

2007 Team Lean Challenge takes a healthy approach to weight loss

Page 3B

Robins sergeant volunteers as community youth basketball coach

Page 4B

Robins celebrates Women's History Month

Page 3A

# THE ROBINS REV-UP

March 9, 2007 Vol. 52 No. 10

Robins Air Force Base, Ga.

## THE MACH READ

### Change to daylight saving time

Daylight saving time will begin in the United States Sunday and will end on the first Sunday in November. On Sunday, clocks are set ahead one hour at 2 a.m. local standard time, which becomes 3 a.m. local daylight time. On the first Sunday in November, clocks are set back one hour at 2 a.m. local daylight time, which becomes 1 a.m. local standard time.

These dates were established by the Energy Policy Act of 2005. Employees on owl shift when DST is effective will be credited with the actual number of hours they worked. The hour lost due to the time change will be charged to annual leave or leave without pay, as applicable. When one hour of leave is charged due to the change to DST, the exact hour of absence, 2 a.m. to 3 a.m., should be shown on the time and attendance report.

Questions should be referred to a servicing employee relations specialist in the Civilian Personnel Office at 926-5802.

### Base road closure

There will be a partial road closure March 18 at the main gate. The closure will affect the southerly, Watson Boulevard in-bound lane starting just east of Ga. Highway 247 and the north-bound Ga. Highway 247 right turn only lane merger to eastbound Watson Blvd.

The closure is needed to allow equipment space for a contractor to mount a 100-foot high mast light pole in the median between Watson Blvd. and the Ga. Highway 247 and Watson Blvd. merger.

### More Road Closures

Phase One of a project to extend Watson Boulevard from Byron Street to Peacekeeper Way will begin March 12 and end April 27. Parking will be limited during that time. Phase 2, which will begin April 28 and run through June 12, will close the south end entrance and exit of the parking lot and eliminate approximately 60 to 80 parking spaces. Road closure signs will be posted.

Eagle Street will also be closed March 18 through April 2. This closure is to allow the construction of a sidewalk along the north side of Eagle Street. Limited access will be granted for occupants of Bldgs. 127, 128, 139 and 149.

For more information on these projects call Staff Sgt Christopher Nelson or Master Sgt. Rodney Summerwell at 808-9723 or 327-8941.

### Team Robins 2007 Annual Awards

The Team Robins 2007 Annual Awards Banquet will be March 16 at 6 p.m. at the Museum of Aviation's Century of Flight Hangar. The banquet will be hosted by Col. Theresa Carter, 78th Air Base Wing commander. The guest speaker is Maj. Gen. Martin Mazick, commander of the 22nd Air Force, Dobbins Air Reserve Base, Ga. The banquet is a base-level event to recognize Team Robins winners in eight categories. All base personnel are invited to attend.

### Rev-Up March Madness basketball contest

See page B-4 for details.

## Wing command chief to bid Robins farewell

By KENDAHL JOHNSON  
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Robins Air Force Base will soon be losing a member of its senior leadership team, as the command chief master sergeant will be leaving in April.

Chief Master Sgt. Kevin Ludwig, command chief master sergeant of the 78th Air Base Wing, was selected as the superintendent for the 737th Training Group at Lackland Air Force Base, Texas, and superintendent for Air Force basic military training. Including military training instructors, he will be responsible for the supervision of 469 permanent party Airmen. He will also oversee the training of all new recruits, and expects to put approximately 22,000 Airmen through training annually.

"I am very excited about this opportunity," Chief Ludwig said. "I had a previous assignment there as an instructor and I enjoy that environment. I enjoy working with the new recruits. Every assignment I have ever had has been great, but this is one assignment I have always hoped would happen."

Although he is excited about the new opportunity, he will also miss Robins. Chief Ludwig, who joined Team Robins as command chief in May 2006, said he has enjoyed the brief time he spent here. He said the challenges he faced here helped



Chief Master Sgt. Kevin Ludwig, 78th Air Base Wing command chief master sergeant, takes a few minutes to talk with some Airmen.

U.S. Air Force photo by SUE SAPP

him learn and grow as a leader.

"Of all the jobs I have had in the Air Force, this one has been perhaps the most challenging and the one where I have learned the most, mainly because of the diversity of this installation," Chief Ludwig said.

He said the things he accomplished in his time as command chief were a collective effort. He is particularly pleased with how

the different units throughout the base have started to come together as a team.

"Leadership has done a good job of improving unity and developing the culture that although we may work in different units and under different MAJCOMs, we all belong to the same organization, the United States Air Force," the chief said. "In the end, we all have the same

goal and that is to serve our country and fight the global war on terror."

Although he was at Robins less than a year, he will be missed, especially by those who work closely with him. Col. Theresa Carter, 78th ABW commander, said the chief has done a "phenomenal job" at Robins, but agreed to release him for consideration for the BMT superinten-

dent position and highly recommended him to the commanders at Lackland.

"When I considered this issue from a larger Air Force perspective, there is no one better qualified for that position than Chief Ludwig," Colonel Carter said. "He not only brings prior MTI experience to the table, but also

▶ see CHIEF, 2A

## Base custodial service cuts less severe than expected

By AMANDA CREEL  
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The base-wide custodial services contract has been negotiated and cuts are not as harsh as anticipated. The service reductions and eliminations under the new contract began March 1 in 163 buildings on base.

"Even with all these cuts, there is no reason to hit the panic button. Thanks to the monumental effort that went into the negotiation process, we were able to attain higher levels of service than originally expected," said Master Sgt. John Brand, 78th Civil Engineer Squadron maintenance engineering superintendent.

Rosemary Graeber, a contracting specialist with the 78th Contracting Squadron, said the higher service levels were a result of the teamwork of 78th CONS and CE.

Base personnel will not see the end of office trash collection or a reduction in the frequency of cleaning and stocking restrooms, which were originally both subject to the budget cuts.

"We thought people would appreciate these services the most," Sergeant Brand said.

Sergeant Brand said the restrooms would have been reduced from four cleanings a week to one cleaning a week. However, because it was a hygiene issue, both contracting and civil engineer squadron officials worked to resolve the budget limitations without impacting the servicing of restrooms.

Personnel will see a decrease in cleaning services at the main fitness center from twice a day to once a day. Fitness center annex customers will see no changes because the facility has always been cleaned once a day.

Robins child development centers and youth center customers will see only one decrease, which will be the elimination of carpet maintenance.

Sergeant Brand said the services at the CDC and youth center couldn't be reduced because there is a federal law mandating the levels of service in these types of facilities.

Changes to other facilities include the discontinuation of floor maintenance and cleaning of ramps, porches and docks. Spot cleaning or high dusting of facilities will also be eliminated.

Some services had to be discontinued in all facilities, including the spot cleaning of tile and carpet, carpet shampooing, vacuuming and mopping of raised floors, the cleaning of furniture and lamps, interior dusting and cleaning of light fixtures.

Sergeant Brand said Robins workers should be grateful to the 78th Contracting Squadron because its efforts helped minimize affects of the budget cuts.

"All we did is write the statement of work that allowed them to

▶ see CUSTODIAL, 7A

## Air Force Assistance Fund campaign kicks off at Robins, runs through April 15

By 2nd LT. EVAN C. LAGASSE  
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An annual six-week fundraiser to help members of the Air Force family kicked off at Robins Monday and will continue through April 15.

The Air Force Assistance Fund was established to provide an effort to raise money for four charities that support members of the Air Force family in need.

"The Air Force Assistance Fund is an opportunity for all members of the Air Force to help our brothers and sisters in arms. This is a great way to raise money that directly supports active duty, families and retirees in need," said Capt. Steve Hillard, AF AF installation project officer.

The AF AF aids members of the Air Force family during personal emergencies, with educational needs and secures retirement homes for widows or widowers of Air Force members in need of financial assistance.

"We work in an environment that requires our members to sacrifice so much. Our frequent moves mean that some spouses and dependents have to cut careers short. It means we will sometimes be away or have to maintain two households. And that means our family members may need assistance while we are away. It also means that life happens. We all come upon a time when we need some help. It is very comforting to know you can count on your own Air Force family when you need a helping hand," said Capt. Shannon Morris, AF AF installation project officer.

The AF AF consists of four charitable foundations:

the Air Force Aid Society, which provides grants and loans for active duty Airmen with financial needs; the General and Mrs. Curtis E. LeMay Foundation, which offers financial help to indigent widows

\$103,000 and Robins personnel received \$274,000 in assistance. This year's goal of \$89,000 is 50 percent of the amount of money that would be raised if every-



one donated a "fair share." An employee's "fair share," as defined by the AF AF, is one-tenth of one percent of their annual salary. If every-

one contributes this amount, more than \$179,000 will be raised. All donors may contribute funds via cash or check, while active duty Airmen and retirees can select the Payroll Deduction Plan, which allots a specific amount to be donated from a member's pay. Those serving their country in a deployed location can go to <http://afassistancefund.org> to print and complete an AF form 2561 and fax it back to their unit AF AF keyworker.

### WHAT TO KNOW

Robins' AF AF campaign runs from March 5 to April 15. Active duty, retirees, civilians and contractors can donate to AF AF. Contact your unit representative for a donation form and more information. Contact the A&FRFC if you need financial assistance through the AF AF. For stories of how AF AF has taken care of its own, visit [www.afas.org/stories/body\\_stories.cfm](http://www.afas.org/stories/body_stories.cfm)

### THINK SAFETY

**AIRMEN AGAINST DRUNK DRIVING**  
To request a ride, call 335-5218, 335-5238 or 335-5236.

**SLOW DOWN**  
Accumulating 12 traffic violation points within a year may cause drivers to lose base driving privileges for up to six months. Speeding violation points are based on the number of miles over the posted speed limit.

