

Brig. Gen. George, 'Black Engineer of the Year'

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MMA room opens at fitness center

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ROBINS REV-UP

February 14, 2014 Vol. 59 No.6

NEWS

YOU CAN USE



National Prayer Breakfast

Team Robins will host an interfaith National Prayer breakfast Feb. 28 from 7 to 8 a.m. at the base restaurant to honor the deep spirituality and kinship of the base community.

This event will include singing, readings from various sacred texts, prayers and a special message.

Guest speaker will be Capt. Robert W. Greene, senior pastor of First United Methodist Church in Vidalia, Ga. Greene, whose church includes more than 800 members, is an IMA reservist chaplain. Breakfast will be 'pay as you go.'

SE&TM awards

The 2014 Robins Science, Engineering and Technical Management awards will be presented at a breakfast Feb. 25 from 8:15 to 11 a.m. in the Museum of Aviation Century of Flight Hangar.

Dr. Wade Shaw, Mercer University's Dean and Kaolin Chair of Engineering, will be the guest speaker.

SE&TM awards are presented annually to recognize the outstanding contributions of scientists, engineers and technical teams to the installation missions and to aerospace power.

AFMC winners will be announced and recognized in the spring. Cost is \$2.

For more information, call Rebecca "Katie" Bartlett, at 468-6451 or Rani McCormick at 497-4031.

Chief Recognition Ceremony

The 2014 Chief's Recognition Ceremony and dinner will be conducted Feb. 22 at 6 p.m. in the Museum of Aviation Century of Flight Hangar.

Chief Master Sgt. Cameron Kirksey, Air Force Reserve Command's top enlisted leader, will be the keynote speaker.

The event, which is by invitation only, recognizes the promotion to the service's highest enlisted rank of 15 active duty, Reserve and Air National Guard members who work at Robins. Six other recent promotees are unable to attend.

Robins Technology Exposition

The 78th Communications Directorate will host its annual Technology Exposition March 5 from 10 a.m. to 2 p.m. at the Horizons Event Center.

There will be hands-on demonstrations from more than 25 companies in various areas of technology including wired and wireless headsets, scanners, software, and services, SIPR Hardware Token, Multi-Level Security Solutions, Signal and Network Analyzers, Ruggedized Power Adapters, Measurement and Monitoring Solutions, One-to-One Blade PCs, and more.

Refreshments will be served, and giveaways will be available while supplies last.

To preregister and preview the list of exhibiting companies, visit www.FederalEvents.com.

'Great deal of symmetry' between AF, national commission recommendations

BY JENNIFER CASSIDY

Air Force Public Affairs

WASHINGTON (AFNS) – The national commission which was created to examine how to modify the Air Force's structure to best fill current and future mission requirements, presented its recommendations during two public meetings on Capitol Hill Jan. 30.

The National Commission on the Structure of the Air Force was established by Congress in 2013 to comprehensively study the Air Force and its three components.

The commission's report, which was due to the president and Congress Feb. 1, included findings and conclusions, as well as recommendations for administrative actions and legislation that may be required.

"Going forward, there's no doubt in my mind that our Air Force is going to rely more, not less, on our National Guard and Reserve forces," said Secretary of the Air Force Deborah Lee James. "This makes sense from not only from a mission standpoint, but from an economic standpoint. I think there will be a great deal of symmetry between many of the recommendations from the commission and what the Air Force proposes for its way ahead. Our thanks go



U.S. Air Force photo by JIM VARHEGYI

"Going forward, there's no doubt in my mind that our Air Force is going to rely more, not less, on our National Guard and Reserve forces."

Deborah Lee James
Secretary of the Air Force

to the commissioners for their report, which will help inform us in the future."

The Air Force conducted its own total force review, led by three major generals from the active-duty, Air National Guard and Air Force Reserve components of the service, deemed the

▶ see SYMMETRY, 4

Officials against 'disestablishing' AFRC

WASHINGTON (AFNS) – The National Commission on the Structure of the Air Force issued its report to the president and Congress Jan. 31.

The report calls for moving more Air Force manpower into the reserve components but "disestablishing" Air Force Reserve Command and its three numbered air forces.

