriated fund activities, including Air Force clubs, golf courses, child development centers, youth centers, bowling centers and outdoor recreation centers.

WHAT TO KNOW

For more information on NAF employment, visit www.nafjobs.org or contact the Robins Human Resources Office at 472-4759.

The office is located in Bldg. 765.

On Jan. 21, NAF jobs at Robins will be available online, as part of an Air Force-wide job board that lists vacancies for all Air Force NAF facilities.

To apply for a job, applicants must go to www.nafjobs.org and create a free profile that includes work background, any military experience and education.

Applicants may also upload a resume and other support documentation.

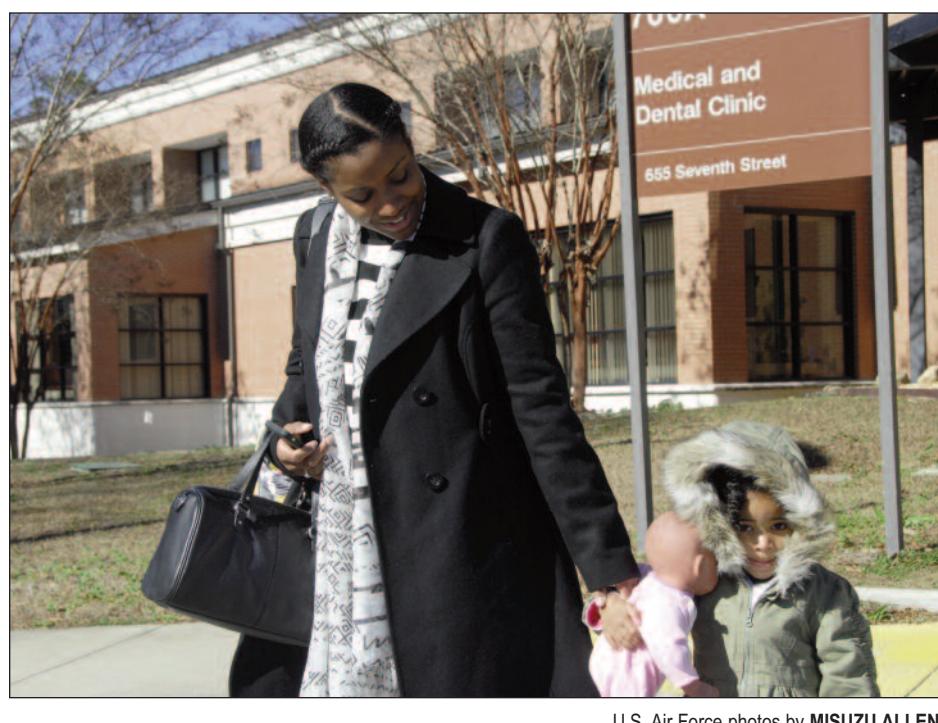
Once an individual identifies a vacancy for which he or she would like to apply, clicking the "apply" button submits the application to the servicing NAF human resources office.

Applicants can check the status of their applications under the "My Applications" tab in "My Profile."

Unlike other job application programs, the NAF system sends every application to the hiring manager for consideration.

— Courtesy NAF Human Resources Office

Second Front



U.S. Air Force photos by MISUZU ALLEN

'The weather outside is frightful'

Above, Senior Airman Quatasia Marigny, with the 116th Security Forces Squadron, and her 2-year-old daughter Qaeley, bundled up against the unusually cold weather for a trip to the 78th Medical Group Wednesday, when temperatures dropped into the teens.

At right, Tech. Sgt. Bruce Thompson, 78th Logistics Readiness Squadron, braves the cold to pick up a prescription. According to the 78th Civil Engineer Squadron Emergency Management Flight, exposure to cold can cause frostbite or hypothermia and become life-threatening. Infants and elderly people are most susceptible. Even pets are at risk. What constitutes extreme cold varies in different parts of the country. In the South, near freezing temperatures are considered extreme cold. Pipes may freeze and burst in homes that are poorly insulated or without heat.