### WEATHER FORECAST

TODAY 69/46 SATURDAY 68/49 SUNDAY 72/50

# CHIEF

Continued from 1A

has a wealth of operational experience – at the base, MAJCOM, air staff and command chief levels – that will ensure the Air Force is producing the highest quality Airmen to lead us now and over the next 20 years. It is a win for the Air Force and a win for the wing and Robins; with Chief Ludwig at the helm, we'll receive Airmen who live our core values daily and uphold the highest standards of excellence in all they do."

The commander said it's been an honor and privilege working with Chief Ludwig. She said his three previous command chief tours gave him a unique perspective to work issues across the six MAJCOMs represented at Robins and allowed him to implement solutions that will have a positive, lasting impact on the base and community.



U.S. Air Force photo by SUE SAPP  
Chief Master Sgt. Kevin Ludwig, 78th Air Base Wing command chief master sergeant, was selected as the superintendent for the 737th Training Group at Lackland Air Force Base, Texas, and superintendent for Air Force basic military training.

"Throughout my career the best leaders I've seen are the ones who bring out the best in others. Chief Ludwig is that kind of leader, one who helped bring out the very best in Team Robins. His advice and counsel to me was always spot on and he will definitely be missed," Colonel Carter said.

Chief Ludwig grew up in Lockport, Ill., and entered the Air Force in July 1978. His background includes various duties in transportation and logistics readiness. He has served as a military training instructor with master MTI certification, unit career advisor, honor guard member, adjunct Airmen leadership school instructor and additional duty first sergeant. During his career, the chief has served in various assignments from squadron to Air Staff level, including two tours at major command headquarters. He also served overseas at bases in Korea, Japan, Kuwait and Southwest Asia.

# Air Force joins rest of DOD in using universal emergency lingo for improved communication

By AMANDA CREEL  
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Robins responders are joining a Department of Defense effort to ensure they are speaking the same language as the responders in the communities around them.

"What the Air Force is trying to do is be able to communicate with the civilian community as best we can," said Senior Airman Kevin Phillips, a readiness journeyman. "We are changing all the jargon that is Air Force or Robins specific."

The changing terms will be replaced by terms that mirror other emergency officials such as the Disaster Control Group will become Emergency Operations Center and the Installation Crisis Action Team will become the Commanders Senior Staff under the new Air Force Incident Management System.

The changes were made in reaction to the Homeland Security Presidential Directive 5 mandated by President George W. Bush, which called for the establishment of a single, comprehensive national system for managing domestic incidents. "This is what local folks do and now the DOD is coming on line, so we can meld together," said Master Sgt. Mark Martinez, superintendent of the Readiness Flight.

Sergeant Martinez said as the new program is implemented there will be several milestones that will have to be met during Phase I.

"It is a new concept of how the Air Force would respond to an emergency situation from as small an incident as a vehicle accident, to a building fire to a terrorist use of WMD (weapons of mass destruction)," he said.

Phase I is an opportunity to

look at how the emergency management program will be structured and how different procedures, such as recalls, should be run, Airman Phillips said.

One of the first milestones was to train 85 percent of required personnel by Feb. 26 through the Emergency Response Operation Course, a web-based training program.

Once the online training is completed there will be several other milestones for Robins to accomplish as they implement AFIMS, a Comprehensive Emergency Management Plan should be drafted by April 30 and CEMP checklists should be developed by May 30.

At least 85 percent of required personnel should be trained in the local procedures training course by May 23.

Sergeant Martinez said the training will be similar to the DCG course, but will focus on the new procedures under AFIMS, along with addressing how Robins will respond and operate during any disaster or emergency situations.

In June and July, Robins will begin testing the new plans, procedures and checklists with a tabletop exercise and a field exercise.

"We will have all the key players come to the conference room for the tabletop exercise. We will have a mock scenario, where we will talk it through using the new revised plans and checklist," Sergeant Martinez said. "There will be some lessons learned. With a new system, there will be some hiccups, but we will have the opportunity to readjust the plan. Once the tabletop exercise is completed and the adjustments are made, Robins will then embark on a field exercise.

"The IG (inspector general)

| New emergency terms under AFIMS                     | Robins equivalent terms  |
|---|--|
| CSS or Commanders Senior Staff                      | ICAT or Installation Crisis Action Team  |
| EOC or Emergency Operations Center                  | Disaster Control Group   |
| EOC Director or Emergency Operation Center Director | On-scene commanders  |
| IC or Incident Commander                            | Fire Chiefs or Security Forces commander   |
| ESFs Emergency Support Functions                    | Disaster Control Group Reps.   |
| Specialized Teams                                   | Search and Recovery, Spill Response and Readiness Support Teams  |
| First Responders                                    | Firefighters, law enforcement and security and key emergency medical personnel that provide initial response           |
| Emergency Responders                                | Incident responders such as emergency management, readiness and medical facility personnel and public health officers. |
| EET or Exercise Evaluation Team                     | Exercise Evaluation Team   |
| UCC or Unit Control Center                          | UCC reps   |

office will do a base-wide exercise, where they will move people and equipment giving them the opportunity to find out about the timing and logistics," Sergeant Martinez said.

The group will once again take the time to learn from the lessons and adjust the plans.

During Phase II of the imple-

mentation, the main objective will be to find or construct a building where the Emergency Communication Center and the Commanders Senior Staff can be housed together. The building will be called the Installation Control Center and the Phase II requirements are expected to be completed by fiscal 2010.

## Women's History Month celebrates women past, present, future

By AMANDA CREEL  
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Women's History Month gives the Robins female community a chance to recognize those who came before, acknowledge present leaders and encourage aspiring leaders.

"We want the events to educate, empower and encourage women," said Renada Bonham, Women's History Month committee chairperson and an electronics engineer for the 402nd Electronics Maintenance Group.

The theme of this year's Women's History Month observation is "Generations of Women Moving History Forward" and the event is hosted by the 402nd Software Maintenance Group.

"We are exposing the base to our senior enlisted, senior officers and our civil service SES (senior executive service) here on base," Ms. Bonham said.

The Women's History Month celebration at Robins will offer a variety of activities for the base community to emphasize the importance of women in the past, present and future.

"We have something for

everyone. We wanted to provide events that were both entertaining and informative," said CoStella Edwards, Women's History Month committee member who works for the 574th Combat Sustainment Squadron.

One of the events the celebration will feature is the One Woman Show at the Museum of Aviation's Century of Flight Hangar, where Oprah Winfrey will be portrayed as one of history's women pioneers.

"We want everyone to see women are not just behind the scenes, they are coming out in the forefront," Ms. Bonham said. "We also want them to see all the different ethnic and professional groups that make up our community. There is not just one race or group of women being promoted, it is all women within our community."

Other events throughout the celebration will focus on women's health issues and help



women learn how to maintain their physical and emotional well-being.

"We need to learn more about us, our bodies, our psyches, so we can be both physically and mentally fit on the job and in

our personal life," Ms. Edwards said.

Ms. Bonham said it was important to focus on health and fitness because the committee wanted to support the efforts by the base to promote the health and wellness of all Team Robins members.

The month-long celebration will also provide a venue for women in senior leadership positions at Robins to share their wisdom and experiences with other female team members who seek to be leaders.

"It is a way for us to pick the brains of our senior leadership," Ms. Edwards said. "Hopefully they will share with us their successes and their pitfalls."

The senior leadership panel

### Women's History Month Events

- Tuesday: One Woman Show, 11 a.m. to 1:00 p.m. Century of Flight Hangar, Museum of Aviation
- Thursday: Free Health Screenings, 7:30 a.m. to 10 a.m., Bldg. 207, Room A120 and a Women's Health Fair, 11 a.m. to noon, Bldg. 207, Room A120
- March 21: Senior Leadership Panel Discussion, 11 a.m. to 1 p.m. Base Theater. Bring your lunch.
- March 29: Finale Luncheon, Officers' Club Ball Room, 11:30 a.m. to 1 p.m.

discussion will feature Robins military and civilian leaders who will answer questions about their career and what they have done to reach their goals, Ms. Bonham said.

"I want women to see they can achieve. They don't have to stop because of some fork in the road, just keep pressing on because we can succeed," Ms. Edwards said.

## Robins health professionals offer advice on fighting influenza, getting well again

By HOLLY L. BIRCHFIELD  
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High fever, body aches and chills. They all come with getting influenza. But health professionals said people can take simple measures to avoid the contagious virus.

People are at greatest risk to get the disease from October until the end of March. Some of the groups with the highest risk are the very young, the very old, pregnant women and people with chronic health problems, such as asthma, pulmonary disorders, cardiovascular system disorders and other conditions.

According to the Centers for Disease Control and Prevention, influenza, also known as the flu, kills about 36,000 people in the United States each year.

Maj. Sherry Moore, commander of the 78th Medical Group's Maternal Child Flight and 78th MDG's infection control officer, said while the cold and flu may seem similar to most people, the two viruses are much different.

"Influenza is a virus that commonly happens between October and March," she said. "Common colds and the flu are viruses, but the difference is that the flu manifests with a higher temperature. Colds normally manifest with temperatures of

less than 102 (degrees). With colds, you usually don't have chills, whereas with the flu you do and you have body aches."