"Many of the commission's recommendations are valid," said Lt. Gen. James F. Jackson, chief of the Air Force Reserve and commander of Air Force Reserve Command. "However, AFRC provides me the ability to execute my key statutory obligation to manage Air Force Reserve resources. Without AFRC's structure, the Regular Air Force would have to recreate and duplicate what we use today."

▶ see AFRC, 4



U.S. Air Force photo by TOMMIE HORTON

Timothy Willingham, 402nd Aircraft Maintenance Group sheet metal mechanic, exits the confined space inside a C-130 outer wing. As part of its Voluntary Protection Plan initiatives, the C-130 Center Wing Box Shop implemented an emergency escape plan for rescuing an employee suffering a medical emergency while working inside the wing.

Four work sites excel with VPP

BY TOMMIE HORTON

tommie.horton@us.af.mil

Four work sites have joined the growing number of safe sites at Robins achieving Gold recognition through the Occupational Safety and Health Administration sponsored Voluntary Protection Program.

Gold banners were presented Feb. 7 to the 78th Force Support Squadron Heritage Club/Pizza Depot; 78th Force Support

Squadron Maintenance Training Section; 560th Aircraft Maintenance Squadron C-130 Center Wing Box Shop; and the Warner Robins Air Logistics Complex Quality Office.

Sites are able to achieve Gold by partnering with management and the union to implement effective safety and health management systems that will help prevent workplace injuries and illnesses. The Commander's Safe Site Challenge

▶ see VPP, 13

LRS exercise scheduled for March

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

The 78th Air Base Wing will be participating in an exercise scheduled March 25 through 28.

They will provide Joint Reception Staging Onward Movement and Integration support to members of the Federal Emergency Management Agency.

"The objective of the exercise will be to test International urban search and rescue under the U.S. Agency for International Development to mitigate loss of human life and suffering," according to Maj. Jeremy Pankoski, 78th Logistics Readiness Squadron commander.

The exercise itself will take place at the Guardian Centers in Perry, Ga.

The 830-acre disaster preparedness and validation center's complex can simulate almost any disaster, on almost any scale, enabling up to 7,000 participants at a time to train in a realistic cityscape.

Air Force first to pilot C-17 IETM

Robins C-17 Combined Program Office provides project oversight

BY JENNY GORDON

jenny.snider.ctr@us.af.mil

Currently there are efforts to convert existing paper technical manuals for the C-17 weapon system that will not only save money but reduce man hours, creating further efficiencies across the Air Force.

The C-17 Combined Program Office at Robins, in partnership with Boeing, is working to implement the first ever (complete maintenance set) C-17 S1000D-compliant interactive electronic technical manual, IETM, for use by aircraft maintainers in the U.S.

What is an IETM?

An IETM is an interactive electronic technical manual, a computer web program that displays aircraft technical data in a logical format. It will allow its users to navigate through numerous manuals more efficiently.

The C-17 pilot project, which began in 2007, will be the first weapon system in the Air Force to use the new IETM. Other weapon systems such as the C-5 and KC-46 are in the early stages of development based on the C-17's achievement. There are no plans yet to use the IETM with foreign military sales partners.

Field testing took place

this week with the 172nd Airlift Wing, Mississippi Air National Guard. There are plans to continue training and travelling to bases that maintain the C-17, with completion by mid-2015.

Every weapon system has technical orders, or manuals which outline how to perform a specific job. Take into consideration there are variations of the

same aircraft, and maintainers must constantly be updated on changing technical orders.

When changes occur, printing and distribution costs for every base that maintains a C-17 for example can become quite costly. With this IETM, maintainers will be able to instantly download to a computer everything they need within 24 hours, reducing those costs by 25 percent, according to the C-17 CPO.

"It's a difficult environment for the mechanic

▶ see C-17, 13

Second Front

U.S. Air Force file photo by MISUZU ALLEN

The Martin Luther King Gate is closed until early March due to a major road project. Construction on the project stalled during recent bad weather. Pavement resurfacing at the gate will involve removing and replacing the pavement and sub-base of the road.



CONSTRUCTION UPDATE

BY BRIAN SHREVE

Staff Writer

Recent bad weather stalled roadwork at the Martin Luther King, Jr. Gate, though most construction projects around Robins remained unaffected by the inclement weather.

Pavement resurfacing at the Gate 5 entrance was expected to resume Feb. 3, but rain dampened those plans as well, furthering the delay.