ALL in a Day's WORK

Name: Gary Gatton
Work title: Transportation branch chief
Unit: Defense Logistics Agency Distribution, Warner Robins
Hometown: Asheville, N.C.
Number of years in federal service: 27

What does your work involve?

"I'm a customer service supply liaison, a communicator between the Air Force, DLA Aviation and DLA Distribution. I have a core of about 35 to 50 customers who are responsible to manage the program depot maintenance lines on this base. Anytime there's an emergency ... they all have direct communication with me by cell phone. I'm the one-stop point of contact. I also lead a team of five customer service experts, and I have eight emergency supply operations center expeditors."

What do you enjoy most about your work?

"I enjoy daily challenges the most. We're designed to solve any problem that a customer has; we try to solve most problems within an hour or two. You don't know what's coming today or tomorrow, but there will be problems. The key is to solve them quickly. It's never boring."

How does your work contribute to the Robins mission?

"My teams are directly involved with the processing of emergency parts that get the aircraft flying."

What prompted your interest in your career?

"I saw a need and opportunity to



U.S. Air Force photo by MISUZU ALLEN

design a new type of elite customer service team. We're one of a kind in DLA. We built our requirements using customer input and what they requested from us. We built this program by what the customer needed and wanted."

Who has been the biggest influence in your life? "My dad because he taught me to stay calm when others around me are out of control. He taught me to show respect, if people are venting their anger at you, to let them vent. Staying calm is something you have to do in customer service or you won't be around very long."

What's something people would be surprised to know about you? "I was a 20-year Air Force band musician. I travelled up and down the East Coast, Canada and all over Europe playing concerts for troop morale."

"I was a trombone player. I still play a lot in the local area; I'm in orchestra at my church."

What is the accomplishment you are most proud of? "Each week I see the aircraft testing for flight. Knowing I had a part in that, getting the aircraft off the ground, and being part of the Robins team is what I'm most proud of."

AFSC, ALCs pull together to save time, standardize processes

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

For nearly a year, a team of experts from the Air Force Sustainment Center, Warner Robins Air Logistics Complex, Ogden Air Logistics Complex and Oklahoma City Air Logistics Complex negotiated a public-private partnership agreement with Boeing.

The benefit is that agreements like these standardize the process across the three complexes and are expected to cut the time factor in half.

Historically, the time to negotiate a partnership agreement has taken approximately 18 months. That will allow WR-ALC and other complexes to execute the specific implementation agreements

and bring in workload in a much shorter time.

"This is monumental for what the corporate contract provides the supply chain manager. This partnership agreement provides the same flexibility to the depot," said David Denning, Warner Robins Air Logistics Complex Business Development/Partnership Branch chief. "Given our fiscal challenges, enterprise agreements provide a more efficient and strategic way of doing business."

After many intense teleconferences, involving government and Boeing representatives, an agreed document was presented to each complex for coordination.

It was signed Oct. 9 by Lt. Gen. Bruce Litchfield, AFSC commander. The result was the first center-wide partnership agreement implement-

ed by the partnering team.

Prior to the creation of Air Force Materiel Command's five-center construct, each AFMC Air Logistics Complex would enter into individual partnership agreements based on its own requirements.

Now, with this enterprise partnership agreement in place, each complex can execute implementation agreements for the specific work to be performed within their respective complex.

Each complex will continue to have local partnership agreements due to some of the workload being specific to a particular complex.

There will be one partnering team, AFSC and a representative from each of the complex's Partnership Business Office.

Team Robins Airmen recognized for promotion below the zone

The Central Base Senior Airman Below-the-Zone Board convened on Dec. 13. Congratulations are in order for the following Team Robins Airmen for their selection for promotion to the rank of senior airman below the zone:

►Airman 1st Class Shanis, 461st Maintenance Group
►Airman 1st Class Michael Davis, 78th Comptroller Squadron
►Airman 1st Class Michelle Kimberly, 330th

Combat Training Squadron

►Airman 1st Class Mitchell Lozenki, 78th Logistics Readiness Squadron
►Airman 1st Class Aaron Murrell, 461st Air Control Networks Squadron

Around the Air Force

AFNet PII breaches still a concern

PETERSON AIR FORCE BASE, COLO. — More than a month after Air Force Space Command's implementation of lock-out procedures for individuals found to have inappropriately transmitted Personally Identifiable Information, PII breaches still remain a significant issue.