Major Moore said early signs of the viruses' presence are different as well.

"Usually with the cold, it's gradual," she said. "You have a little scratchy throat, a little body chills and feeling kind of yucky. The flu is usually sudden. Usually with the flu, the fever is really high and with a cold, fever is rare. You sometimes have a 99 to a 100 degree temperature. With the flu, you'll have a 102 degree fever or higher."

The major said coughs are different with each virus as well. With colds, people have a hacking, constant cough. With the flu, people have a dry, non-productive cough.

While many people think they can tell their condition by symptoms alone, Major Moore said it's best to be checked by a healthcare provider.

"The only true way to tell the difference is through a swab that they (medical professionals) do," she said. "They usually do an oral swab and they can draw blood to see what type flu you have."

Major Moore said over-the-counter medications may treat the symptoms related to the virus, but like antibiotics, they

don't cure the virus.

Tech. Sgt. Jack Jenkins, allergy and immunization technician and noncommissioned officer in charge at the 78th MDG's Allergy and Immunization Clinic, said people should get the flu shot early in the flu season. This is especially true for high-risk people.

"It's important because it will help prevent you (from) actually getting the flu," he said. "It's mandatory for all active-duty military to get the flu shot each year and it's highly recommended for everyone else."

Sergeant Jenkins said some people may experience tenderness or minor swelling at the injection site. People that are getting the flu shot for the first time shouldn't leave the clinic or doctor's office for 15 to 20 minutes in case a more serious reaction such as difficulty in breathing or a rash appears.

Active-duty military members may get their flu shots at the Immunization Clinic. Deployed and deploying personnel, children age 0 to 23 months, people over 65 years old and patients with chronic illnesses receive shots first. These people must be registered with the 78th MDG to get a flu shot.

Civilians may get their flu shots at their healthcare provider's office or the local

health department.

For more information about the flu, visit the Centers for Disease Control and Prevention Web site at <http://www.cdc.gov/flu>. For information on getting the flu shot at Robins, contact the 78th Medical Group's Immunization clinic at 327-7921.

### Tips to avoid the flu

- Wash hands frequently with soap and water for 15 to 20 seconds, rubbing the hands vigorously and rinsing well.
- Cover the mouth and nose with a tissue when coughing or sneezing. Dispose of the tissue as soon as possible.
- If running water isn't available, use waterless, alcohol-based hand cleanser.
- Stay home when sick and check with a health care provider when needed.
- Avoid close contact with sick people.
- Avoid touching the eyes, nose or mouth.
- Get adequate sleep.
- Be physically active.
- Practice good stress management.

### ► IN BRIEF

#### CHIEF'S RECOGNITION CEREMONY

The 2007 Chiefs' Recognition Ceremony and Dinner will be held March 9 at 6 p.m. in the Museum of Aviation, Century of Flight Hangar. Cost is \$30 per person. Dress for military members is mess dress or semi-formal uniform. Civilian dress is semi-formal.

This year, the Robins Chiefs' Group will recognize eight sergeants for reaching the apex of their career. Retired Chief Master Sergeant of the Air Force Gerald Murray will be the guest of honor.

Those being honored are: Senior Master Sgts. Leslie Allen, Donald Holmes, James McDonald, Eric Miller, Shelton St Louis and Jeffrey Repass, and Chief Master Sgts. Michael Sipps and Patti Miller.

All chief master sergeants are expected to serve as mentors for company-grade and field-grade commissioned officers, as well as noncommissioned officers and junior enlisted members, and to serve as advisors to unit commanders and senior officers.

For more information contact Chief Master Sgt. Antonio Baxter at 327-3237.

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## SUBMISSION GUIDELINES

Editorial content is edited, prepared and provided by the 78th Air Base Wing Office of Public Affairs at Robins Air Force Base, Ga. All photographs are Air Force photographs unless otherwise indicated. Stories and briefs must be submitted as a Word document. They may not exceed two pages, double spaced. They must be typed using the Times New Roman font, 12-point type, with 1-inch margins. All submissions will be edited to conform to Associated Press style. Submission does not guarantee publication.

Submissions must be received by 4 p.m. the Monday prior to the requested Friday publication. They should be e-mailed to lanorris.askew@robins.af.mil. Submissions should be of broad interest to the base populace. If there are further questions, call Kendahl Johnson at (478) 222-0804.

## DELIVERY

The Robins Rev-Up is published 50 times a year on Fridays, except when a holiday occurs during the middle or latter part of the week and the last two Fridays of the year. To report delivery issues, call Lanorris Askew at (478) 222-0806.

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## CELEBRATING 60 YEARS

### Air Force 60th Anniversary flag raised at memorial



U.S. Air Force photo by STAFF SGT. MADELYN WAYCHOFF

Airmen 1st Class Ahmad Ware (left) and Brandon Bridges unveil the Air Force 60th Anniversary flag for the first time March 1 at the Air Force Memorial in Arlington, Va. The ceremony was attended by Chief of Staff of the Air Force Gen. T. Michael Moseley and Secretary of the Air Force Michael W. Wynne. The Airmen are Air Force Honor Guard ceremonial guardsmen. The flag will fly at the memorial until the Air Force's 60th birthday Sept. 18. The commemoration of the Air Force's 60th birthday began Oct. 14 with the dedication of the new Air Force Memorial.

## Service: Ask yourself what it means to you

Imagine asking a military veteran from your hometown, "What does service mean to you?"

Chances are you'll get an earful in return.

In the Air Force, we have the core value of service before self. However, before anyone thinks this is a lecture on core values -- hold on. There's a lot more to explain.

First, have you ever left a store or a restaurant and thought afterward, "They really could use a course in customer service."

Chances are you were probably right, but in turn those people who treated you poorly may have in their minds what they did was provide you with good customer service.

Whose perception is right or wrong? The answer lies mostly in the opinion of the recipient, but I've always believed you should treat people how you would want to be treated. And I don't know anyone who wants to be treated poorly.

The truth is, the term "serv-

ice" has many meanings, but in return I believe those meanings all blend together. To me, service is about loyalty, hard work, dedication, initiative, humility and sacrifice (to name a few). It means sometimes putting other people's needs ahead of your own. It means truly caring about what you do, what you say, and how that affects those around you.

I remember as a teenager I'd take jobs mowing grass, raking leaves and shoveling snow. They would take hours upon hours to complete and often I'd get paid little or nothing. No problem. It was the way my parents raised me -- to think about helping your fellow human beings without asking for anything in return.

I also recall more recently when I met a Vietnam veteran who lost both of his legs in the war. I talked with him and asked him why he was still so dedicated to supporting troops and remembering the military heroes of the past. In a spirited yet soulful response, he said, "I may have lost my

legs, but I still have my heart. I'm proud to have served in the Army. Now, I do whatever I can."

As another example, for the past 15 years, I've been married to a woman who has given me three children, saw me leave on a half-dozen deployments, numerous temporary duty assignments, and work late more than once. Did she have to put up with that? Why does she stay and how come I deserve someone like her? Only my wife could answer those questions, but I will say I'm thankful for her every day.

The same idea holds true for children, parents and friends who know you, are loyal to you, and help you when you need it. What is it in your relationship with them that keeps you dedicated to them?

It's through all of this where we must understand the deeper meaning of service. It's not about what people do or where they work, it's about who they are.

I've thoroughly enjoyed my

military career to this point and will continue to enjoy it until I retire some years from now. There have been millions before me who have "served" in the military and millions more who "served" along side them in families and through many, many support functions. I've given my decade and a half of years in service to my country that I'll never get back, but am proud that I've had the opportunity to be in "the service."

Although it's meant giving up on dreams I may have had outside of the military, knowing what "service" means to me has been an important foundation block in my life. So, if you find yourself wanting to ask that question about "service," look inside and first understand what it means to you. Only then will you understand why it's important to so many others like me and that military veteran who could give you an earful.

— This commentary was written by Tech. Sgt. Scott T. Sturkol, Air Mobility Warfare Center Public Affairs.



Col. Theresa Carter  
78th Air Base Wing  
commander

## Commander's Action Line

Action Line is an open door program for Robins Air Force Base personnel to ask questions, make suggestions or give kudos to make Robins a better place to work and live.

Remember that the most efficient and effective way to resolve a problem or complaint is to directly contact the organization responsible:

- ▶ Security Forces 327-3445;
- ▶ Services Division 926-5491;
- ▶ EEO Office 926-2131;
- ▶ MEO 926-6608;
- ▶ Employee Relations 926-5802;
- ▶ Military Pay 926-3777;
- ▶ IDEA 926-2536;
- ▶ Base hospital 327-7850;
- ▶ Civil engineering 926-5657;
- ▶ Public Affairs 926-2137;
- ▶ Safety Office 926-6271;
- ▶ Fraud, Waste and Abuse hotline 926-2393;
- ▶ Housing Office 926-3776.

This gives the organization a chance to help you, as well as a chance to improve their processes.

To contact the Action Line, call 926-2886 or for the quickest response, e-mail one of the following addresses: If sending from a military e-mail system select, Robins Commanders Action Line from the Global Address List.

If sending from a commercial e-mail account, use [action.line@robins.af.mil](mailto:action.line@robins.af.mil).

Readers can also visit <https://www.mil.robins.af.mil/actionline.htm>. Please include your name and a way of reaching you so we can provide a direct response.

Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up. Anonymous action lines will not be processed.



## 78th SFS Tip of the Week

### Disregarding Traffic Stop Signs and Signals

Recently, the 78th Security Forces Squadron has detected a significant increase in personnel disregarding traffic stop signs and signals. According to the Georgia Governor's Office of Highway Safety, there were 94 fatalities and 10,414 injuries recorded in 2005 as a result of a driver disregarding traffic signs and signals. This traffic infraction results in a little over 5 percent of all traffic accident fatalities in the state of Georgia. Since Jan. 1, there have been 149 DD Form 1408, Armed Forces Traffic Citations, issued for failure to obey traffic signs and signals; furthermore, 59 of these citations stemmed from using a cell phone while operating a vehicle. Each member of Team Robins is a critical component of our overall safety and mission success; therefore, each one of us must be a responsible wingman and obey all traffic regulations.

For further assistance, contact the 78th Security Forces Police Services section at 222-1990, 222-1991, 222-1992.

## NSPS, employee and supervisor access to tools

**Q.** I am an NSPS employee. What do I need to do to log into MyBiz/MyWorkplace?

**A.** Employees are asked to log into MyBiz and input their email address. You can access the login address at: <https://bantam.afpc.randolph.af.mil:8007>. When you log in MyBiz MyWorkplace for the first time, you will be prompted to provide a user name and a password. This has been previously provided to you, but if you do know what it is, please ask your supervisor or resource advisor.

Once you are logged in, you are ready to update your email address.

In order to accomplish this, follow the simple steps below. Civilian supervisors/managers also need to follow these steps.

From the Navigator (home page), click on MyBiz.



A list of options under a heading of MyBiz will appear on the right of the Navigator.

On the list of options, click on Update My Information.

You will see a privacy act statement -- click on Accept.

You will now be on the Update My Information Page, and you should be able to see a box for your email address.

If the box is not filled in or is incorrect, fill in the correct email.

If the box is correct or you have fixed it, click on the Update button directly below the email box.

You are done.

do I gain access to those I am missing?

**A.** A self-service hierarchy must be established to provide the rating official with access to their employees' records. Civilian Personnel built the hierarchy and sent it out to resource advisors and NSPS points of contact in the wings, staff offices and tenant organizations for verification in October.

However, with each personnel action that is effected, the self-service hierarchy is impacted. If the information in your MyWorkplace account is inaccurate or incomplete, please contact your resource advisor with the correct information. Your resource advisor, in turn, will engage with Civilian Personnel to have the information updated.

**Q.** I can not see the personnel information for all the employees I supervise. How

## CUSTODIAL

Continued from 1A

negotiate the contract and they made it happen with as little disruption to workers as possible,” Sergeant Brand said.

He is asking all Team Robins members to “please bear with us as the reduced levels of service are implemented.”

Along with the budget cuts for buildings under the base-wide contract, buildings under the National Institute for the Severely Handicapped custodial contract will also experience some decrease in services.

Buildings covered by the NISH contract include Bldg. 225, Bldg. 228, Bldg. 255, Bldg. 300, Bldg. 301, Bldg. 323, Bldg. 914 and Bldg. 963.

Services eliminated in NISH facilities are window cleaning, glass and mirror cleaning and the supply and upkeep of walk-off mats.

Buildings covered under the base-wide contract will still be provided walk-off mats, and the cleaning of walk-off mats, interior and exterior windows and glass and mirrors will also continue.

Anyone who wants to know if their office or building is affected by the service cuts can contact their facility managers for more information, Sergeant Brand said. However 78th CE officials said this might not be the end of budget cuts and workers should be prepared to pitch in to keep Robins maintained if the need arises.

“We anticipate that we will continue to see an austere funding environment for the next several years. It is very likely that the future funding climate may require additional service contract reductions. Every effort will be made to maximize the level of service as well as exercise fiscal responsibility throughout the process,” said Robert Farrell, deputy base civil engineer.

### ► IN BRIEF

#### PRESIDENT'S CHALLENGE

The Robins Fitness Center has adopted the President's Challenge, a time based program, which is composed of two different challenges: the Active Lifestyle Challenge program and the Presidential Champions program. These will serve as an incentive program to help Robins personnel get started on being active as well as challenging those who are already in a fitness regiment. Points will be awarded in each program.

The program, which is open to all Robins military, civil service, NAF, and AAFES employees, will run

March 16 through May 11.

The President's Challenge begins in conjunction with a nutrition walk at the Fitness Center Annex March 16 from 8:30 a.m. to noon. The event will be sponsored by 78th Services Division, the Health and Wellness Center and the Civilian Health Promotion Service. The HAWC will provide blood pressure checks,

height, weight and body mass index measurements. CHPS will also administer free cholesterol screenings. Fast 10 hours prior for this. Appointments for fitness assessments can also be made at that time with the FC annex staff if you are participating in the challenge.

For more information call 1st. Lt. Vanessa Tupper or April Lee at 926-2840.

# Let's get physical



U.S. Air Force photos by SUE SAPP

A Winter Sports Day competitor does the breaststroke during the swimming competition March 6. The competition was one of seven events members from around Team Robins competed in during Winter Sports Day.

## Wingman ethos present at Winter Sports Day

By AMANDA CREEL

amanda.creel.ct@robins.af.mil

Forget about team spirit, Robins Winter Sports Day was all about Wingmen spirit.

"I believe it brings a great sense of morale and camaraderie between the different organizations on base and pulls us together," said Staff Sgt. Christina Leonard, a member of the 78th Logistics Readiness Squadron command support staff.

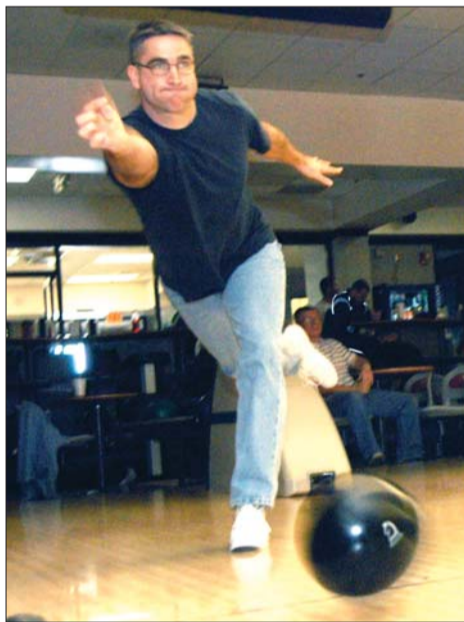
Airmen and Soldiers in the Robins community took the opportunity to show the importance of team building both within their individual units and within the Team Robins family.

Army Sgt. 1st Class Carl Restoff said by the 138th Military Intelligence Company participating, it promotes cohesion between the Army and Air Force personnel who call Robins home.

"It goes along with the idea of one team, one fight," said Sergeant Restoff. However, Army Sgt. Angelo Hockaday of the 138th MI Company said he would not be disappointed if they could take home a few wins, while developing relationships with their fellow Team Robins members.

However, it wasn't only soldiers who were hoping to come out on top at the end of the competition; the 78th Security Forces Squadron came with a title to defend.

If the security forces



U.S. Air Force photo by SUE SAPP

Master Sgt. Eric Wheeldon, 653rd Combat Logistics Support Squadron, rolls one down the alley during bowling.

squadron had won the Winter Sports Day competition it would have been the sixth title for the squadron and members of the squadron were determined to make it happen.

"We want to keep that trophy," said Tech. Sgt. Chris Lopez, 78th SFS deployment manager, who represented his squadron during the table tennis tournament.

The squadron was in full-force supporting one another in every competition and claiming victory before the first serve of a wallyball game and before the final lap during the swimming competition.

The squadron didn't lose their thunder as members of their team fell short of victory in the wallyball tournament, the team and its supporters just

made their way to the pool to support their swimmer, Airmen James Gose.

The event fostered the competitive spirits of all participants, along with giving them an opportunity to offer support and cheers for their fellow Wingmen.

One of the units whose support was evident at every event was the 330th Aircraft Sustainment Group.

The goal was to have a team or competitor in every event throughout the competition, said Nicholas Battle, a structural engineer with the 330th ACSG as he sat in the stands and cheered on the group's 3-on-3 men's basketball team.

Members of the group formed a cheering section at every event where their members participated.

"It is good camaraderie and fosters team work, not only outside the office, but inside too," said Charlynda Nyenke, a program manager with the 560th Aircraft Sustainment Squadron, who also was part of the cheering section during the 3-on-3 tournament.

Members of the 3-on-3 team were glad to have the support even after the team lost the game 10-7.

"It felt good to have people making a big racket just for us when we did something good," said 2nd Lt. Matt Dillard an aerospace engineer with the 730th Aircraft Sustainment Support Squadron.



Teams for the 78th Comptroller Squadron and the 5th Combat Communications Group battle during women's 3-on-3 basketball.

