

Airman proves her strength in more ways than one

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Summertime Safety



ROBINS REV-UP

August 15, 2014 Vol. 59 No.32

Coalition of safety: OSHA alliance formed

BY BRIAN SHREVE
Robins Public Affairs

Robins is now formally part of an alliance with the primary mission of maintaining a safe and healthy work environment.

With a shared commitment of preventing hazards while raising awareness of the Occupational Safety and Health Administration's rulemaking and enforcement initiatives, the alliance involves four participants: Robins Air Force Base, the OSHA Atlanta-East Area Office, the American



Federation of Government Employees Local 987 and the International Association of

U.S. Air Force photo by RAY CRAYTON
Todd Surber, International Association of Firefighters Local F-107 president, signs the agreement forming an alliance comprised of employee unions, Robins Air Force Base and the Occupational Safety and Health Administration. The Alliance will meet regularly to discuss measures to prevent safety and health hazards.

Firefighters Local F-107.

It will now collectively be known as the Robins Air Force Base Alliance.

During a signing ceremony Aug. 8 in Bldg. 169, the collaborative relationship was formed before a crowd of roughly 100 workers as representatives from each group provided their signatures.

Signing on behalf of the base were Col. Chris Hill, Installation commander, and Brig. Gen. Cedric George, then-Warner Robins Air Logistics Complex commander who said he was especially honored to participate in what marked his last full day at Robins.

► see ALLIANCE, 6

IN YOUR FACE



U.S. Air Force photos by MISUZU ALLEN

Above, Lt. Col. Stephen Chartier, 78th Dental Squadron commander, shows Jessica Wilber, 116th Air Control Wing retention officer, how the jaw and muscles work.

Below, Debra Fitzpatrick, 78th Dental Squadron lead dental assistant, takes dental impressions from Wilber, during an exam Aug. 7. The dental technician will create a dental splint to relieve the patient's pain.

Robins dentist on cutting edge of pain relief

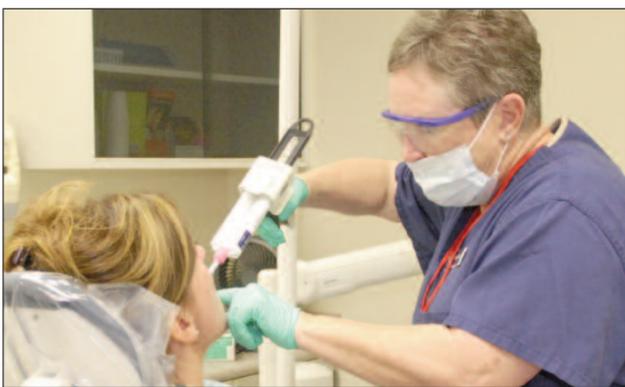
BY JENNY GORDON
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After being hit in the jaw while playing sports in high school, Airman 1st Class Daniela Trujillo figured the ongoing pain she suffered was something she'd just have to deal with – even if it meant chronic discomfort at times.

But one day about five months ago, she found that her jaw wouldn't open quite wide enough for her to eat.

"Usually it would hurt just a little, but that day I couldn't eat at all. I knew then I finally had to do something," said Trujillo, a Robins contract specialist.

Through a referral, she paid a visit to Lt. Col. (Dr.) Stephen Chartier, 78th Dental Squadron



commander. A board-certified specialist in comprehensive dentistry, he transferred to Robins in 2013 and recognized an important need on the installation for military patients suffering from various orofacial conditions that extend beyond just the teeth and gums.

He helped establish an orofacial pain and chronic headache clinic, and has since treated nearly 120 active duty patients.

"The people I see are generally in chronic pain, meaning this problem has existed for

► see DENTAL, 6

Lindsley takes command of WR-ALC

BY BRIAN SHREVE
Robins Public Affairs

The guidon was officially passed as Brig. Gen. Walter Lindsley took command of the Warner Robins Air Logistics Complex from Brig. Gen. Cedric George during a change-of-command ceremony Monday at the Museum of Aviation.

A who's who of military elite, federal, state and local officials and business leaders were on hand for the event to formally thank George for his service, while welcoming Lindsley and his family to Robins.

Lt. Gen. Bruce Litchfield, Air Force Sustainment Center commander, presided over the ceremony.

"This is a transition of command unlike anything we've had before," he said. "We're on the right path, doing the right things. We need a leader who's up to the task. I can't think of anyone better than Brig. Gen. Lindsley. It's going to take guts."

George was presented the Legion of Merit for his leadership during challenging times for Robins and the Air Force.

And then the reins of the ALC were passed to Lindsley, who promised to help Robins continue its journey of success.

A 32-year Air Force veteran and Illinois native, Lindsley comes to Robins from Wright-Patterson Air Force Base, Ohio, where he served as the Air Force Materiel Command director of staff.

While there, he was charged with integrating daily operations, management, resources, facilities and executive administrative duties in support of the command headquarters mission.

Speaking during the ceremony, he said with 7,500 personnel now under his command – the



U.S. Air Force photo by RAY CRAYTON

Brig. Gen. Walter Lindsley, Warner Robins Air Logistics Complex commander, speaks during the complex's change of command ceremony Monday.

largest of his career – he is not pressured, calling the new position a thrilling and humbling learning experience.

"Is the new commander going to change things up? The answer is 'no,'" said Lindsley. "There are three primary objectives: Take care of your mission; take care of your people because they're the heartbeat of the complex and always have your eyes looking out the windshield toward the future."

George will leave Robins for the Pentagon, where he will serve as director of system integration in the Office of the Deputy Chief of Staff for Logistics, Installations and Mission Support at Air Force headquarters.

In his farewell speech, George thanked Robins and the community.

"My wife and I are grieving somewhat," he said, "because of this great, loving and caring community we've come to love. This community is deep-and-wide in love with this Air Force. It's in your DNA."