While the average number of daily incidences of PII breaches have decreased, there is still a lot of work to be done to prevent future PII incidents, said Gen. William Shelton, Air Force Space Command commander.

"We've all got to work harder to eliminate PII violations," said Shelton. "In November more than 5,000 individuals were affected by a single PII breach. PII that is not properly protected becomes vulnerable to interception by an adversary. That creates the risk of the information being used to target individual users to gain their credentials and potentially gain access to our networks."

"From an individual perspective, it can also lead to identity theft," he added. "We can't stand the network or the personal consequences, so we must stop PII breaches on the AFNet."

During the six month period from May to October the Air Force averaged about 3.3 reports affecting 1,935 members daily. Since launching the new policy and process, that average has dropped to about 2.7 reports affecting 991 members per day.

"The most common violations we're seeing are people transmitting personnel rosters from .mil to .com addresses and vice versa," said Col. Douglas Coppinger, 67th Cyberspace Wing vice commander. "While quite often these breaches are not of malicious intent, we need to better educate Airmen on protection of this type of information."

To read more, visit www.af.mil.

Air Force to convene enhanced selective early retirement board in June

JOINT BASE SAN ANTONIO-RANDOLPH, TEXAS (AFNS) — The Air Force will convene an enhanced selective early retirement board at Joint Base San Antonio-Randolph, Texas, June 16 to consider eligible officers for early retirement, Air Force Personnel Center officials said Jan. 3.

ESRB, a new authority granted in the fiscal 2013 National Defense Authorization Act, applies to regular, active-duty majors through colonels.

The board is one of several fiscal 2014 force management programs that have been or will be implemented during fiscal 2014 to help achieve manpower and force structure goals as the service focuses on 2015 and beyond, said Lt. Col. Rick Garcia, the AFPC retirements and separations branch chief.

Officers eligible for this board include active-duty biomedical sciences corps and medical services corps lieutenant colonels who have been non-selected once for promotion, and active-duty, retirement-eligible line of the Air Force, LAF-judge advocate, chaplain, nurse corps, BSC and MSC majors.

Senior raters as of the Jan. 17 accountability date will prepare a retention recommendation form for each of



U.S. Air Force photo by SENIOR AIRMAN JOHN PHARR

Tail check

Tech. Sgt. Christopher Dominguez conducts a HH-60G Pavehawk helicopter tail rotor inspection at Moffett Federal Air Field, Calif. Maintainers can be tasked to service multiple aircraft and engines types. Dominguez is assigned to the 129th Rescue Wing Maintenance Squadron.

their eligible officers, and will provide those officers with completed copies of their RRFs no later than May 16.

To read more, visit www.af.mil.

Airlift operations complete in Central African Republic

WASHINGTON (AFPS) — Initial airlift operations are complete in the Central African Republic, according to Pentagon spokesman Army Col. Steve Warren.

A small Air Force support team and two C-17 Globemaster III aircraft began airlift operations Dec. 12 in response to a French request for airlift support. The Airmen conducted 16 flights from Burundi to the Central African Republic, Warren said, transporting 857 Burundi troops, 73 pallets of equipment and 18 Burundian military vehicles.

The Burundi troops – a light infantry battalion – are part of an African Union-led international support mission intended to help prevent the further spread of sectarian violence, Assistant Pentagon Press Secretary Carl Woog said in a statement last month.

Fewer than 10 Americans remain on the ground serving as liaisons with the French military, Warren said.

Also, three of the four U.S. service members wounded Dec. 21 in South Sudan have returned to the United States for treatment, Warren said. The fourth remains in a U.S. military hospital in Landstuhl, Germany.

All four service members are in stable condition, a Defense Department spokesman said.

The service members were wounded when they attempted to evacuate Americans from the town of Bor, South Sudan, according to a U.S. Africa Command statement.