### FINAL STANDINGS:

| Unit                                  | Pts* |
|---------------------------------------|------|
| 330 Aircraft Sustainment Wing         | 27   |
| 78 Civil Engineering Group            | 27   |
| 5 Combat Communications Group         | 25   |
| 78 Communications Squadron            | 24   |
| 19 Air Refueling Group                | 20   |
| 653 Combat Logistics Support Squadron | 14   |
| 78 Comptroller Squadron               | 14   |
| 78 Security Forces Squadron           | 14   |
| 78 Logistics Readiness Squadron       | 10   |
| 78 Mission Support Squadron           | 9    |
| AFRC Readiness Management Group       | 7    |
| 116 Air Control Wing                  | 6    |
| 138 Military Intelligence Company     | 3    |
| 78 Operations Support Squadron        | 1    |

\* Point distribution for the events were 1 point for participation, 5 points for first place, 3 points for second and 2 points for third place. A Unit Formation run was also held where participation points were given depending upon the amount of runners. Teams also received participation points for participating in the unit formation run.

### EVENT RESULTS:

|                                  |                            |
|----------------------------------|----------------------------|
| <b>3-on-3 Men's Basketball</b>   | <b>Volleyball</b>          |
| 1 - 116th ACW                    | 1 - 19th ARG               |
| 2 - 78th CEG                     | 2 - 5th CCG                |
| 3 - 5th CCG                      | 3 - 330th ASW              |
| <b>3-on-3 Women's Basketball</b> | <b>Women's Racquetball</b> |
| 1 - 5th CCG                      | 1 - 78th CS                |
| 2 - 78th CPTS                    | 2 - 78th CS                |
| <b>Bowling</b>                   | <b>Wallyball</b>           |
| 1 - 330th ASW                    | 1 - 653rd CLSS             |
| 2 - 19th ARG                     | 2 - 5th CCG                |
| 3 - 78th CS                      | 3 - 78th CE                |
| <b>Table Tennis</b>              | <b>Swimming</b>            |
| 1 - 78th CEG                     | 1 - 19th ARG               |
| 2 - 78th CPTS                    | 2 - 330th ASW              |
| 3 - 78th CEG                     | 3 - 78th SFS               |
| <b>Men's Racquetball</b>         |                            |
| 1 - 330th ASW                    |                            |
| 2 - 78th CEG                     |                            |
| 3 - 78th CS                      |                            |



Above, members from the 78th Communications Squadron and the 51st Combat Communications Squadron, meet at the net during volleyball. Right, Tech. Sgt. Chris Lopez, 78th Security Forces Squadron, keeps his eye on the ball during the table tennis competition.

**TODAY**

**Registration for the summer camp lottery will be held through today** with camp beginning June 4. Camp is open to children, ages five to 12 years old (five year olds must complete kindergarten). Priority is given to current users of the school-age program all others will be filled by a lottery.

Drawings are drawn first to single employed parents (active duty or Department of Defense civilian) and then dual employed parents (dual military/DOD and active duty with DOD spouse). The drawing will be March 28 at 11 a.m. and will continue until all available spaces are full. Parents will be notified by April 13 if they were selected. At this time parents must complete the required paperwork and pay a \$25 deposit for each week of requested care within 48 hours of this notification. Please go to [www2.robins.af.mil/services.htm](http://www2.robins.af.mil/services.htm) to print/fill out the registration form and either bring it or fax it to the youth center at 926-2356. You may also email it to [donna.healey@robins.af.mil](mailto:donna.healey@robins.af.mil). If you email or fax the application, call 926-2110 to verify that your application for the lottery was received by the youth center.

**An after work super cool party,** with complimentary snacks, food and entertainment will be held every Friday after First Friday starting at 5 p.m. at the officers' club. For more information call the officers' club at 926-2670.

**SUNDAY**

**Sunday champagne brunch is open to all ranks and grades** from 10 a.m. to 1:30 p.m. at the Robins Officers' Club. Enjoy all-you-care-to-eat breakfast, dinner entrees, carving station, salad bar, dessert and ice cream bar and much more. Cost is \$12.95 adults, \$6.95 children (3 to 10 years old) and children 3 years and younger are free. Members receive a \$2 Members First discount. For more information call the officers' club at 926-2670.

**Texas Hold 'Em will be held every Sunday**

with sign up at 1:30 p.m. and games at 2 p.m. Texas Hold 'Em is open to all ranks and grades. Prizes include the following: first place \$85 gift card, second place \$55 gift card, third place \$35 gift card and fourth place \$25 gift card. The entertainment fee is \$10 for club members and \$15 for nonmembers and includes snacks and non-alcoholic beverages. For more information call the enlisted club at 926-7625.

**MONDAY**

**Step Up to the Plate scratch and win** game will continue through March 31 at lunch time at the Robins Officers' Club. Club members who eat lunch at the club will receive a scratch-off card for a chance to win prizes such as a 26-inch flat screen television, two months free dues, next lunch on us, extra \$1 off next visit a coffee mug or H2O bottle. Lunch is open to all ranks and grades Monday through Friday from 11 a.m. to 1 p.m. For more details call the officers' club at 926-2670.

**Triple S Mondays with soup, salad and sandwiches** has arrived at the officers' club from 11 a.m. to 1 p.m. for \$5.95. Enjoy made to order sandwiches or a full course salad bar with a variety of rotating gourmet soups. New special: soup and half sandwich combo only \$5.25. Lunch is open to all ranks and grades.

**TUESDAY**

**Enjoy dining at the Robins Officers' Club** every Tuesday through Thursday from 5:30 to 8 p.m. and every Friday and Saturday from 6 to 9 p.m. Dinner is open to all ranks and grades. For more information call the officers' club at 926-2670.

**Free tacos and draft specials** are available to club members on Tuesdays from 4:30 to 6:30 p.m. at the Robins Enlisted Club.

**WEDNESDAY**

**All retirees get a free fountain drink** with a \$5 minimum purchase when they show their retiree I.D. card on Wednesdays in March. For more information call Pizza Depot at 926-0188.

**Enjoy pizza on Wednesdays from 5 to 7 p.m. at the Robins Officers' Club.** For more information call the officers' club at 926-2670.

**Enjoy Wednesdays at the enlisted club** with M.U.G. night and karaoke with DJ X-Man. Bring your own mug (up to 30 ounces) and get refills for only \$1.50 from 7 p.m. to closing. Cost for entry is \$2 for nonmembers. For more information call 926-7625.

**UPCOMING**

**A dog obedience class will begin** March 15 at 6:30 p.m. Cost is \$50 for 10-weeks. Class will be conducted by Lola Frost. For more information call the youth center at 926-2110.

**Beginning at 9 p.m. March 16** a March Midnight Madness 3-on-3 basketball tour-

## Oscar's Amphitheater

U.S. Air Force file photo by SUE SAPP



The Oscar's Amphitheater is now available for weddings, retirement parties, meetings and classes at the nature center. Cost for rental is \$15 with a \$25 refundable deposit. For reservations and information call 926-4001.

nament will be held. For more information call the fitness center at 926-2128.

**A nutrition walk will be held at the fitness center** annex March 16 from 8 a.m. to 12:30 p.m. Fitness assessments will be available during the event, which will be the kick off of the Presidents' Physical Fitness Challenge. For more information call the fitness center annex at 926-2840.

**Take part in paintball fun when Outdoor Adventure takes a trip** to On Target Paintball March 16 from 4 to 8 p.m. Cost is \$50 per person and includes 1,000 paintballs, a wooded area for daylight shooting, and a lit field for night speed ball. Paintball equipment and an air conditioned room for breaks will be available for use. Transportation departing from and returning to outdoor recreation will be provided. Persons 18 years old and older are permitted to play. Persons 10 to 17 years old may come with an adult over 18 years of age. Participants may also purchase additional paintballs for \$45 a case (2,000) or \$15 a box (500). A minimum of 14 people are required to participate. Register at outdoor recreation, Bldg. 914 by March 13. For more information call outdoor recreation at 926-4001.

**A St. Patrick's Day dinner and dance** will be held in the officers' club ballroom March 17 from 6 to 11 p.m. A dinner buffet will be held 6 to 8:30 p.m. Cost is \$10.95 for members only and \$12.95 for nonmembers. The menu will include carved top round of beef, grilled salmon, sautéed chicken breast and all the fixings. Live dance music will be available. Open to all ranks and grades. No a la carte dining will be available. For more information call the 926-2670.

**Join outdoor recreation on a horse-back riding trip** to Forrest Hills Mountain, Ga. to be held March 24. Meet at outdoor recreation at 8:30 a.m. with a departure of 9 a.m. Bus will return at 4 p.m. Cost is \$60 per person. Package includes travel, one-hour guided horseback ride, picnic table area for lunch, horseshoe pit, basketball and volleyball court. Age requirement is 10 years and older. Long pants and closed toed shoes are required. Deadline to sign up is March 8. A minimum of 10 people are required for outdoor recreation to host the trip. For more information call 926-4001.

**An Air Force Chess tournament** is scheduled for March 24 starting at 10 a.m. in the community center. Players need to register by March 23. To learn more call the community center at 926-2105.

**The Artist Craftsman and Photography Gallery program** will be held May 14 through 18. For more information call the Arts & Crafts Center at 926-5282.

**A yard sale will be held April 14** from 8 a.m. to noon in front of the enlisted club. Set up starts at 7:15 a.m. Cost is \$7 per table (limit 3 per person). This is a first come first served basis for the tables. For more information call the community center at 926-2105.

**ONGOING**

**Come out to the officers' club** during your birthday month and receive a \$25 coupon to redeem toward your meal. Pick up coupon at cashier office. For more information call the officers' club at 926-2670.

**Visit the Arts & Crafts Center** and fill out a survey during the "Luck of the Irish" drawings in March. The drawings will be held April 3 and participants need not be present to win. The drawing is open to all active duty, reserve and retired military and family members and DOD civilians assigned to Robins. For full prize and drawing details call 926-5282.