NEWS

YOU CAN USE

Logging trucks to exit base onto Ga. Highway 247

Logging trucks have begun hauling timber from a site on base being cleared for a solar array project.

That could impact traffic on Ga. Highway 247, as trucks exit the base onto the highway about a quarter of a mile south of the Museum of Aviation. The trucks will be operating from 7:30 a.m. to 5 p.m. through mid-September.

Motorists should take caution when approaching the area.

NCO Induction Ceremony

An NCO Induction ceremony will be Wednesday at 3 p.m. at the Heritage Club. Dress will be uniform of the day for attendees and service dress for inductees.

Never deterred: age no barrier to Guardsman's calling

BY TECH. SGT. JULIE PARKER
116th Air Control Wing Public Affairs

Anna Likos may have joined the military a little older than most people, but that's only allowed her to bring a great deal of global experience to the 116th Air Control Wing mission.

The Florida Department of Health Disease Control and Health Protection Division director serves as a lieutenant colonel in the 116th Medical Group as a part-time staff physician.

She was 50 when she joined the Air National Guard in 2000, and these days she ensures 116th ACW personnel who are tasked to deploy throughout the year are medically able to go when they get the call.

According to Likos, there's a great sense of satisfaction in knowing she directly impacts the mission.



U.S. Air Force photo by TECH. SGT. JULIE PARKER

Lt. Col. Anna Likos, a physician with the 116th Medical Group, Georgia Air National Guard, assesses a patient's simulated injuries in a triage medical tent during an external evaluation exercise at Pelham Range, Anniston, Ala.

"In public health, the focus is on the health of the population as a whole. Here, I get to interact with people and patients one-

on-one, and I miss that [in the civilian sector]," she said.

Likos said that her decision to join the Guard came when she attended a conference for the American Medical Surgeons of the United States.

"It was at a time when a lot of data had just come out on osteoporosis and bone densities in women, and I remember going to this one session on neurology and the neurological complications that could be created by the force of an ejection seat on the spine," she said.

Likos said she remembered listening to the discussion and thinking, "Wow, we're going to have more women pilots."

According to Likos, more women were joining the military, and she wanted to be a part of it.

► see ANG, 9

Second Front

Groundbreaking on new military, veterans center next week

BY JENNY GORDON

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A groundbreaking ceremony for a Military Academic Training Center will be conducted at 10:30 a.m. Tuesday at the corner of Wellborn Road and Wall Street in Warner Robins.

The collaborative initiative between the University System of Georgia and Technical College System of Georgia aims to be a multi-purpose resource center to serve members of the military, dependents from across Georgia and veterans of armed services.

The center aims to offer education opportunities with college coursework, workforce training and certification and



other programs and services.

Professionals will be able to advise on such things as ensuring military training and experience is recognized as students re-enter Georgia's higher education systems and move forward in the USG or TCSG, or workforce.

The center will also create opportunities for veteran job fairs, education fairs,

Veterans Administration information sessions, town hall meetings and more.

The 35,000-square-foot facility will be located on land donated by Warner Robins and funded by the state.

The ceremony is scheduled to include remarks from Gov. Nathan Deal, along with Ron Jackson, Technical College System of Georgia commissioner, and Hank Huckaby, University System of Georgia chancellor.

Other dignitaries include: Randy Toms, Warner Robins mayor; Ivan Allen, Central Georgia Technical College president; and Larry O'Neal, Georgia House of Representatives majority leader.

ALL IN

A DAY'S WORK

Staff Sgt. Ronelda Charles

UNIT: 78th Air Base Wing

JOB TITLE: Chaplain Assistant

TIME IN SERVICE: Eight years

HOMETOWN: Lafayette, La.



What does your work involve? "Making sure military members and their families know where they can receive spiritual care and working alongside chaplains to provide appropriate worship services and events."

How does your work contribute to the Robins mission? "We support Air Force leaders at every level with counsel about religious accommodation issues such as religious requirements, spiritual needs and morale issues that could impact the mission."

What do you enjoy most about your work? "Visiting units, talking to them and making sure their needs are being met."

What prompted your interest in your current career field? "The biggest thing that prompted my interest in this job was learning that we're here to help Airmen discover a deep sense of spiritual fulfillment."

Who has been the biggest influence in your life? "My mom has been my biggest influence. She's always been there for me to talk to and lean on when times got rough. She's always cheering me on to be better and do better."

Industries to get to know JSTARS

BY BRIAN SHREVE

Robins Public Affairs

The 116th and 461st Air Control wings are set to host an Air Force Industry Day Monday, as part of an effort that aims to eventually replace the aging fleet and enhance the planes' capabilities.

Representatives from 31 companies are expected to arrive at Robins for the event, which seeks to showcase the Joint Surveillance Target Attack Radar System aircraft and provide education to industries on the planes and its mission.

Participating industries – many of which have never been privy to JSTARS – include plumbing, radar building, software and communications companies.

"It's important for the defense industry to understand the broad scope of mission sets the E-8C JSTARS currently perform as they compete and attempt to meet acquisition requirements," said Col. Kevin Clotfelter, 116th ACW com-



mander. "It's best they hear firsthand from the men and women who've employed the current weapons system."

Though no bidding will take place at this point, the potential contractors will become acquainted with what designs are needed for the systems and how the equipment is used, all for the sake of being prepared when actual bidding does begin, possibly next year, according to Col. William Gould, 461st ACW vice commander.

"Once they have a better understanding of what we do, they can go back and propose what they would do with replacement aircraft and what systems they would include," he said.

Robins was chosen to host the event by Air Combat Command at Langley Air Force Base, Va., and the program office at Hanscom Air Force Base, Mass.

The day will begin with a welcome from Clotfelter before guests receive a mission brief, a plane tour and a training system demonstration.

The event will also include an open forum for questions participants may have concerning the equipment.