They were hit by small-arms fire from unknown forces when their three CV-22 Osprey aircraft attempted to land in Bor. AFRICOM is reviewing the incident, Warren said.

To date, more than 870 people have been evacuated



U.S. Air Force photo by SENIOR AIRMAN GEORGE GOSLIN

Cutting edge

Senior Airman Marita McCoy, an inbound specialist with the 376th Expeditionary Logistics Readiness Squadron, cuts a piece of wood to build the foundation of a scale to weigh cargo at Transit Center at Manas, Kyrgyzstan.

from South Sudan on a mix of military and charter aircraft, he said. The Defense Department has flown three airlift missions with C-130 Hercules aircraft and one mission with a C-12 Huron.

To read more, visit www.af.mil.

Air Force's newest leader takes charge



U.S. Air Force photo by SCOTT ASH
Secretary of the Air Force Deborah Lee James thanks her team after swearing in as the 23rd Air Force secretary Dec. 20, in the Pentagon. James is responsible for the affairs of the Department of the Air Force, including the organizing, training, equipping and providing for the welfare of its more than 690,000 active-duty, Guard, Reserve and civilian Airmen and their families.

BY STAFF SGT. DAVID SALANITRI

Air Force Public Affairs Agency

WASHINGTON (AFNS) — The Air Force's 23rd Secretary of the Air Force was formally sworn in, Dec. 20, in the Pentagon.

Deborah James assumed the position of the Air Force's highest ranking leader, making her the second female in Air Force history to serve in the role.

As James takes on her new duties, she said she knows there will be challenges, inheriting the service at a time filled with uncertainties, from the budget to management of the force.

"I think our Air Force is in great shape given that we've been living through some difficult times," James said during her first interview as secretary. "I'm enormously optimistic about the future of our Air Force. We have nothing but opportunities to face in the upcoming years."

While James said she is confident the Air Force will prevail moving forward, she noted that the service's manning will look different in the future.

"I'm equally certain that we will become a

smaller Air Force; we will remain a capable Air Force with top notch people," she said. "We're going to remain No. 1."

Over the next five years, the Air Force is slated to cut roughly 25,000 Airmen. Recently, Air Force officials announced programs that will aid the service to achieve such cuts in manning.

With these force management programs beginning, James said senior Air Force leaders are working to give Airmen as much information as they can, as fast as they can.

"We are going to be as transparent as possible and get them information as quickly as we can," James said. "We don't want them to be consumed by worries of the future."

As she begins her tenure as the SecAF, James said she wants Airmen to know she is 100 percent dedicated to serving them.

"I am totally committed to every Airman," she said. "My top job is to be their advocate here in Washington and around the globe."

Before being nominated by President Barack Obama on Aug. 1, James was president of the Technology and Engineering Sector at Science Applications International Corporation.

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.

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To report delivery issues, call 472-0802.

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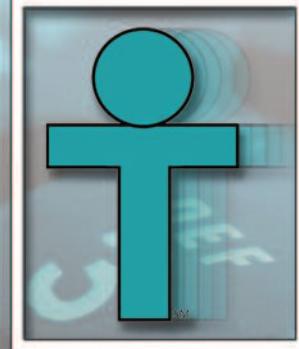
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Sexual Assault Response Coordinator



The Robins AFB SARC is available 24 hours a day, 7 days a week.
Phone (478) 327-7272 or DSN 497-7272

The definition of sexual assault is intentional sexual contact, characterized by use of force, physical threat or abuse of authority or when the victim does not or cannot consent. It includes rape, nonconsensual sodomy (oral or anal sex), indecent assault (unwanted, inappropriate sexual contact or fondling), or attempts to commit these acts. Sexual assault can occur without regard to gender or spousal relationship or age of victim. Consent shall not be deemed or construed to mean the failure by the victim to offer physical resistance. Consent is not given when a person uses force, threat of force, coercion or when the victim is asleep, incapacitated or unconscious.



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It's not prohibition,

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Together through exercise, nutrition and coping strategies, we're staying fit for freedom!
For our team, our families, ourselves.