**The Airmen Against Drunk Driving program** provides rides free of charge to all Robins Department of Defense card holders. Coverage is from Perry to Macon. For a free, anonymous ride, call 222-0013.

**The Air Force 4-H Ultimate Outdoor Adventure & Fitness Camp** will be held in Little Rock, Ark. June 24 through 29. Family members of active duty military assigned to or living on Robins, Air Force retired military, Air Force civilian employees and active Air National Guard and Air Force Reserve members may apply. Interested teens, ages 13 through 18 years old, must complete and submit an application to the youth or teen center. The last day to apply is March 10. For more information, call Marvin Hawkins at 926-5601.

**Applications are now being accepted at the Robins Youth and Teen Center for the Teen Aviation Camp** that will be conducted June 2 through 7 at the Air Force Academy, Colorado Springs, Colo. The camp is open to eligible high school students, who will be entering their sophomore or junior year in the fall of 2007, interested in attending the Air Force Academy. Family members of active duty military assigned to or living on Robins, Air Force retired military, Air Force civilian employees and active Air National Guard and Air Force Reserve members may apply. Interested teens must complete a nomination form and familiarization exam and submit the package to the youth or teen center. The last day to apply is Feb. 23. For more information, contact Marvin Hawkins at 926-5601.

**Fly any time on Tuesdays** in March and receive a discounted rate. For more information call the aero club at 926-4867.

**Robins Youth Center Soccer registration** for ages five to 17 years old will continue until full. Cost for returning players is \$30. Any new players cost is \$55. Registration is conducted Monday through Friday 3 to 6 p.m. and Saturday 10 a.m. to 6 p.m. For more information call the youth center at 926-2110.

**Several new tempting and value-added selections** are available for the evening dining at the officers' club. On Tuesdays kids, 10 and younger, eat free from 5:30 to 8:30 p.m. with a paid adult entrée. On Wednesday prime rib is offered from 5:30 to 8:30 p.m. for \$11.95 and Thursday Butcher's Choice is featured from 5:30 to 8:30 p.m. Eat steak, lobster, lamb, shrimp shish kabobs and many more choice cuts that will be wonderfully displayed on ice to select (item prices will be determined by market). On Friday and Saturdays enjoy an a la carte menu with rotating dinner specials from 6 to 9 p.m. Dinner is open to all ranks and grades. For more information call the officers' club at 926-2670.

**A no-cost reading motivation program "Read By Mail"** is going on through April. Kids grades K - 8th create their own book list of over 15, 000 recommended titles, read the books and their mentor signs their record of books. This is a fun way to earn points and incentives. Local incentives per pages read include the following: 150 pages - \$2 discount on children's tickets at Six Flags & Wild Adventures through ITT; 200 pages - free small one-topping pizza with a minimum \$5 order at Pizza Depot; 250 pages - 50 percent discount on all youth instructional programs at the arts & crafts center; 500 pages - three free games of bowling and shoe rental at Robins Lanes Bowling Center and 750 pages - 25 percent discount on one-day rentals of inflatable party equipment at outdoor recreation equipment rental. Look for the published list of books and a special display area of these books at the Base Library. To register for Read By Mail log

on to [www.bookadventure.com](http://www.bookadventure.com) and complete the required fields. For teachers name field enter Hinds for all grades and for name of school field enter robinsyouth. For more information call the youth center at 926-2110.

**Applications are being accepted for spring soccer and baseball coaches.** No experience required, training will be provided. The youth center sports program needs volunteer soccer coaches for the U6, U10 and U12 age divisions for the 2007 spring season. No experience is required and training will be provided. Apply in person at the youth center or call Ron Hayes at 926-2110.

**The Officers' Club barber shop is open** Monday through Thursday from 8:30 a.m. to 5:30 p.m. and closed for lunch from 1:30 to 2:30 p.m. All ages, ranks and grades are welcome. For more information, call 918-0775.

**The Enlisted Club barber shop is open** Monday through Friday from 8 a.m. to 5 p.m., Saturday from 9 a.m. to 4 p.m. All ages, ranks and grades are welcome. For more information call 923-9593.

**Information, Tickets and Travel** Robins Enlisted Club, Bldg. 956 has the following tickets for sale. For more information on these or other events, call 926-2945.

► Visit ITT's 7th Annual Explore & Expand Your Horizons Travel Show March 21 from 10:30 a.m. to 1:30 p.m. in the Robins Enlisted Club, Bldg. 956. Visitors will have a chance to win a variety of prizes and gain information to plan their next weekend getaway or vacation.

► Tickets are on sale for the Aaron's 312 and 499 weekend at the Talladega Super Speedway April 28 and 29. Cost is \$109 and includes Saturday, Sunday and pit pass or \$55 for Sunday race only. Tickets available through March 16.

**The bowling center** has the following specials. To learn more call 926-2112.

► The 7th annual World Wide Bowling program will be held through April 14. Bowl Monday through Friday from 1 to 4 p.m. and Saturday and Sunday from 1 to 6 p.m. Open to all youths five to 18 years old. Cost is \$5 for three games. All games are scratch.

► Wear visible green on St. Patrick's Day March 17 and bowl for \$2 a game.

► Celebrate St. Patrick's Day with the bowling center. Bowl a strike when the green pin is in the number one position and that game is complimentary.

► March 22 is Goof-Off Day at the bowling center. All day all games \$1.

► On Spot Café March special is a Philly cheese steak, fries and medium drink for \$5.50. For more information call the On Spot Café at 926-5240.

► Reserve your lanes in advance for office parties, wingman days or fundraisers. Cost is \$5 per person and includes three games and shoes.

**Pine Oaks Golf Course** has the following specials. To learn more, call 926-4103.

► Every Monday through Thursday in March pay \$15 for green fee and cart starting at 2 p.m.

► Play golf after 2 p.m. on weekends in March and pay only \$20 for green fee and cart.

► Hit all the range balls you can from 11 a.m. to 1 p.m. on Wednesdays and Thursdays for only \$5 in March.

► A Link Up 2 Golf orientation class will be held April 5 at 5:30 p.m. at Pine Oaks Golf Course with classes starting April 10. Link Up 2 Golf offers participants over \$300 in savings for \$109 per person. Class I will be held April 10, 17, 24 and May 1 and 8 at 5:30 p.m. and Class II April 12, 19, 26 and May 2 and 10 at 5:30 p.m. Sign up at the pro shop.

**For Services information any time** call 222-4636.

**NOW PLAYING**



Adult tickets are \$3.50; children 11 years old and younger tickets are \$2. Movies start at 7:30 p.m., unless noted. For more information, call the base theater at 926-2919.

**FRIDAY**

**EPIC MOVIE**

Kal Penn  
Adam Campbell  
In the spirit of "Scary Movie" and "Date Movie", a parody that spoofs recent mega-blockbusters. The comedy centers itself around four orphans who visit a chocolate factory and are transported to the wonderful land of Gnamia, after stumbling upon an enchanted wardrobe. There they battle pirates and encounter earnest wizards. (crude and sexual humor, language and some comic violence) Rated PG-13. 86 minutes.

**SATURDAY**

**CATCH AND RELEASE**  
Jennifer Garner  
Timothy Olyphant  
A woman must deal with the untimely death of her husband and the revelation of secrets he kept from her. (sexual content, language and some drug use) Rated PG-13. 111 minutes.

**UPCOMING**

**BECAUSE I SAID SO**  
Diane Keaton  
Mandy Moore  
Daphne Wilder is a mother whose love knows no bounds or boundaries. As a single parent, she raised three fantastic girls klutzy, adorable Milly, stable psychologist Maggie and sexy and irreverent Mae-to become the kind of women any mom would die to have. The only problem is they're about to strangle her. In order to prevent her youngest from making the same romantic mistakes she did, Daphne decides to set her up with the perfect man. (sexual content including dialogue, some mature thematic material and partial nudity) Rated PG-13. 101 minutes

**CHAPEL SERVICES**

**Catholic**  
Catholic masses are held at the chapel each Saturday at 5:30 p.m., Sunday at 9:30 a.m., on Holy Days of Obligation at noon and a 5 p.m. vigil the day before, and Monday through Friday at noon. The Sacrament of Reconciliation is Saturday from 4:30 to 5:15 p.m.

**Islamic**  
Islamic Friday Prayer (Jum'ah) is Fridays at 2 p.m. in the chapel annex rooms 1 and 2.

**Jewish**  
Jewish service is Fridays at 6:15 p.m. at the Macon synagogue.

**Orthodox Christian**  
St. Innocent Orthodox Church service is at the chapel on the second Tuesday of each month at 5 p.m.

**Protestant**  
The traditional service meets Sunday in the Chapel at 11 a.m. featuring hymns, anthems, congregational prayers and readings. Contemporary service meets at 11 a.m. in the Base Theater, singing the latest praise and worship music. The gospel service meets at 8 a.m. at the Chapel, praising God with inspirational music. Religious education meets in Building 905 at 9:30 a.m.

The chapel helps with spiritual needs that arise. For further information, call the chapel at 926-2821.

**DONATE YOUR LEAVE**

Employee-relations specialists at 926-5307 or 926-5802 have information and instructions concerning requests to receive or donate annual leave. To have an approved leave recipient printed in the Robins Rev-Up, wings should send information to Lanorris Askew

at [lanorris.askew@robins.af.mil](mailto:lanorris.askew@robins.af.mil). Submissions run for two weeks. The following person has been approved as a leave recipient: **Vanessa McGriff**, 562nd CBSS/GBI, POC is Mary Sanders, 926-5868.