"We hope all the industry partners interested in pursuing this effort to bid will have all their questions answered," said Gould. "We can help them understand these missions and what they're doing with the airframes so we can meet senior leaders' timelines in allowing the development of replacement airplanes."

JSTARS – operating on refurbished commercial 707 airframes – have been known as a consistent asset for the Air Force since they were first flown during Operation Desert Storm in 1991.

AFSC Way prepares squadron trainers

BY BRIAN SHREVE

Robins Public Affairs

Local schoolchildren and college students weren't the only ones returning to the classroom this month.

Beginning Aug. 3, squadron leaders received a week-long course on job relations based on the Air Force Sustainment Center model – all in an effort to equip supervisors with tools necessary to conduct training among their own employees.

Instilling a "train the trainer" methodology, instructors spoke of creating relationships within the squadrons to foster an environment of success using teamwork, accountability, credibility and engagement.

Sessions were conducted at ALC headquarters three times daily, each lasting about two-and-a-half hours.

Though training material had been delivered to squadron leadership before, the classes represented a new approach for the management team, according to Josh Campbell, Warner Robins Air Logistics Complex Business Transformation Office chief and course instructor.

"By training the leadership team, it

keeps us from having to repeat this over and over again," he said. "They go back to their organizations and do that themselves, throughout their squadrons, with their management chain all the way down to their frontline supervisors as they work toward their common goal – equipping their people, managing their resources and refining their processes."

The first sessions included the leadership and flight chiefs of all five aircraft squadrons, though classes will eventually encompass other areas of the complex as well.

"This is the beginning," said Campbell. "And the teaching capacity will already be there. This will become part of that foundation."

Leigh Thompson, 402nd Aircraft Support Squadron director, has worked on base for 31 years and said she found the classes to be beneficial in enhancing relationships with her employees.

"This helps me realize the importance of focusing on that. We have to focus on our people," she said. "It really teaches us how simple it is if we just follow through with these tools. That's the most important thing we can do in our job every day."

Technology Expo

The 2014 Robins Air Force Base Technology Expo will be from 10 a.m. to 2 p.m. Aug. 26 at the Horizons Event Center.

There will be vendors displaying state-of-the-art IT hardware, as well as software and communications solutions.

Interactive displays will include but not limited to radio frequency identification device, touch and enable software, system integration software, test inspection and tactical equipment, signal and network analyzers, and multi-level security solutions for SIPR and NIPR platforms that will provide secure connections for servers and desktops.

"If you're interested in testing equipment, ruggedized devices, workspace solutions, signal analyzers, or the latest in security solutions, this is just a sample of the vendors supporting the tech expo," said Timothy Nelson, 78th Communications Directorate director. "Don't miss out on a great opportunity to see the latest in technology."

Team Robins quarterly awards

Congratulations to the second quarter award winners:

► **Airman 1st Class Jesse Charran-Sankar**, 78th MDG – Airman of the Quarter

► **Staff Sgt. Gregory Nixon**, 78th MDG – NCO of the Quarter

► **Master Sgt. Dondi White**, 78th SFS – SNCO of the Quarter

► **1st Lt. Evan D. McCroskey**, 52nd CBCS – Company Grade Officer of the Quarter

► **Andrea McIntosh**, HQ AFRC – Civilian of the Quarter Category 1

► **Carolyn White**, 461st AMXS – Civilian of the Quarter Category 2

► **Ronald Smith**, WR-ALC – Civilian of the Quarter Category 3

► **Carey Rissmann**, 78th Logistics Readiness Squadron – Civilian of the Quarter Category 4

► **Roland Eggert**, 559th AMXG – Civilian of the Quarter Category 5

► **Anthony Day**, 373rd CMMXS – Civilian of the Quarter Category 6

Around the Air Force

AF to activate Provisional Installation and Mission Support Center, names commander
WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) – Air Force officials announced Aug. 7 the activation of the Air Force Installation and Mission Support Center provisional at Joint Base Andrews, Md., and named Maj. Gen. Theresa Carter, former 78th Air Base Wing commander, as its provisional commander. The provisional center activated Aug. 8. AFIMSC will align as a center under Air Force Materiel Command.

Carter has served as the special assistant to the commander of AFMC, developing the strategy and implementation plan for the center.

This location will serve as a temporary headquarters for AFIMSC until the Air Force makes a basing decision and formally activates the permanent center. The Air Force will use its standard strategic basing process during the next several months to evaluate potential candidate locations and select a permanent location that best serves the mission of the center.

In 2013, Secretary of Defense Chuck Hagel directed service secretaries and chiefs to find efficiencies across their headquarters organizations that will save 20 percent in total operating budgets. Then-Secretary of the Air Force Michael Donley and Chief of Staff of the Air Force Mark Welsh III challenged their staffs to identify options to reduce overhead costs, increase efficiencies, eliminate redundant activities, and improve effectiveness and business processes to help meet the 20 percent reduction target.

Air Force launches strategic approach to asset management

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS (AFNS) – The Air Force Civil Engineer Center recently rolled out the first comprehensive two-year integrated priorities list to strategically order funding of sustainment, restoration, modernization, environmental and demolition projects across the Air Force portfolio.

The IPL reflects a risk-based programmatic approach known as asset management and uses an objective scoring model to assess risk to Airmen and risk to mission, as well as incorporating cost-saving investments.

Projects are scored based on three factors: probability of failure, consequence of failure and savings. The list is based on an algorithm which weighs the repercussions of an asset failing versus the likelihood that it will fail, and uses that data to prioritize Air Force projects across the world. With this approach, a significant portion of funding for the next fiscal year is allocated to the repair of airfield pavements and other critical facilities and infrastructure items that have significant impacts on operational missions.

“This IPL is a quantum leap forward in managing the billion dollar annual centralized program, in that it moved the asset management approach from theory into practical application, ensuring the Air Force spends the next tax dollar on its next most-important natural or built-infrastructure requirement,” said Col. Justin Davey, director of AFCEC’s Planning and Integration Directorate. “We can quantifiably demonstrate we are allocating resources to extend the service life or invest in our most valuable assets to minimize impact to the mission.”