Robins Air Force Base

Ready to Serve ... Every Day

**THINK GREEN
RECYCLE THIS PAPER**

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 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 which can improve run times. This four-week program will meet on Mondays, Wednesdays and Fridays (participants must plan to attend all classes).

Class meets from 8 to 9 a.m. today through Jan. 29; Feb. 3 through 26 and March 3 through 26.

BE WELL CARDIO WEIGHT LOSS

This class is 12-weeks, three days a week. Each week the intensity of the program will systematically advance, ultimately burning more calories during the same workout time.

It results in a healthier, fitter and trimmer you. HAWC staff will be on hand providing guidance, tips and suggestions as needed. Class meets from 11 a.m. to noon on Mondays, Wednesdays and Fridays through March 28.

NOTE: BE WELL classes are targeted towards assisting military members in meeting or improving PT scores, but



U.S. Air Force file photo

Greg Reynolds, Robins Health and Wellness Center exercise physiologist, assists during Total Force Fitness Program corrective exercise time. The HAWC has many health and fitness programs available to Team Robins members.

other appropriate candidates are welcome on a space available basis.

through March 27.

NOTE: This class is designed to help military members meet or improve their PT scores, but others are welcome on a space-available basis.

BE WELL STRENGTH TRAINING

This is a six-week education and intervention program moving you through three stages of hands-on strength education.

The class covers body weight, machines, free weights and other functional modes of strength training during the program.

Class meets from 11 a.m. to noon on Tuesdays and Thursdays through Feb. 13. The course will meet again Feb. 18

This 10-week, hands-on beginner or post rehabilitative program is designed to safely prepare participants 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 improv-

ing run speed and performance.

Class meets from 8 to 9 a.m. Tuesdays and Thursdays now through March 21, and from March 25 through May 26.

PHYSICAL TRAINING LEADER

The initial Physical Training Leader class is an eight-hour course designed to teach basic concepts for safe and effective exercise programs, as well as the administration of the Air Force Physical Training Test.

Members are required to have and maintain CPR certification, PTL-B class, commander's written PT policy letter and a passing PT assessment.

Class meets from 7:30 a.m. to 4 p.m. Tuesday, Feb. 11 and March 11.

PTL REFRESHER

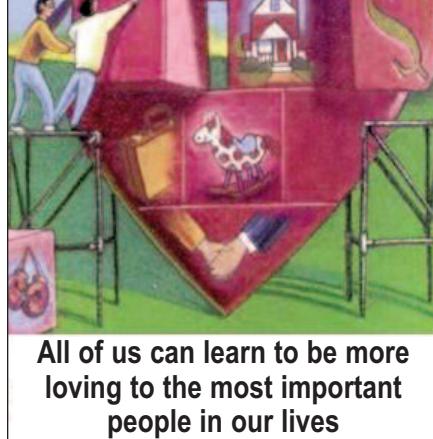
The refresher Physical Training Leader class is a three-hour course designed to reinforce and build on the basic concepts from the initial course.

A lecture will go more in depth in regards to training principles, concepts and exercise science.

Members are required to have and maintain CPR certification, PTL-B class, commander's written PT policy letter, and a passing PT assessment.

Class meets from 7:30 to 10:30 a.m., Jan. 17, Feb. 14 and March 14.

Editor's note: For more information or to register for classes, call the HAWC at 478-327-8480 or DSN 497-8480 Mondays through Fridays from 7 a.m. to 4 p.m. The center is closed on weekends and federal holidays.



All of us can learn to be more loving to the most important people in our lives

PREP Prevention and Relationship Enhancement Program

PREP is a comprehensive prevention and marriage enhancing program.

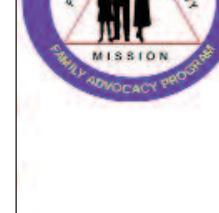
It teaches skills and principles designed to help partners say what they need to say, get to the heart of problems and increase their connection. The program is designed for couples who are married, engaged or considering marriage.