“The weather held us up,” said Ricky Davis, base civil engineering inspector. “There will still be some work going on, but because of weather, that will be intermittent.”

In addition to weather, Davis said the project has also been slowed due to a matter involving contracting.

For now, the roadwork is scheduled to be completed by March 21, which is also due to an unforeseen sub-base site condition, said Davis.

“We ran into some unforeseen conditions,” he said. “We’re waiting on a contract modification to be pushed through.”

Construction at Macon Street was not affected by weather, but Davis said the project is also awaiting a contract modification.

The construction which extends from Seventh to Ninth streets should be completed soon – weather permitting.

As for the sinkhole located on North Perimeter Road, Davis said his department is still obtaining bids for the repair work. The portion of the road from Finch Lane to Bldg. 2030 will remain closed until further notice.



U.S. Air Force photo by TOMMIE HORTON

Congressional visit

Wayne Osborn, 402nd Software Maintenance Group director, briefs Rep. Austin Scott (left) during his visit to Robins Monday. During his tour, Scott visited numerous sites across the installation.

George receives engineer award from CSAF

Washington (AFNS)

— Air Force Chief of Staff Gen. Mark Welsh presented this year’s Black Engineer of the Year award to Brig. Gen. Cedric D. George, the Warner Robins Air Logistics Complex commander during the Ninth Annual Stars and Stripes dinner Feb. 7, in Washington D.C.

Current and retired leaders participated in a two-hour mentoring session prior to the dinner. The mentors passed down life lessons to about 360 college and high school students from the



U.S. Air Force photo by SCOTT ASH

Air Force Chief of Staff Gen. Mark Welsh (right) presents this year’s Black Engineer of the Year award to Brig. Gen. Cedric George, Warner Robins Air Logistics Complex commander.

Washington metro area, science, technology, who are interested in engineering or mathematics. pursuing professions in



U.S. Air Force photo by MASTER SGT. ROBERT LIPHAM

Looking for a destination

Nicci Clark sets her sights on a fixed point Saturday while going through a land navigation course here. Clark and other members of the Robins Regional Chamber of Commerce’s 2014 Leadership Class visited Robins to learn more about the base. While they were here, they also took part in a series of team-building exercises at the leadership development school and Warrior Air Base.

Hobby shop to close

The Auto Hobby Shop and Wood Skills Shop will close tomorrow due to cuts to the appropriated fund budget.

The Wood Skills Shop will still operate in some capacity to provide various types of specialty woodwork still needed at the base.

PASS workshop set for Thursday

A Proactive Advocates Sharing and Supporting, or PASS, workshop will be conducted Thursday from 11:30 a.m. to 1 p.m. at the Airman and Family Readiness Center, Bldg. 794.

All military members with special

needs family members are invited to the informative planning session where setting up Special Needs Trusts will be the topic.

In addition to a panel of legal and financial experts, participants will be introduced to the Georgia Military Legal Assistance Program, which provides reduced-rate and pro bono legal services to military members, veterans, and their families.

Lunch will be provided.

For more information or to reserve a seat, call Renee Daughtry, Robins School Liaison Officer at commercial (478) 327-5524 or DSN 497-5524.

ALL in a Day’s WORK



U.S. Air Force photo by RAY CRAYTON

Name: Mike Smith

Work title: Management support and training specialist

Unit: 431st Supply Chain Management Squadron, Workforce Development Office

Hometown: Warner Robins

Number of years in federal service: 5

What does your work involve? “Presenting logistics training material to the workforce.”

How does your work contribute to the Robins mission? “The courses I teach help people think deeper than the surface with more of an enterprise view and not just as squadrons or individuals.”

What do you enjoy most about your work? “Conversing with people about their backgrounds, experiences and issues.”

What prompted your interest in your current career field? “I

became an instructor by happenstance.”

Who has been the biggest influence in your life? “My father. He did more in his 20 years as an Air Force navigator than I have done in my 34 years of government service.”

What is the accomplishment you are most proud of? “My two daughters graduating from my alma mater, UGA.”