To read more, visit www.af.mil.



U.S. Air Force photo by SENIOR AIRMAN CHRISTOPHER CALLAWAY

DRESSED FOR SUCCESS

Airman 1st Class Keith Fussell dons his helmet before training at Hurlburt Field, Fla. Firefighters spent more than an hour training on the correct ventilation techniques to maintain proper readiness. Fussell is a 1st Special Operations Civil Engineer Squadron firefighter.

SAPR orientation provides cohesion across Air Force

WASHINGTON (AFNS) – The Sexual Assault Prevention and Response coordinators from each Air Force major command attended the first three-day orientation and training here, July 29 through 31, to discuss issues and innovations with Air Force SAPR top leaders and subject matter experts.

“The purpose of this training was to bring all MAJ-COM (program managers) together to expound on their roles and responsibilities to their commanders and installation SARCs,” said Debbie Allen, the Headquarters Air Force chief of SAPR operations. “This level of leadership is essential to program management and case consultation. In addition, this relationship provides an opportunity to monitor program compliance and recommendations to leadership regarding improving climate to help eliminate sexual assault.”

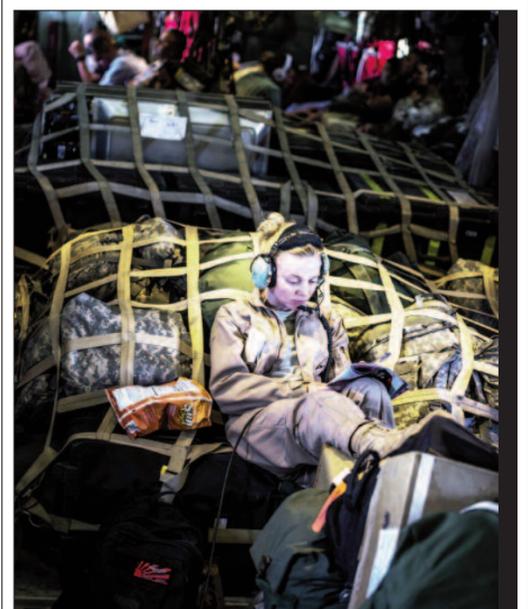
The training consisted of several group discussions, education and training workshops and focus on different tools and resources available. An off-site visit to a Department of Defense community partner Rape, Abuse and Incest National Network was conducted to provide additional information about resources available to survivors.

To read more, visit www.af.mil.

Air Force tests new chief master sergeant EPR form

JOINT BASE SAN ANTONIO-RANDOLPH, TEXAS (AFNS) – Air Force leaders will test the newly developed AF Form 912, Enlisted Performance Report (CMSgt), during the calendar year 2014 Regular Air Force Command Chief Master Sergeant Screening Board, which convenes at the Pentagon in September, Air Force Personnel Center officials said.

Development of a chief master sergeant evaluation form is one of many Air Force Enlisted Evaluation System and promotion process changes slated to be implemented in several stages for Regular Air Force during the next 18 months and for the Air Reserve Components during the next 30 months, officials announced July 31. The EES and enlisted promotion overhaul is focused primarily on ensuring that top per-



U.S. Air Force photo by STAFF SGT. JEREMY BOWCOCK

Take a load off

Staff Sgt. Kacie Adsit, a C-130 Hercules loadmaster with the 737th Expeditionary Airlift Squadron, relaxes while completing a crossword puzzle during a flight in Southwest Asia. Loadmasters ensure all cargo and personnel transported are secured and placed for the plane to fly safely. Adsit is deployed here from the 910th Airlift Wing, Youngstown Air Reserve Station, Ohio, in support of Operation Enduring Freedom.

formers are recognized and selected for promotion.

“This chief evaluation form is currently for testing purposes only,” said Will Brown, Air Force Evaluation and Recognition Programs Branch chief. “The form is posted on ePublishing right now for accessibility and for use as a test form for the upcoming command chief screening board. The forms used for the CCM board, however, will not be maintained in Airmen’s official military personnel record.”

To read more, visit www.af.mil.

Perspective

Understanding sergeant’s words: ‘I’ve got your back’

BY CHIEF MASTER SGT. PATRICIA YELVERTON

60th Medical Support Squadron superintendent

TRAVIS AIR FORCE BASE, Calif. (AFNS) – Seeing the newly selected staff sergeants recently brought back memories of when I was selected for staff sergeant.

Actually, my thoughts went to the night I graduated Airman Leadership School. As I crossed the stage after receiving my completion certificate, my coworkers gathered to congratulate me and shake my hand. My supervisor, Staff Sgt. Todd Mitchell, stayed back at the table and as I approached he shook my hand and said, “I’ve got your back.”

I said, “Thank you,” as I sat down.

While cheering on my fellow graduates, I started thinking of what my supervisor said to me. What did he mean? I expected “Congratulations” or “You did awesome,” but not “I’ve got your back.”

The next morning at work, I immediately asked my supervisor if we could talk.

I asked him, “What did you mean last night when you

said, ‘I’ve got your back?’” His response was surprising and informative.

“Everyone has a specific role in our section,” he said. “Before yesterday, your role was to master skills required as an Airman and a Health Service Management Apprentice. Today, your role changes to a frontline supervisor which includes responsibility for others. My duties also changed today, I am now your first line of defense, meaning I’ve got your back.”

He explained, as tasks flow down from above, I will always keep you informed and prepared to complete the mission. Also, leadership will always be aware of what you and your Airmen are working on and what requirements are being met and exceeded. Most importantly, you will make many decisions affecting personnel on a personal level as well as a professional level. Your Airmen will not always agree with you and they will come to me.