This six-session class will meet on Thursdays from 2 to 4 p.m. Feb. 6 through March 13 in the Professional Development Center Bldg. 941

To register, call the Family Advocacy Program at 497-8398.

Topics that will be covered

- Communication Danger Signs
- Good Communication/Speaker-Listener Technique
- Events, Issues & Hidden Issues
- You, Me & Us



Becoming a Love and Logic Parent® Lunch and Learn

Answers to:

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- "How do I get my children to help with chores without an argument?"
- "Is there a way to discipline my toddler in public without creating a scene?"
- "How can I get my teenage daughter to come home at an agreed upon time?"
- "How do I get him to stop spitting his peas and whining at dinner?"

This six-session class will meet on Wednesdays from 11 a.m. to 1 p.m., Feb. 5, 12, 19 and 26 and March 5 and 12 in the Professional Development Center To register, call 497-8425.

Dental Defense: What is Xylitol

BY LISA SIMS

78th Dental Squadron
Registered Dental Hygienist

Xylitol is a natural alcohol that is often used as a sugar substitute in chewing gum and other oral care products to prevent tooth decay and dry mouth. This healthy component is found in most plant material, such as fruits and vegetables and is also extracted from birch wood to make medicine.

How does it work?

Xylitol tastes sweet like sugar; however it does not convert into the forms of acids that cause tooth decay. Most bacteria are unable to metabolize in the presence of xylitol; this aids in the reduction of decay-causing bacteria in saliva and acids or biofilms ability to attack the teeth.

Usage

For optimal use; use

An ounce of prevention

AFMS - Robins - 78th Medical Group

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three to five times daily and immediately after eating or snacking.

Between meals, replace ordinary chewing gum or breath mints with xylitol sweetened products.

The American Academy of Pediatric Dentistry recommends xylitol for children with erupting teeth that can safely chew gum or consume mints. Dosage frequency should be a minimum of two times a day, not to exceed eight grams per day.

Other benefits

As a medicine, xylitol is used to prevent middle ear infections in young children, sinus infections, and as a

sugar substitute for people with diabetes.

Precautions:

Exceeding 8 grams of xylitol per day can lead to stomach irritation, bloating, and diarrhea.

Similar to chocolate, xylitol can be toxic to dogs, even when consumed in small amounts. If a dog eats a product that contains xylitol, it's important to take the dog to a veterinarian immediately.

For those looking to purchase xylitol products, try most vitamin and health food stores. It's recommended to purchase products with xylitol listed as the first or second ingredient.

Setting reasonable goals increases New Year's resolution success rates

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

The New Year's resolution – it can be a person's turning point or source of guilt.

Whether big or small, the challenge to conquer the aspirations people set often appears insurmountable.

Stuart Bapties, Health and Wellness Center Flight commander, said successful change is more likely when people apply reasonable goal setting to their New Year's resolutions.

"It's not enough to simply 'Just Do It.' You have to develop a plan for making yourself successful, and you have to work your plan," he said.

"Those who formulate a plan are usually successful long term, and those who don't formulate a plan will be making the same resolution year after year until they work their plan."

Bapties said instead of making a vague list of what you want to change, take these small steps toward your desired achievement:

► Define specifically what you want to accomplish. Be concise, keep it simple.

► Ask yourself why you want to accomplish the goal.

► Have a well-thought-out plan from the start.

SMART goal setting

A well-known method for setting short-term goals is the SMART method. SMART goals are Specific, Measureable, Adjustable, Realistic and Timely.

Step one: specific goals need to answer the question,

"What do I want to do?" Be specific. **Step two:** how

will success be measured? When setting weight loss

goals, you could monitor using the scale or waist mea-

surements and keep a record. **Step three:** make sure

your goals are both forgiving and flexible. Giving your-

self a range may allow you to celebrate, even though

the highest goal is not attained. **Step four:** Be realistic.

Healthy weight loss is a half to two pounds per week.

On Jan. 1, setting a goal of losing 20 pounds by

Valentine's Day is not a healthy, realistic goal. **Step**

five: set goals that are timely. We need a time-frame or

we will not get it done. Short-term goal setting should

be done within a two- to three-month window, and then

re-evaluated often.