# Team Lean Challenge: Waist management

BY HOLLY L. BIRCHFIELD  
holly.birchfield@robins.af.mil

Losing weight can be a challenge. But people at Robins don't have to take the journey alone.

The 2007 Team Lean Challenge, an Air Force Materiel Command initiative, is a six-month program running throughout AFMC's nine bases to help the command's active-duty military and civilians lose weight and get healthy.

Bridgett Ford, a registered nurse and a nurse educator in the Civilian Health Promotion Service at Robins, said the program, which will run April 16 through Sept. 28, takes a healthy approach to weight loss, with people either entering the challenge in teams of four participants or joining assigned teams if they're not already connected to one.

Teams will compete at the base-level and command-level, with the percentage of the team's collective weight loss being measured and rated against other teams' weight loss percentages.

The team that loses the highest percentage of weight will earn a prize for their efforts. Prizes haven't been determined.

Mrs. Ford said the effort is timely, with the U.S. society battling the bulge.

"We service over 12,000 civilians on Robins Air Force Base, and we have realized that obesity is a rising epidemic, not only at our base, but in the United States," she said. "So, this is a health promotion program

and weight loss initiative to help people not only lose weight, but to get together and form relationships and bonds to help maintain that weight loss throughout the rest of their lifetime because we don't want people to just lose weight for this challenge. We want them to maintain it."

Kelley Denney, a registered nurse and nurse coordinator for the CHPS, said people can cut their risk of weight-related health problems.

"With increased weight comes an increased health risk," she said. "High blood pressure, diabetes, cardiac disease (can all be related to being over weight). The program isn't about fasting or use of dietary supplements. It's about eating a healthy, balanced diet and getting regular exercise."

The challenge will kick off with official weigh-ins at the Health and Wellness Center in Bldg. 827 and in the CHPS office in Bldg. 207, Room C119, beginning March 12. Participants may be weighed at the HAWC Tuesday, Wednesday, and Thursday from 7:30 to 11 a.m., or at the CHPS office each Monday from 7:30 to 11 a.m. The deadline for weighing in is April 12.

Mrs. Denney said ideally, people should lose one to two pounds a week, which is considered a healthy weight loss rate.

Bridget Zimmerman, HAWC director at Robins, said she hopes the program will make a lasting change in people's lives.

"We have an epidemic of obesity in the world and we're trying to help the folks here at Robins do something about it," she said. "Also, winter is over and we're going to be wearing lighter clothes and going to the beach, so we want to look our best."

## WHAT TO KNOW

The 2007 Team Lean Challenge is a six-month Air Force Materiel Command-directed program aimed at helping active duty and civilians lose weight sensibly through the use of a balance diet and exercise. The program, which will simultaneously occur at all AFMC bases April 16 through Sept. 28, will kick off with participants' weigh-in at the Health and Wellness Center in Bldg. 827 and the Civilian Health Promotion Service in Bldg. 700, Room 119C on March 12. No entries will be allowed after April 12. For more information contact the HAWC at 327-8480 or the CHPS at 327-8034.

Mrs. Zimmerman said she thinks the program will help participants reach their health goals.

"I think it's a great program that's needed here at Robins," she said. "We've done numerous surveys and we've found that a good portion of our people are either in the overweight or obese category."

The program has no prerequisites. However, people are encouraged to register online at [www.afmcwellness.com](http://www.afmcwellness.com) and complete a Physical Readiness Assessment questionnaire before starting the program.

Mrs. Zimmerman said people may want to reconsider their participation in the fitness program if they answer "yes" to a majority of the questions on the survey.

As the program progresses, Natasha Gibbons, a wellness associate and certified fitness specialist who recently joined the CHPS team here, will offer guidance and advice on exercise and eating right.

Mrs. Ford said for 12 weeks, participants will receive e-mails on various health-related topics. In addition, AFMC will offer online self-study courses during the first 10 weeks to help people get started on the right track.

Mrs. Zimmerman said people's progress in the program will be checked after 90 days.

# Air Force Academy basketball: Getting a monkey off the back

BY KENDAHL JOHNSON  
kendahl.johnson@robins.af.mil

By the time this article is published, we will know if the Air Force men's basketball team was able to get a huge monkey off its back. You see, the Falcons have never won a game in the Mountain West Conference tournament. In fact, they've never won a postseason game in the school's history.

I became a fan of Air Force Academy basketball in 1999 when I worked in the athletic department in media relations. I watched the men's team struggle, consistently finishing in last place in the eight-team conference. I sat in a near-empty Clune Arena, cheering a team that was perpetually losing.

And I watched as former head coach Joe Scott brought in his Princeton offense and the pendulum slowly shifted the other direction. By the time I left the Academy in 2004, Air Force was winning games and receiving national recognition. The arena was full to capacity for home games and the excitement was electric. The turnaround has been amazing, but I am still waiting to see Air Force win a postseason game.

This could be the team's year. The Falcons played Wyoming Thursday in the tournament quarterfinals. They swept the Cowboys during the regular season, including a 45-point shellacking (88-43) at home Feb. 3. On the road, however, it was a different story and Air Force needed a last-second field goal for a two-point win (58-56).

The 45-point win over Wyoming one month ago cer-

tainly gave the Falcons some confidence heading into last night's game. And Heaven knows they needed confidence, as the team is entering the conference tournament with little momentum. The Falcons were once ranked as high as 13th in the nation. Several losses later, including losses in the team's final three games of the regular season, and the Falcons finished the season unranked.

The late-season slide has been costly for the Falcons. The team has gone from being a shoo-in to being invited to the NCAA men's basketball tournament to being in jeopardy of having to enjoy March Madness on the television. Which makes the MWC tournament that much more important.

One ESPN analyst said that without a victory in the MWC tournament, the Falcons will not earn an invite to the Big Dance. Digger Phelps, another ESPN

► see SPORTS COMMENTARY, 6B



Courtesy photo

First team all-Mountain West Conference performer Dan Nwaelele will try to lead the Falcons to their first-ever post-season victory.



Calling the shots:

# Sergeant takes command on basketball court to volunteer coach, help youth reach potential

BY HOLLY L. BIRCHFIELD  
holly.birchfield@robins.af.mil

When Staff Sgt. Jason Washington isn't in the field reaching for mission success, he's out on the basketball court helping youth reach their potential.

Sergeant Washington, a network administrator in the 51st Combat Communications Squadron, is the head coach of the Suns Midgets, a basketball team for 11- and 12-year-old boys at the Warner Robins Civic Center.

Sergeant Washington has enjoyed coaching numerous youth teams over the past few years. He was an assistant youth basketball coach at the Robins Youth Center in 2004. In spring 2005, he took the helm of the Middle Georgia Sharp Shooters, a traveling basketball team of 10 year olds. In the fall of that year, he began coaching the Hawks Mites, a team of 9- and 10-year-old players, and Magic Mini, a co-ed team of 5 and 6 year olds.

The 28-year-old Albany, Ga., native also coached the 67th Fighter Squadron's basketball team at Kadena Air Base, Japan, from 2002-03 and coached a 7- and 8-year-old basketball team at the same air base in the fall of 2003.

The father of three said he took up coaching because he wanted to share his love of basketball and teach his children and other young players a few things he's learned over the years.



Staff Sgt. Jason Washington, coach of the Suns Midgets, a local youth basketball team, takes a moment to discuss the importance of learning basic fundamental skills, like passing.

"I love to see the expressions on their faces when they learn something new, and I also want to pass on the game that I loved and enjoyed as a kid growing up in Albany" he said.

Sergeant Washington said his coaching days often take him back to a time when he ran the court as a Lakers player at Thornton Recreation center in his hometown.

As a youth, the staff sergeant, who joined the Air Force in April of 1998, would share his winning moves on the court with family and friends.

"Growing up, I always shared what I learned, especially with basketball because I was so fond of it," he said. "I would always pass along (tips) to my little nephews and nieces. That inspired me to want to continue doing that as an adult."

Washington said he learned a lot about being a coach just by watching one of his favorite coaches long ago, Steve Belk.

"I can remember playing outside with my friends and neighborhood rivals and going around playing basketball, football, and sports like that. I remember some of the things coaches talk to us about and said to us to get us motivated. That's some of the same things I try to do — Trigger that one special moment in some of these youth's lives around

here," the sergeant said.

Sergeant Washington takes care in ensuring his players are giving the game their all, especially his 11-year-old son, Zephaniah.

"With him, he knows I'm going to tell it to him straight," he said. "If he's not doing what we practiced, what we worked on, then I can talk to him. He knows I'm going to be harder on him than anybody else on the team just for the simple fact he knows the stan-

dard that I hold. I expect more out of him because he lives with me so he has the chance to absorb all my knowledge at any time."

Sergeant Washington said he knows his investment in the youth of Houston County is a worthwhile venture.

"You invest in the future one person at a time, and you get them when they're young," he said. "You try to mold them and shape them into successful citizens of the United States of America, curbing what the norm is and meeting them right at their level. You show them it's fun, but also show them there are certain standards you must uphold."

The sports enthusiast shares his love of basketball with his biggest fan, his wife, Makala, who is at every practice and game to cheer on her coaching husband.