What is something people would be surprised to know about you? “My background in three nuclear operation fields. I performed duty as a Titan II Intercontinental Ballistic Missile launch officer while I was the executive officer for four Titan II missile squadron commanders; Aircrew Training Officer instructing Emergency War Order operations for B-52 and KC-135 aircrews; and Ground Launch Cruise Missile Command Post Controller until President Ronald Reagan and General Secretary Gorbachev signed the Intermediate Nuclear Forces Treaty in December 1987.”

Around the Air Force

New AC-130J completes first test flight

EGLIN AIR FORCE BASE, FLA. (AFNS) – After more than a year of modification maintenance, the newly created AC-130J Ghost Rider took to the sky for the first time as a gunship at Eglin Air Force Base on Jan. 31. In early January 2013, the Air Force Special Operations Command MC-130J Commando II arrived here to begin the modification process with the goal of creating a “best of both worlds” aircraft. The end result became a hybrid C-130 model with the flying proficiencies of the MC-130J and the combat capabilities of an AC-130.

The modification was completed at Eglin Air Force Base, Fla., because the AC-130J test team and test program are located there.

To read more, visit www.af.mil.

Force Improvement Program gives Airmen direct line to Air Force leaders

BARKSDALE AIR FORCE BASE, LA. (AFNS) – Senior Air Force officials put a plan into motion that will give Airmen an opportunity to make real, visible and enduring changes to the Air Force Global Strike Command.

The Force Improvement Program, or FIP, is an aggressive, action-oriented effort with the goal of making rapid and substantial change to the intercontinental ballistic missile mission. Senior leaders designed the FIP from the ground-up as a field-level initiative to draw on the experiences of Airmen at all levels.

“Unlike other studies we have seen in the past, the foundation for the FIP is that our own ICBM base Airmen will identify challenges within (their) mission area and recommend solutions,” said Lt. Gen. Stephen Wilson, commander of Air Force Global Strike Command, who wrote in a letter to missile crew members. “I can’t stress this enough; this is a grass-roots-level effort. From the bottom, up, that’s where the solutions are going to come from.”

To read more, visit www.af.mil.

Maintainers ready gunships for retirement

CANNON AIR FORCE BASE, N.M. (AFNS) – An aircraft with a hefty reputation is set to make its final landing.

After more than four decades, the AC-130H Spectre will soon retire.

A major player in every conflict since Vietnam, the AC-130H is now in the hands of maintainers from the 16th Aircraft Maintenance Unit, responsible for inspecting, repairing and maintaining the gunships. Currently there are eight gunships remaining in the Air Force inventory.

To read more, visit www.af.mil.

CSAF releases 2014 reading list

WASHINGTON (AFNS) – The Air Force Chief of Staff Gen. Mark A. Welsh III published his professional reading list Feb. 6.



U.S. Air Force photo by SENIOR AIRMAN BRETT CLASHMAN

Tech Check

Staff Sgt. Tyrin Rush, a 366th Aircraft Maintenance Squadron crew chief at Mountain Home Air Force Base, Idaho, looks at a technical order during Red Flag 14-1, Jan. 30. The exercise took place at Nellis Air Force Base, Nev. Red Flag provides realistic combat training in an operationally limited environment.

“This year’s CSAF Reading List was designed to build understanding,” Welsh said in his message to Airmen. “There are stories of Airmen, fellow service members and leaders from many different backgrounds. I bet there’s a book, a movie, a piece of artwork, or a TED Talk in there that you can relate to.”

Welsh hopes these selections will not only help enhance Airmen’s understanding, but also inspire them to tell their own story.

To read more, visit www.af.mil.

PME Changes Affecting Active Duty E-6s

ROBINS MILITARY EDUCATION OFFICE – The Barnes Center for Enlisted Education continues the enlisted professional military education transformation with its latest release of the Noncommissioned Officer Academy Distance Learning Course 15 V1.

The course provides foundational concepts and principles necessary for successful completion of NCOA Advanced Leadership Resident Education. Course 15 V1 and the NCOA Advanced Leadership Education make up the two phases of leadership development for active duty Air Force junior NCOs.

Enrollment in Course 15 V1 is mandatory for and limited to technical sergeants meeting one of the following criterion: Must be a technical sergeant with more than two years time in grade who also has two or more deferments from NCOA; or be a technical sergeant with less than one year time in grade; or be a technical sergeant who was returned home from NCOA prior to graduation.