Resolutions can be obtained, but we should put a little more effort into them, than simply saying, "This year I will _____. If we take the time to think through our goals and how to set them, we can set ourselves up for success in the new year and maybe longer. If you are looking for help with those weight loss and exercise goals, check out Better Body, Better Life beginning in January at the Health and Wellness Center.

— Tips taken from an article by Heather Hough,
Robins HAWC dietician.

New Medical Group surveys through ICE Program

You may have heard about the ICE – Interactive Customer Evaluation – Program, as other organizations throughout the base have used the program to receive feedback from customers. Now, the 78th Medical Group has added new surveys to ICE in order to better serve its customers. Surveys are available for the following areas; Pharmacy, Exceptional Family Member Program, Patient Safety, Occupational Medicine and the new Rehabilitation Clinic. Also, there are informational business cards throughout the clinic with links to access the survey and a flyer with a QR Code for your smartphone. We look forward to hearing your feedback – good or bad. The available links are:

DoD:

https://ice.disa.mil/index.cfm?fa=service_provider_list&site_id=519&dep=*DoD

78th MDG Web site:

www.robins.af.mil/units/78thairbasewwing/78thmedicalgroup/index.asp

Facebook:

<https://www.facebook.com/78MDG>

► Do your research. If the resolution is to eat healthier, decide what you plan to eat. If you're educated about the foods you should and shouldn't eat, you'll be empowered even further.

► Set up a reward system. Periodically use rewards for reaching small goals.

Bapties said the human

body has its own reward system tied to successful goal setting and achievement.

"Accomplishing the

goals you set produces dopamine, the pleasure chemical in your brain," he said. "This chemical also activates the parts of the brain that make you eager to pursue new challenges. By setting and achieving goals today, you are heightening your ability to be the person that you want to be."

For more information on goal setting, contact the HAWC at 497-8480 or the Airman and Family Readiness Center at 468-1256.

Counselor Connection

Lessons learned from EEO

**BY ROBINS OFFICE
OF EQUAL OPPORTUNITY**

A customs and border protection officer sustained a work-related injury to his back, and requested light-duty work as a reasonable accommodation.

The agency restructured his job to performing non-strenuous examinations, but the assignments were not considered light duty because they required him to wear his weapon and gear belt.

Light-duty work requires officers to turn in their firearms.

Later, his orthopedic surgeon changed his restrictions to avoid physical altercations and being put in harm's way. The agency still required him to carry his firearm. The officer filed an EEO complaint alleging the agency subjected him to discrimination based on disability when it unduly delayed granting his reasonable accommodation requests.

The Equal Employment Opportunity Commission found that the agency failed to reasonably accommodate the officer's requests because it didn't meet his doctor's restrictions.

However, the agency was not liable for compensatory damages because it made a good faith effort to accommodate him.

The EEOC found the officer was an individual with a disability. The record included sufficient medical documentation to conclude that the officer's back impairment was severe enough to substantially limit the major life activities of sitting, standing, and lifting and that the impairment should be considered chronic. The officer's surgeon described the severity and long-term nature of the impairment during the time the officer requested light duty.

The EEOC also found that the officer was a qualified individual with a disability. While he was unable to perform his

position's essential function of using non-deadly force to protect and defend his own life and the lives of others, he could perform the essential functions of the light duty position, which consisted of administrative work and did not require him to use firearms or non-deadly force.

The agency met the officer's restrictions when it restructured his job to performing non-strenuous primary and secondary examinations.

However, his restrictions changed. Although the agency restructured his day-to-day activities, it did not accommodate his restriction of avoiding physical altercations and being put in harm's way. The EEOC found that the agency demonstrated a good-faith effort by consulting with the officer and attempting to identify and make a reasonable accommodation.

The agency attempted to restructure his duties so he would not have to do strenuous physical activities.