“When this happens, I want you to know, I’ve got your back,” he continued. “I will never question your decisions in front of subordinates and will never ask you to change your mind on a decision as long as it upholds

the values of the Air Force. I have to make sure your subordinates understand you are the leader and will make the decisions.”

That single conversation made me a better supervisor and leader. Throughout my entire career those words have been engraved in my mind. Mitchell was right that night. I didn’t need the usual congrats, good job or well done on my graduation night. I needed to be reminded what my next step in my career was and what responsibilities lie ahead as an NCO. His words gave me the confidence in my abilities to be not only the NCO I was back then, but also the chief master sergeant and leader I am today.

I have stayed in touch with now retired Master Sgt. Mitchell, for advice and mentoring. We still talk about that conversation and how he knew exactly what I needed to hear that day. He reminded me as I, in turn, remind you, “Those we lead need to know they have leaders who will stand behind them through the good and the bad.”

Today, I challenge all of you to let your subordinates know you have their back.

ROBINS REV-UP

COMMANDER
Col. Christopher Hill

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In the Spotlight

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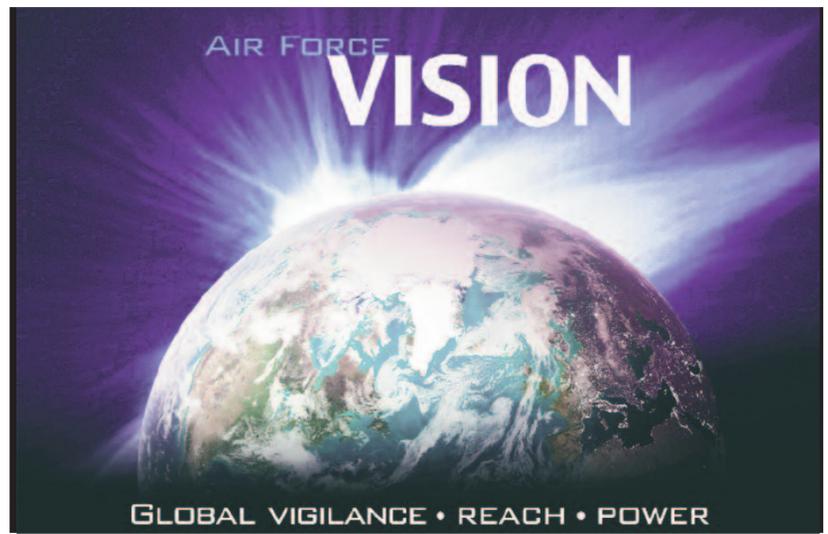


Action, camera, acclaim for Robins deployers

U.S. Air Force photos by RAY GRAYTON
Top, 1st Lt. Cameron Cooper, 461st Aircraft Maintenance Squadron assistant aircraft maintenance officer, laughs while posing for an upcoming "Airman Magazine" feature Monday on the J-STARS flight line. Behind the camera is Staff Sgt. David Salanitri, "Airman Magazine" writer. Assisting is Faye Banks-Anderson, Robins Public Affairs deputy director.



Above right, Salanitri captures the essence of Senior Airman Maresa Miessler, 16th Airborne Command and Control Squadron airborne operations technician, who will also be spotlighted in an upcoming "Airman Magazine" product. These Airmen were chosen by the publication because of their extensive deployment history, something unusual for Airmen so early in their careers.



DENTAL

Continued from 1

a while,” said Chartier. “We call it orofacial because a lot of times these types of pains can manifest after the jaw has been hurting for an extended period of time.”

The clinic can address such issues as joint, disc, muscle or headache pain.

Patients such as Trujillo visit the clinic due to past facial trauma or surgeries, many suffering from such conditions as temporomandibular dysfunction.

TMD occurs as a result of problems with the jaw, jaw joint and the surrounding facial muscles that control chewing and other movements.

While the cause of TMD is not always clear, symptoms include teeth grinding, and most notably, clicking or popping sounds in the jaw joint when closing or opening the mouth, often associated with pain.

To help patients in need of specialized care, Chartier uses a comprehensive approach on a first visit, evaluating and discussing problem areas and habits that can help position pieces of information into a meaningful diagnosis.

But it’s what happens next that has proven life-changing for many.

Chartier fabricates a custom-made splint, or occlusal appliance, patients wear to protect and re-establish jaw muscle and joint functionality. The splint is created by a technician onsite in the dental lab after a dental impression is made from the patient.

“Worn often at night, the splint keeps the teeth slightly apart,” he said. “That protects both the upper and lower teeth from damaging each other and prevents trauma to the disc and retrodiscal tissue.”

The splint may sound similar to what is already available on the market; however, they’re individually constructed based on a specific patient’s teeth and are

carefully adjusted as needed.

“The treatment goal with the splint is to produce even biting pressure across all the teeth,” said Chartier. “It’s when that starts to happen that things can quickly change for the better. Patients realize once their bite is in harmony, the pain and other problems tend to fade.”

Muscle spasms on the right side of her face and the experience of an unusual, different pain from a prior surgery finally led Master Sgt. Lerona Sandiford to the dentist’s chair.

After trying out the splint with a few adjustments, the Airman Leadership School commandant had high praise as a result of her treatment plan.

“I’m not a fan of the dentist, but Lt. Col. Chartier assured me he could help,” she said. “I’m so happy with this splint.”

Sgt. Catalina Wiley, a logistician with Marine Light Attack Helicopter Squadron 773, was also experiencing popping sounds in her jaw, resulting in headaches.

After only a week of wearing the splint, she too noticed a difference.

“Think of the sound when you crack your knuckles, only it’s in your face,” she said. “I thought it was normal – a minor annoyance – until the dentist explained it shouldn’t be happening.”

Chartier has received many calls from the dental community to talk about the service performed at Robins.

He presented a lecture on orofacial pain management during the Robins-sponsored Central District Dental Society meeting in February.

“This is something that unfortunately goes misdiagnosed, mistreated and avoided,” he said. “My goal was to return the quality of life to as many of our patients as possible.