All active duty technical sergeants who are not eligible should expect to be selected to attend the NCOA in one of the remaining fiscal 2014 classes.

For registration instructions, see the detailed Course Announcement on the 78ABW/MSG/FSS/FSDEM



U.S. Air Force photo by AIRMAN 1ST CLASS MEAGAN SCHUTTER

Get low

Airman 1st Class Ross Keserich, a 374th Civil Engineer Squadron firefighter, enters a firefighting training scenario at Yokota Air Base, Japan. Firefighters practice making low-entrances to ensure they’re safe from the heated gases escaping the facility.

SharePoint site: <https://org.eis.afmc.af.mil/sites/78abw/msg/fss/fsd/fsde/fsdem/Military%20Formal%20Training/Forms/AllItems.aspx>
For more information, contact your first sergeant or Joel Watson at 497-4878 or by email at 78mss.dpe.miltn@us.af.mil (78 FSS/FSDE on global).

SYMMETRY

Continued from 1

Total Force Task Force, or TF2. To continue TF2’s work and make it part of the permanent staff, Air Force Chief of Staff Gen. Mark Welsh directed the stand up of a transitional organization, the Total Force Continuum, or TF-C, in October. The TF-C analysis will help guide the service’s proposed fiscal 2016 budget.

While considering recent lessons learned and existing fiscal realities, Air Force officials are already taking steps to increase integration while preserving capability and capacity across all three components, James said.

“Current plans call for more collaboration and cooperation among the components in the years to come; working on these relationships and seeing real improvements so that these cross-component efforts become second nature and not the exception,” James said.

First, the Air Force will work on a continuum of service initiatives, to include improving personnel systems and processes to better serve Airmen and leaders. This also includes efforts to keep the best Airmen in our service by recruiting them for the Guard and Reserve, James said.

Second, the Air Force is pursuing

ways to improve collaboration between component commands. This will include staff integration efforts to ensure appropriate representation and to improve understanding of each component’s strengths and core identities.

“We must also identify ways for headquarters elements to integrate efficiently and creatively,” James said.

Third, the service will continue to examine total force associations, which make the service more efficient by sharing resources and reducing duplication of effort. They also increase capability, while at the same time preserving a corporate body of knowledge, she explained.

“Highly experienced Air Force Reserve and Air National Guard members allow us to retain valuable experience in the force and capitalize on the talents of part-time citizen Airmen, and help season junior, regular Air Force members,” she said. “Associations have been a great success story for the Air Force overall. So it’s important to capture lessons learned from our experience at the 120 current Air Force total force associations and apply them to future associations with the F-35 Lightning II and KC-46 Tanker.”

“The upcoming budget submission will rely heavily on the Guard and Reserve – more than what we do

today,” James said. This approach looks at how to use the Guard and Reserve components more effectively.

“I’m a true believer in the Total Force Air Force that former Air Force senior leaders created,” said Lt. Gen. Stanley Clarke, the Air National Guard director. “We will continue to adapt as one Air Force that provides the best value for America. The Air National Guard is committed to continuing to work closely with the regular Air Force and the Air Force Reserve to review requests and direction from Congress, when received. We all share the common goal of ensuring we have the best Air Force now and into the future.”

Although no component is totally sheltered from reductions, the reserve components will be relied upon more in the future for the success of the overall mission, with particular emphasis in the areas of intelligence, surveillance and reconnaissance, and cyber, James said.

“Today’s debate should be centered on how to best capitalize on our strengths and core competencies to improve the Total Force team,” said Lt. Gen. James Jackson, the chief of Air Force Reserve and Air Force Reserve Command commander. “We’re optimistic about the future, and we’re working hard to shape the Air Force for the future fight in 2023.”

AFRC

Continued from 1

The commission’s report calls for creating integrated wings with active-duty and reserve Airmen serving together at the squadron, group and wing levels.

“In practice, the Air Force Reserve is integrated with the active component today,” Jackson said. “However, each component maintains separate administrative chain of command to comply with law and service policy. This ensures readiness and the effective force management of component personnel.”

The commission, established by Congress in the National Defense Authorization Act for fiscal 2013, studied how the Air Force structure should be modified to best fulfill current and anticipated mission requirements for the Air Force in a manner consistent with available resources.

Jackson said that Air Force leadership has been receptive to his concerns.