U.S. Air Force photos by SUE SAPP

Staff Sgt. Jason Washington, 51st Combat Communications Squadron, works a drill with members of a local youth team. The sergeant gives back to the community by volunteering as the basketball coach of the youth team.

## AF women's team captures first-ever postseason win

Hitting the game-winning layup with 0.7 seconds left on the clock, junior Alecia Steele helped lead the Air Force Academy's women's basketball team to a 47-46 victory over Colorado State in the first game of the Mountain West Conference Championships, Tuesday. With the win, the Falcons earned their first-ever postseason tournament victory.

The Falcons, down 46-45 in the last minute, missed three shots down the stretch that would have put them ahead, including a jumper by Pamela Findlay with five seconds left. However, Steele grabbed the offensive board on Findlay's miss and scored on the putback to give Air Force the one-point advantage with less than a second remaining.

Air Force led for much of the opening half before CSU grabbed its first advantage with just over two and a half minutes remaining. Though a bucket from sophomore Kory Gladysz put the Falcons back on top, the Rams scored with just 37 seconds left in the half to take a 21-20 lead into the locker room.

The Falcons opened the second half on an 8-0 run to regain the lead, and got out to a 33-24 advantage following a three-pointer from senior Letricia Castillo. However, CSU kept coming back,

eventually taking the lead when a jumper by Emily Neal with just 50 seconds remaining gave the Rams a 46-45 advantage.

Steele was the lone scorer in double figures for the Falcons, finishing with 17 points and 10 rebounds, for her eighth double-double of the season. Prior to this win, the Falcons had won just one conference game all season, going 1-15 in Mountain West games. The team lost 72-40 to top-seed BYU in Wednesday's quarterfinal game.

— Air Force Academy athletic media relations



Courtesy photo

Junior Alecia Steele hit a game winning basket at the buzzer to give the Falcons their first-ever tournament win.

## Rev-Up March Madness Contest



Think you know basketball? The Rev-Up is issuing a challenge to all amateur bracketologists. For contest rules, e-mail kendahl.johnson@robins.af.mil with "March Madness" in the subject heading. Deadline is Wednesday and entry is free.

## ► IN BRIEF

### TATTOO CEREMONY

Robins is set to bring aviation history to life at its 2007 Tattoo Ceremony in Hangar 2328 at 7 p.m. March 21. A morale-boosting event, the Robins Tattoo will feature numerous musical acts and other entertainment. For more information, contact Col. Robert Hopkins at 222-2806 or Capt. Brian Adkins at 222-4070.



### ROBINS TECHNOLOGY EXPOSITION 2007

The 2007 Robins Technology Expo will be Wednesday in the officer's club ballroom from 10 a.m. to 2 p.m. The Directorate of Information Technology is hosting this event. All personnel are invited to attend free of charge.

More than 25 exhibitors will demonstrate the latest in communications technology, network operations services, data warehousing, information assurance, IT solutions, storage solutions, audio and visual equipment, hardware and software and more. Free refreshments and giveaways will be available while supplies last. For more information, contact Max Greenberg, at 888-603-8899 or 301-596-8899 ext. 222 or email greenberg@ncsi.com.

### NASCAR PIT CREW COMPETITION

Come out and watch 10 teams from the Headquarters Air Force Reserve Command, 78th

Air Base Wing, 116th Air Control Wing, 19th Air Refueling Group and 5th Combat Communications Group compete to win first place trophies, the grand prize and bragging rights for being the best pit crew team. The competition, sponsored by Wood Brother's Racing, will take place Thursday from 11 a.m. to 2 p.m. on the 19th ARG Alert Aircraft Parking Pad.

Grand prize is an autographed racing helmet. The official pit crew of Wood Brother's Racing will also be in attendance.

### PAMPER YOURSELF BINGO

The Robins Officers' Spouses Club wants to show their members how much they are appreciated with a Pamper Yourself Bingo Thursday at 10 a.m.

Bingo will begin at 10:30 a.m. at the Officer's Club and lunch will be served at 11:45 a.m.

Cost for club members is \$9.75 and non-members \$11.75. Prizes designed to treat and pamper will be given away. New members are always welcome.

Reservations are due by noon Monday. For more information call Kathy Tufts at 218-0427 or Pam Piekarczyk at 225-2043.

### THRIFT SHOP NEWS

The Thrift Shop's summer consignments have begun and winter items are no longer being accepted.

The following summer items will not be accepted: gas, propane or flammable type grills. Clean, non-gas barbecue grills will be accepted. Lawn furniture is also accepted on a space available basis. Call ahead

to ensure adequate room is available. Seasonal items, can only be consigned for four weeks. The Thrift Shop, which will be closed April 6 and 7, is also seeking donations of packing paper.

New items arrive every day. Hours of operation are Wednesdays and Fridays from 10 a.m. to 1 p.m., Wednesdays 3 to 6 p.m. and the first Saturday of each month 10 a.m. to 1 p.m. Consignments are accepted until 30 minutes before closing. For more information call 923-1686.

### BHOC SCHOLARSHIPS

The Robins Black History Observance Youth Committee is accepting applications for three scholarships to qualified high school seniors pursuing higher education in the 2007 - 2008 school year. Completed packages must be received no later than Thursday.

For more information visit <http://www2.robins.af.mil/black-history> or go to the Robins Homepage and click on "Black History Observance." Other points of contact are Zipporah Fleming at 926-3541 or [zipporah.fleming@robins.af.mil](mailto:zipporah.fleming@robins.af.mil) and Bobbie Moore at 222-3622 or [bobbie.moore@robins.af.mil](mailto:bobbie.moore@robins.af.mil).

### EASTER EGG HUNT

The Robins Chapel will host its annual Easter Egg Hunt March 31 at Robins Elementary School from 11 a.m. to 1:30 p.m. There will be inflatables, games, face painting, food, drinks and of course an Easter egg hunt. For more information call Marcia Little or Liz McCarthy at 926-2821.

## Airman and Family Readiness Center

Airman and Family Readiness Center-sponsored classes, workshops and seminars are open to all Team Robins personnel and their eligible family members.

Absences from duty sections to attend these offerings are the responsibility of the employee to coordinate with his or her supervisor. Because room assignments are subject to change, specific room numbers will be confirmed at the time of registration.

A&FRC is located in Bldg. 794, across the street just before the enlisted club. Hours are 7:30 a.m. to 4:30 p.m., Monday to Friday. For more information or to make a reservation, call

926-1256.

### Job connection

The A&FRC will host a quarterly Job Connection today in Bldg. 794. Anyone with base access is welcome to attend between 11 a.m. and 2 p.m. There will be approximately 15 employers in attendance ready to answer questions and receive resumes. Jobs vary and are both local and national. Come dressed to impress and bring resumes. For more information call 926-1256.

### Predeployment briefings

Predeployment briefings are offered twice weekly by the A&FRC readiness team.

Briefings are at 9 a.m., Monday and Friday in Building 794.

### Relocation assistance

Relocation Assistance at the A&FRC has a Standard Installation Topic Exchange Service that has information on all military installations worldwide. Informational site for all personnel, [www.militaryonesource.com](http://www.militaryonesource.com).

From simple questions to complex issues, you can use Military One Source 24 hours a day, seven days a week. If you don't have a computer you can call 1-800-342-9647, and for conversation en Espanol, llame al: 1-877-888-0727.

## SPORTS COMMENTARY

Continued from 3B

commentator, said Air Force is in big trouble and if the team doesn't iron out its problems, its players will be sitting home during the Final 64.

The best chance for the Falcons to be playing deep into March is to win the Mountain West tournament and receive an automatic bid. Hopefully, the team gets past its first opponent. Wyoming has traditionally played the Falcons tough in the post-season.

The two teams have met three times in the post-season, with Wyoming winning all of them by two points, including last year's MWC quarterfinal, 57-55, in Denver, Colo. The Cowboys captured a 69-67 overtime victory in the quarterfinals of the 2002 MWC tournament and a 67-65 win in the first round of the 1986 Western Athletic Conference tournament.

Last season was especially disappointing. The Falcons were 12-4 in conference play, earning the No. 2 seed. Conversely, Wyoming was 5-11 in the MWC and was playing as a No. 7 seed. Perhaps there will be less pressure on Air Force this year playing as a No. 4 seed.

Or perhaps there will be more pressure. No fourth seed has ever won the MWC championship. Three No. 4 seeds made it to the final

game, but all three lost. Really, the Falcons shouldn't be a No. 4 seed, but the late-season skid dropped them from being a potential No. 1 or No. 2.

And that makes the slump even costlier. Assuming they got by Wyoming in the quarterfinals, as a No. 4 seed, the Falcons will have to face No. 1-seeded BYU in the semifinals. BYU swept the Falcons this season. In the Falcons' final game of the season, BYU notched a 62-58, snapping the Academy's 30-game home win streak.

If Air Force manages a victory over BYU, the championship game becomes even more important for the team's chances of playing in the NCAA tournament. Most experts think the Mountain West will only get two teams in the tournament and that BYU is a lock. So if the automatic bid goes to a team other than BYU or Air Force, then the Falcons chances of being invited are very slim.

Perhaps destiny is on the side of Air Force this season. Perhaps the women's team set the stage for the men. The women's team won just one conference game all season (see story on page B4), yet captured its first-ever postseason victory, edging Colorado State with a last-second put back. Perhaps the men's team followed that amazing women's victory with one of its own against Wyoming. And that monkey will finally be off its back. Here's to hoping.