“When someone has been dealing with pain for many years and you can make them comfortable again, then you have made a friend for life.”

ALLIANCE

Continued from 1

“Why do we do this?” he asked. “Because we cannot have our most vital asset – our people – in harm’s way.”

As part of the agreement, alliance members will meet regularly and work proactively in tackling potential work hazards by training employees on occupational safety and health issues, outreach and communication.

“Safety is a culture,” said Teresa Harrison, Southeast regional administrator for OSHA. “It’s a culture that is changing, and I’m so proud of the base for adjusting.”

Hill thanked the leadership of OSHA and said the proclamation cements a commitment for safety in the workplace.

“This partnership not only represents how far we’ve come, but how far we need to go,” he said. “This is not the finish line. This is a step.”

A Better You

Airman & Family Readiness Center Classes, workshops & seminar

► **Bundles for Babies** – Tuesday from 8:30 a.m. to noon. Call (478) 327-8398 to register.

► **Group Pre-Separation Briefings (retirees)** - Tuesday from 8:30 a.m. to noon. (**separatees**) – Aug. 26 from 8:30 a.m. to noon.

► **Right Start** – Wednesday from 8 a.m. to 12:30 p.m.

► **Career Technical Training Track** Wednesday and Thursday from 8 a.m. to 4 p.m.

► **Navigating USAJOBS & Resume Writing** – Aug. 27 from 8 to 11 a.m.

► **VA Benefits Briefing** – Aug. 27 from 8 a.m. to 4 p.m.

► **Educational Track** – Aug. 28 through 29 from 8 a.m. to 4 p.m. Call Ron Smith (478) 327-3410 to register.

► **DAV Medical Records Review** – Appointments only. Call 472-4146.

► **Department of Labor** – Wednesdays from 8 a.m. to 4:30 p.m.

► **Military and Family Life Counseling** – Mondays through Fridays from 8 a.m. to 8 p.m.

► **PreDeployment Briefings** – Tuesdays and Thursdays from 1 to 2 p.m.

► **Survivor's Benefit Plan** – Mondays through Fridays, appointments only from 7:30 a.m. to 4 p.m.

Editor's Note: All classes require pre-registration. For more information, call DSN 468-1256, commercial (478) 926-1256, or visit Bldg. 794 Mondays through Fridays from 7:30 a.m. to 4:30 p.m.

70 DAY FIT 4 LIFE CHALLENGE



Registration for the Team Robins 70 Day Fit 4 Life Challenge has begun. The fitness challenge officially runs Aug. 22 through Oct. 31.

Initial assessments will be Monday through Thursday. The challenge is open to all base ID card holders and their families.

Enter individually or in teams of four. Challenge and compete with friends and family.

Earn points for: working out; bowling; golfing; participating in events at

78th Force Support Squadron facilities; renting from Outdoor Recreation; partaking in CDC and Youth Center activities; attending classes at the Health and Wellness Center, and making healthy meal choices at the Base Restaurant, On-Spot Café, Fairways Grille and Pizza Depot.

Individuals and teams may register at the Fitness Center, Bldg. 826.

Family teams may register at the Youth Center, Bldg. 1021, Family Child Care, Bldg. 942, and Child Development centers, Bldgs. 943 and 946.

Civilian Health Promotion Services

You're always invited to join Civilian Health Promotion Services in the Fitness Center Annex conference room in Bldg. 301, east wing, Wednesdays at 1 p.m. for a weekly wellness class. Classes are open to anyone with base access. Classes typically last 45 to 60 minutes.

Call DSN 497-8034 or email April.Gray.2.ctr@us.af.mil.

**AIRMEN AGAINST DRUNK DRIVING – (478) 335-5218;
(478) 335-5236; (478) 335-5238**

FOCUSED ON FITNESS

Airman 'womans up,' proves strength in more ways than one

BY BRIAN SHREVE

Robins Public Affairs

First Lt. Hope Bell can probably beat you in arm wrestling. And yes, she can maintain her femininity while doing it, shattering age-old misconceptions of women's bodies one flex at a time.

Bell, 116th aircraft maintenance officer, placed third in the Supernatural Body Building and Fitness competition held in Suwannee, Ga. last month, something the soft-spoken Airman had not exactly foreseen for herself.

"I'm a very conservative person," she said. "And to be on stage in a bikini with people judging me is totally outside of my personality. I never felt like I was competing against the other girls but just there to showcase my best – competing with myself. I've always been fit, but I just wanted the challenge of doing something outside the box."

She not only womanned up, she achieved an especially impressive feat in the realms of such events by placing in what was her first competition.

Bell, 37, competed in the figure portion of the event in which contestants were graded based on muscle development in relation to their womanly curvature; the women were also judged on leanness and minimum body fat and asked to perform a variety of poses to accentuate certain muscle groups.

The competition consisted of two other categories, she said, one for those with minimum muscle development and a body-building division for those with denser muscle definition.

Bell wore a bejeweled bikini that had to meet strict standards due to the event being

"To be on stage in a bikini with people judging me is totally outside of my personality. I never felt like I was competing against other girls but just there to showcase my best ..."



family-oriented.

"It's a very elegant, feminine contest, and I didn't realize that beforehand," she said. "In fact, we were required to wear five-inch heels. I had to practice walking around my house in those for several weeks."

Contestants were also asked to tan – naturally or with spray – and apply high-gloss lotion to their skin for stage lighting.

Aside from physiques, the women were graded on make-up, jewelry, walking and overall confidence in their stage presence.

Bell's workout regimen includes meeting with a team comprised of several other women at the Fitness Center each day at 4:30 a.m. just as the doors are opening.

She began training six months prior to the event, intensifying her routine by taking on a second daily workout session with Richard Williams, a volunteer trainer who works with the group.

At 5'5", Bell weighed 126 pounds at the time of the competition but said she is com-

fortable being anywhere between 130 and 140 pounds.