“Both the secretary and the chief of staff have asked for my thoughts on the commission’s report,” said Jackson. “I couldn’t be more pleased with the support the Air Force Reserve receives from Air Force leadership.”

The commission traveled to 19 different locations and interviewed reservists, guardsmen and active-duty Airmen.

“Providing adequate operational support funding to increase volunteer opportunities for reservists, increasing associations between Reserve and active Air Force units, and reducing the number of Reserve duty statuses without reducing the overall compensation of reservists are all positive recommendations that require further analysis to ensure they can be implemented correctly,” said Jackson, who testified before the commission on four separate occasions.

ROBINS REV-UP

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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

Face time with work force

Lt. Gen. C.D. Moore, Air Force Life Cycle Management Center commander, discusses the accomplishments and progress of the center since its activation in July 2012 with local workers during a Town Hall meeting conducted Tuesday at the base theater. AFLCMC is charged with life cycle management of Air Force weapon systems from their inception to retirement.



U.S. Air Force photos by TOMMIE HORTON

New AFMC chiefs attend orientation

BY KIM DAWLEY

Air Force Materiel Command
Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – The 23 newest chief master sergeants within Air Force Materiel Command gathered for a week-long orientation here earlier this month. The AFMC Chiefs' Orientation is conducted annually.

"This orientation is essential to get these new chiefs the tools and information they need to lead at the top of the enlisted ranks," said Chief Master Sgt. Michael Warner, AFMC command chief.

The new chiefs attended a session called Leadership Perspective with Gen. Janet Wolfenbarger, AFMC commander.

"I rely on the advice and counsel that I get every day from Chief Warner," she said. "That's the role you'll play in your organizations –

you're an integral member of the leadership team. Your relationship with the commander is instrumental to mission success, because you bring a perspective to the table that's invaluable."

The orientation also included a session led by Warner himself, who encouraged the group to keep up the stellar work that led to their promotions.

"To get to this point, you've done everything the Air Force has asked of you, and you've done it better than your peers," he said. "You're experts at your jobs; you're great leaders and managers; you're involved in the activities in your squadron, in your group, in your wing; you're going to the Top 3 meetings. People see you out and involved and engaged. You're going to school or you're doing something to make yourself better. Don't stop doing any of that; don't stop being present."

A Better You

KNOWLEDGE IS POWER

African American health risks highlighted in Robins' Black History Observance

BY HOLLY
LOGAN-ARRINGTON
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U.S. Air Force photo by TOMMIE HORTON

Staff Sgt. Isunte Barnes, Black History Observation Committee member, and Staff Sgt. Jason Bailey, 78th Medical Group allergy immunization technician, review pamphlets covering African American genetics and health issues.

BLACK HISTORY FACT

Congress passes the first Civil Rights Act on March 1, 1875, guaranteeing African Americans equal rights in transportation, restaurant/inns, theaters and on juries. The law was struck down in 1883 with the Court majority arguing the Constitution allows Congress to act only on discrimination by government and not that by private citizens.

Group Supply Management Activity Group manager and Quality Assurance evaluator, who is part of the Health and Golf Tournament committees for Black History Month activities, said she wants to educate people so they can live longer.

“It’s important to understand why our community suffers from certain issues more than most and know

what we can do to prevent or maintain these medical issues,” she said.

“Everyone needs to understand that not every medical condition within certain ethnic or cultural groups is a direct result of poor health care, poor diet or bad life decisions.”

Barnes said African-American-related health information will be posted throughout Robins in February.



U.S. Air Force file photo
The Department of Defense’s message for young children and adolescents is called 5-2-1. It calls for five servings of fruits and vegetables a day, two hours or less of “screen time,” one hour of moderate to vigorous exercise and zero sweetened drinks.

DOD focuses on healthy, active lifestyle for kids

BY TERRI MOON CRONK
American Forces Press Service

WASHINGTON (AFNS) –

With the national rate of childhood obesity increasing, the Defense Department wants to ensure children in military families lead healthy and active lifestyles, the Defense Department’s director of the office of family policy and children and youth said.

In a recent interview with American Forces Press Service and the Pentagon Channel, Barbara Thompson said that nationally, 12.5 million children and adolescents from age 2 through 19 are overweight – a figure that’s tripled since 1980.