Hot Law:

An agency can avoid liability for compensatory damages in cases of disability discrimination when it demonstrates that it made a good-faith effort to accommodate the complainant's disability. Search case name "*Abeijon v. Department of Homeland Security*," 112 LRP 42540 (EEOC 08/08/12)

Key Points:

- Long-term impairment that is severe is a disability under the Rehab Act.
- Failing to meet complainant's restrictions is a failure to accommodate.
- Good-faith effort to accommodate can avoid liability.

**78th ABW/EO
706 Ninth Street
Bldg. 936
Robins AFB GA. 31098**

926-2131

DSN: 468-2131

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

Out and About

FRI SAT SUN MON TUE WED THUR

10 11 12 13 14 15 16

ON TAP

DoL/TAP/VA Workshop

Monday through Jan. 17
8 a.m. to 4:30 p.m.

A&FRC

For details,
call 468-1256.

4 to 5 p.m.
Heritage Club Lounge
DJ, small buffet and
surprises.
Club members free,
\$5 for guests
For details,
call 472-7899.

Activity is Feb. 8.
Adult - \$40
Child (3-11) - \$35
Includes transportation,
entry and guided tour.
For details,
call 468-4001.

Final Spring Soccer Registration Day

Wednesday
Youth Center
Ages 5 to 17; returning
players \$40; new players
\$55. Smart Start Ages 3
and 4; returning players
\$25; new players \$35.
For details,
call 468-2110.

Red Head Pin Day
Jan. 20
1 to 8 p.m.
Bowling Center
Bowl a strike when the red
pin is in the number one
position, and game is free.
For details,
call 468-2112.

Fernbank Museum & IMAX Movie
Sign-up deadline is Feb. 14
Activity is Feb. 22.
Adult - \$35
Child (3-11) - \$25
Includes transportation,
entry and IMAX movie.
For details,
call 468-4001.

Runaway Bar Bingo

Wednesday
6 p.m.
Heritage Club Bingo Room
For details,
call 468-4515.

Bundles for Babies

Jan. 21
8:30 a.m. to noon
A&FRC, Bldg. 794
For details,
call 468-1256.

ONGOING

Fit 2 Fight

Mondays, Wednesdays,
and Fridays

11 a.m. to noon

Fitness Center

Circuit/Interval Training.
Pre- and post-performance
evaluations will determine
success.

Incentives and prizes will
also be given.

For details,
call 468-2128.

USAJOBS Navigating and Resume Writing

Jan. 22
8 to 11 a.m.
A&FRC

For details,
call 468-1256.

Winter Fun Days

Jan. 23
Heritage Club Bingo Room

For details,
call 468-4515.

Pro Shop sale

Now through Jan. 30

Bowling Center

Receive 10 percent
off purchases at the pro
shop.

For details,
call 468-2112.

Ugly Sweater 5k

Jan. 31
7:30 a.m.

Fitness Center

Come out, have fun and
sport the ugliest sweater
you can find for an award.

For details,
call 468-2128.

Power Hour

Daily

4 p.m.

Youth Center

Homework assistance and
computer and game play.

For details,
call 468-2110.

Boss n Buddy

Jan. 17
Sign-up deadline is Jan. 31

Weekly Gospel Service

The Robins Chapel will begin hosting
a weekly gospel worship service from 8
to 9 a.m. Sundays.

For more information, call 478-926-
2821 or DSN 468-2821.

MLK Service

Worship celebrations honoring Rev.
Dr. Martin Luther King Jr. will be con-
ducted Jan. 19 at 8 and 11 a.m. at the
Robins Chapel.

A reception will follow the 11 a.m.
service. All are invited to attend.

For more information, call 478-926-
2821 or DSN 468-2821.

Chapel seeks gospel music director

The Robins Chapel is looking for a
Gospel Service music director.

Applicants must have experience
playing piano or keyboards during a
gospel style worship service and must
submit to a criminal history background
check before the contract is awarded.

The deadline to submit resumes is Jan.
27. The contract will be awarded based
on "Best Value" to government.

For more information, call Chaplain
(Maj.) Patrick Knoester or Tech. Sgt.
Erin Everhardt at commercial 478-926-
2821 or DSN 468-2821.

**THINK OPSEC:
PROTECT VITAL INFORMATION**