"I carry the weight that's right for me," she said. "During the competition, I was around 10-percent body fat. But women need to realize that's not sustainable because our feminine functions are reduced, you become fatigued, it affects mental capacity and we become irritable. I am well at 17-percent body fat."

As for her diet leading up to the competition, Bell said it did not require going hungry, as some might expect.

"There were different stages, and at first I wasn't eating enough dense nutrition, so I had to increase my fruits, vegetables and whole grains," she said. "As the training progressed, I increased my animal-based protein and cut all carbohydrates. People might think they can't eat this or that, and they psyche themselves out and

sell themselves short. But it's very doable."

Determined fitness queen. U.S. Airman. Bell, originally from Southern California, is also the single mother of two, ages 6 and 9, further proving herself the quintessential strong woman in more ways than one.

Bell said she is fortunate to have children who follow her example of staying fit and active, ones who go to sleep the same time as she and are early to rise, making her rigorous training schedule possible, and that she even included them in weekend workouts.

Next year, Bell plans to compete in another event with plans to go further now that she knows what she can accomplish.

"I'm fortunate that I placed third," she said. "But I'm intent on competing again, and next time I want to place first. That's my goal."

U.S. Air Force photos by TOMMIE HORTON
First Lt. Hope Bell recently competed in the Supernatural Body Building and Fitness Competition in Suwannee, Ga. The aircraft maintenance officer placed third in the figure competition. It was the first competition for the 37-year-old mother of two.





U.S. Air Force photo by TECH. SGT. JULIE PARKER

Lt. Col. Anna Likos, a traditional Guard member in the 116th Medical Group, works as the director for the division of disease control and health protection for the Florida Department of Health in her civilian career.

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“I grew up in a time when there was a much more conservative approach to the roles of women in society, and the lines were drawn as to what women could and could not do,” Likos said.

She recalled a conversation she had with her father – who was a doctor – when she was about 9-years old asking him how she could become a doctor too.

“He basically told me that women shouldn’t be doctors, and I could be a nurse,” she said.

But, that didn’t deter her.

“Looking back, I see that I was always stubborn, and although I didn’t openly challenge my father, I tip-toed around medicine for years,” she said.

Likos studied biology in college and became a laboratory medical technologist.

After college, she joined the Peace Corps and had the opportunity to work in the Democratic Republic of Congo.

She said that experience influenced her desire to work in developing countries as a doctor.

It was at the age of 35, while she was working on a doctorate in immunology,

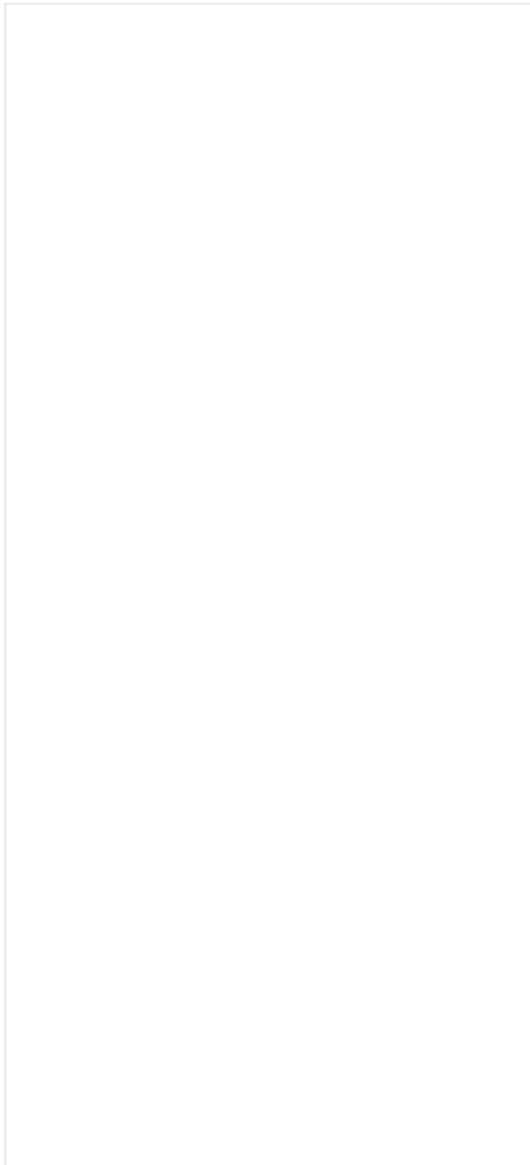
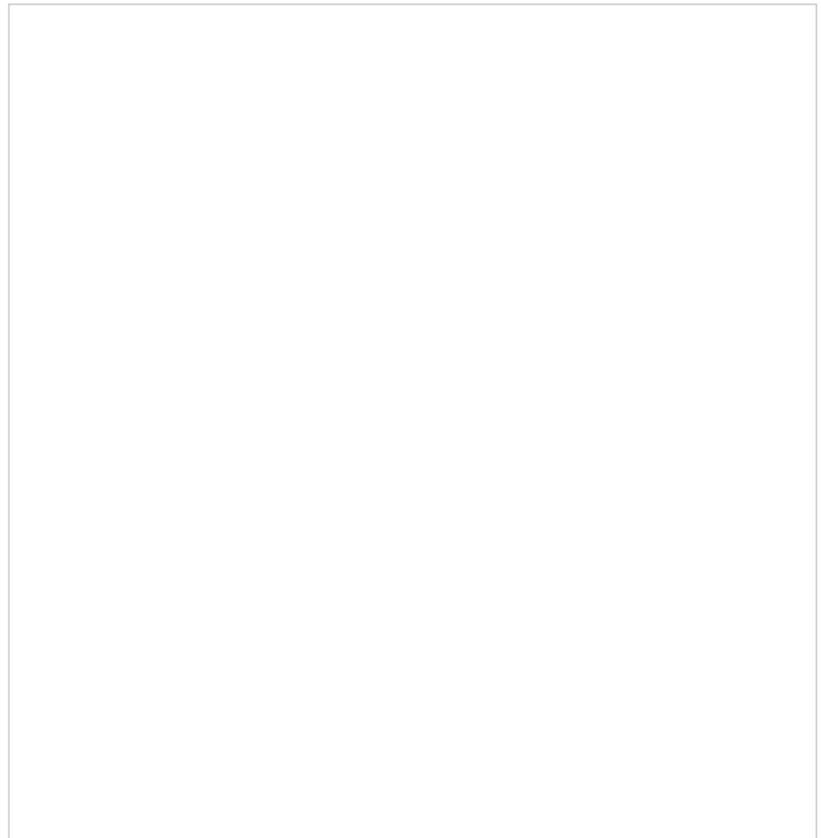
that she thought to herself, “You know what? I’m going to medical school.”