Military children are a microcosm of that group, she said.

Today’s generation of children is the first at risk of dying before their parents, Thompson said. Facing such risks, families should set goals for healthy food choices and more physical activities for their children.

“It’s important for children to see the most important models in their lives doing the same things they should do,” she said. “It’s of critical importance that children start healthy habits at a very early age. The bottom line is obesity

is preventable.”

DOD’s message for young children and adolescents is called 5-2-1, Thompson said. It calls for five servings of fruits and vegetables a day, two hours or less of “screen time,” one hour of moderate to vigorous exercise and zero sweetened drinks, which is a plan that can be used at home and in school. She defined screen time as any activity involving television, computers, video games, movies and other devices that lead to a sedentary lifestyle.

Obesity also can lead to serious diseases, such as cancer, diabetes and high blood pressure, Thompson said. Children without healthy diets and routine exercise start at early ages to build plaque in their arteries, and are at risk for future health issues, she added.

And national security can become an issue when people cannot enter military service because of their weight and health-related diseases, Thompson said.

Resources for setting dietary and exercise goals are abundant for military families, Thompson said. One way to begin children on a path to healthy eating and routine exercise is to have meals as families, she said.

– To read the full story, visit www.af.mil.

Out and About

FRI 14 SAT 15 SUN 16 MON 17 TUE 18 WED 19 THUR 20

ON TAP
Valentines Big Bingo
 Today
 6 p.m.
 Heritage Club Bingo Room
 For details,
 call 468-4515.

Valentine's Day Thunder Alley Special
 Today
 1 to 4 p.m.
 Bowling Center
 Bring your sweetheart, pay regular price and your date's cost is half price.
 For details,
 call 468-2112.

Fernbank Museum & IMAX Movie
 Sign-up deadline is today
 Activity is Feb. 22.
 Adults - \$35
 Children (3 to 11) - \$25
 Price includes transportation, entry and an IMAX movie.
 For details,
 call 468-4001.

Yard Sales
 Saturday
 8 a.m. to noon
 Outdoor Rec parking lot
 One table and two chairs
 Cost \$7
 For details,
 call 468-4001.

T-Ball, Baseball & Softball registration
 Saturday and Feb. 21
 Youth Center
 For details,

call 497-6836.
Pee wee Spring Bumper Bowling League
 Registration is Saturday
 10 a.m. to 2 p.m.
 Bowling Center
 League starts Feb. 22
 Cost is \$35,
 Ages 3- to 5-years old
 For details,
 call 468-2112.

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

Bowling
 Tuesday
 1 to 4 p.m.
 Bowling Center
 Bowl three games for \$5
 Includes shoes
 For details,
 call 468-2112.

Bowling Movie Days
 Wednesday
 2 to 4 p.m.
 Bowling Center
 \$6 per person includes three games, rental shoes, movie and popcorn.
 For details,
 call 468-2112.

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

UPCOMING Educational Track
 Thursday and Feb. 21
 8 a.m. to 4 p.m.
 A&FRC, Bldg. 794
 For details,
 call 468-1256.

Boss-n-Buddy
 Feb. 21
 4 to 5 p.m.
 Heritage Club Lounge
 Club members free,
 \$5 for guests.
 For details,
 call 472-7899.

Ice Skating
 Feb. 22
 10:30 a.m.
 Cost \$10
 Transportation \$3
 For details,
 call 468-2110.

Thrift Savings Plan (Military Saves Week)
 Feb. 24
 1 to 2 p.m.
 A&FRC
 For details,
 call 468-1256.

Spend Plan Basics (Military Saves Week)
 Feb. 25
 2 to 3 p.m.
 A&FRC
 For details,
 call 468-1256.

USAJOBS Navigating and Resume Writing
 Feb. 26

8 to 11 a.m.
 A&FRC
 For details,
 call 468-1256.

Debt Reduction (Military Saves Week)
 Feb. 26
 3 to 4 p.m.
 A&FRC
 For details,
 call 468-1256.

Career Technical Training Track
 Feb. 27 and 28
 8 a.m. to 4 p.m.
 A&FRC
 For details,
 call 468-1256.

Pajama Literacy Day
 Feb. 27 and 28
 Dr. Seuss' Birthday
 CDC East/West
 For details,
 call CDC West at 468-3080
 or CDC East at 468-5805.

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.



Please recycle this newspaper

NEW LIBRARY HOURS

The Base Library will have new hours beginning Feb. 24. The hours will be Mondays through Thursdays from noon to 7 p.m., and Saturdays from noon to 5 p.m. It will be closed on Fridays and Sundays.

PRESIDENTS' DAY HOURS

78th FSS

- ▶ Golf Course, open Monday normal hours
- ▶ Bowling Center, open Monday from 1 to 8 p.m.
- ▶ Fitness Center, open Monday from 8 a.m. to 4 p.m.
- ▶ Wynn Dining Facility open Monday normal hours
- ▶ Flight line Kitchen, open Monday normal hours

AAFES

- ▶ Main store, open Monday from 10 a.m. to 6 p.m.
- ▶ Service Station, open Monday from 7 a.m. to 6 p.m.
- ▶ Shoppette/Class Six open Monday from 9 a.m. to 6 p.m.
- ▶ Firearms counter, open Monday from 11 a.m. to 4 p.m.

78th SFS

- ▶ The Russell Parkway and Watson Boulevard gates will be open Monday. All others will be closed.

78th LRS

- ▶ Fuels section will be open. All others will be closed.

* Unless listed, all FSS activities will be closed Monday. For a complete list of FSS hours, visit <http://www.robinsfss.com>.

*For other Robins Exchange facility hours, visit www.shopmyexchange.com.





U.S. Air Force photos by TOMMIE HORTON

Far left, Cole Miller, Ultimate Fighting Champion featherweight, coaches as Staff Sgt. Gregory Stewart and Marine Sgt. Justin Brye practice grappling techniques Friday during the grand opening of the Warrior Athletic Readiness, W.A.R., Room. About 40 people attended the grand opening of the training room at the Fitness Center.

Left, Staff Sgt. Arthur Jones exercises with ropes during the grand opening.

C-17

Continued from 1A

today. This will make their lives sufficiently better. We're very excited about it," said Danny Singleton, C-17 CPO deputy director. "It's really moving us into the 21st century where we need to be."

Maintainers will be able to compile, plan and speed their work because the technical documentation will be right at their fingertips, he added.

Interactive testing over the years took place

at nearby Joint Base Charleston, which maintains more than 50 C-17s for the Air Force.

Maintainers from across various major commands also provided feedback from focus groups on the new system, resulting in aircraft technical data that features linking, hot spots, highlighting, graphic manipulation and filtering for the most up-to-date and timely information.

"It has been a long road to get to this point," said Sonya Elburn, C-17 IETM lead. "This will provide a tool that has

been chosen by Air Force leadership, with the usability proven by the maintainer. This tool will provide the technical data in a timelier manner."

Since the project began in 2007, it has been a true team effort among not only the C-17 CPO IETM office at Robins, and Boeing, but also maintainers from across all Air Force bases that work on the C-17; Air Mobility Command, Air Force Reserve Command and Air Force Materiel Command.

VPP

Continued from 1

is utilized to help break down the necessary requirements to achieve Gold.

Two examples of the many accomplishments that contributed to the recent recognitions include the C-130 Center Wing Box Shop's implementation of a defined method of retracting a sick or injured employee from inside the wing of an aircraft. The 78th Air Base Wing Fire Department assisted the shop in its preparedness.

Another example is the Warner Robins Air Logistics Complex Quality Offices' expansion of its employee safety awareness beyond administrative areas into industrial areas where they routinely perform inspections.

"One of the greatest things about the program is that we're a team," said Sean Johnson, Installation VPP program manager. "Together through management, union and employee involvement, along with safety training, we can make a difference and make our workplace a lot safer," he said.

There are currently 306 sites participating. Of those, 58 percent have achieved Gold; 32 percent, Silver; 6 percent, Bronze; and 4 percent Green. Two sites have achieved the prestigious OSHA Star Site. They are the 402nd Software Maintenance Group and the 402nd Material Support Group.

"Typically an OSHA Star Site will find that their injury rates are 52 percent below a like site in the industry," said Johnson.

Personal Protective Equipment

PPE



**ONLY WORKS IF
YOU WEAR IT!**

**ALWAYS THINK
SAFETY FIRST**