Likos graduated from the University Of Oklahoma College Of Medicine in 1995 and completed her internal medicine residency at Yale before finishing a second residency in Preventative Medicine at Johns Hopkins University.

Prior to her work in the Air National Guard, she worked at the Centers for Disease Control and Prevention as an epidemic intelligence service officer with the Poxvirus Program and held several other CDC positions, including medical epidemiologist in the Influenza Branch, and as a medical epidemiologist in the Global AIDS Program Office in both Haiti and Cote d’Ivoire.

She also worked in the Field Training Program in Morocco.

“Dr. Likos’ first-hand experience in international medicine, including managing diseases not seen in the U.S. and working with health systems in foreign countries, helps the 116th ACW and the Georgia Air National Guard maintain readiness to deploy anywhere in the world,” said Col. Louis Perino, chief of aerospace medicine for the 116th MDG.



Out and About

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

ON TAP
Mongolian Night
 Today
 5 to 7 p.m.
 Heritage Club
 Club members \$13.50
 Guests \$15
 Meal and tunes from '70s, '80s and '90s
 For details, call 472-7899.

King & Queen Championship Tournament
 Today
 6 p.m.
 Bowling Center
 For details, call 468-2112.

Family Movie Night Monsters University
 Today
 6:30 p.m.
 Base Theater
 Cost is \$2 and includes popcorn and drink.
 For details, call 468-2001.

Bowl 'till You Drop
 Sunday
 4 to 8 p.m.

Bowling Center
 \$10 per person
 For details, call 468-2112.

UPCOMING
70-Day Fit 4 Life Line Dance Class
 Aug. 22
 5:30 to 7:30 p.m.
 Heritage Club Ballroom
 For details, call 472-7899.

Atlanta Braves Game
 Braves vs. Marlins
 Aug. 30
 Cost is \$50
 Includes transportation, entry and 755 Club access.
 For details, call 468-4001.

ONGOING
Afterburner August Special
 Base Restaurant Bldg. 166
 Monday through Friday
 5:30 a.m. to 1 p.m.
 Espresso Marble
 For details, call 472-7827.

Twilight Golf Rates
 Every day
 4 to 6:30 p.m.
 Pine Oaks Golf Course
 Play 18 holes with cart \$20 with cart, no cart \$12.
 For details, call 468-4103.

Heritage Pool Open
 Open until Aug. 30
 Saturdays and Sundays only
 Noon to 6 p.m.
 For details, call 468-4001.

Dream Higher Than Ever
 The Aero Club is now open to the public.
 For details, call Kent Jenkins at (478) 926-4867.

Arts & Crafts gift ideas
 Looking for a special gift for someone special? Give gift certificates for classes and custom matting and framing, balloon bouquets, personalized pen sets, mugs, plaques, flags and retirement boxes.
 For details, call 468-5282.

TEAM ROBINS CAREER FAIR

Heritage Club
Bldg. 956
9th St.

Robins Pkwy 

Friday, Sept. 26
9 a.m. - 1 p.m.
Heritage Club
Bldg. 956

*45-60 Employers
Expected to Attend*



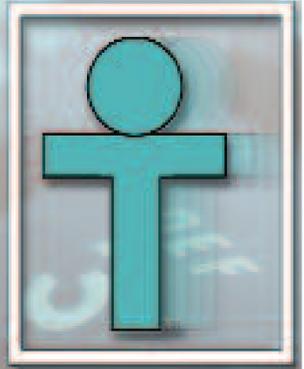
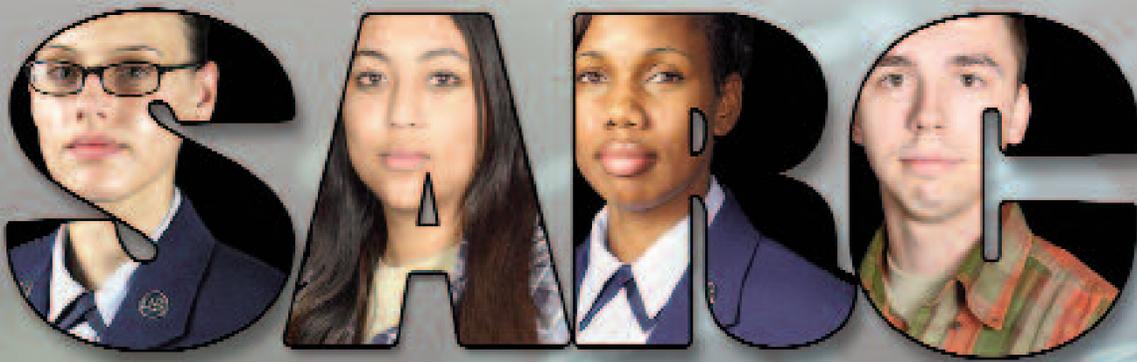
**Bring Your Resume
Come Dressed to Interview**

**All Team Robins Members
and Eligible Family Members
Open To Base Access Personnel**

Sponsored by: Robins Civilian Personnel Services (CPS)



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