

## YOU MATTER

# Suicide prevention rests on all our shoulders

*Note from Maj. Gen. Polly Peyer, Warner Robins Air Logistics Center commander: I invite all of you to read Colonel Berry's words which follow. Since taking command in August, I have been distressed by the number of suicides at Robins. But it goes deeper than just statistics.*

*What I think about each time are the families, the co-workers, the friends who are affected by suicide. I think about and wonder what we, as commanders, supervisors, and friends could have done to help. All of you matter — Team Robins cares.*

By COL. WARREN BERRY

78th Air Base Wing commander

I remember waking up incredibly disoriented. It was, after all, 2 a.m. on a quiet, snowy night in Germany. I heard the voice on the other end of the phone, but nothing really registered. Embarrassed, I asked them to please repeat the message. "Sir, I'm sorry to

wake you, but there's been a suicide on-base...someone from your unit."

I was wide awake at that point. How could this possibly happen? Then came the name. "No way," I said to myself, "they must have the wrong person." I responded to the scene, and at the request of OSI, I identified the body.

While I thought that would be the hardest part of this tragedy, I soon realized the most difficult moments lay ahead...notifying the family, telling the co-workers and dealing with the indescribable sorrow of each. That week, I vowed I would do everything in my power to never repeat that scenario.

Some would argue that it's incredibly difficult to prevent a suicide.



Maybe they're right, if you think of "prevention" as physically being there to interrupt the fatal act. But I'd argue we have plenty of preventive powers before it ever gets to that point.

Others would argue we have a relatively small number of suicides, so we really shouldn't expend a lot of energy in prevention. I'd argue they are "dead wrong."

You see, Robins AFB has played

out a tragic scenario very similar to the one I described above eight times last year. Even more alarming is that our suicide rate is four times the national average. It doesn't have to be that way. We can't afford to have it be this way, because it affects us all — military, civilian, contractor, family members. And that's why we need your help, because suicide prevention starts with you!

Those members of our base family who chose to commit suicide were in

many respects just like you and me. The main difference is that they felt that the burdens they carried were simply too much to bear. In short, these valued members of our base community experienced relationship problems, financial problems, medical problems, and/or occupational problems that they believed were simply too insurmountable.

What we have learned from these losses is that suicide doesn't discriminate. It affects all members of our base family, both military and civilian, and crosses all age groups, categories/levels of employment, religious creeds, races, and gender.

Fortunately, if you and I work together to reach out to those who may be affected by thoughts of suicide, we can make a difference. We must foster the message: "YOU MATTER!" In whatever capacity you work, in whatever area you work:

► see YOU MATTER, 2A

## AFROTC captain earns Bronze Star

BY WAYNE CRENSHAW

wayne.crenshaw.ctr@robins.af.mil

Two days after Capt. Andrew Scott landed in Afghanistan for a one-year tour, he suddenly found himself facing an unexpected challenge with the lives of a group of surrounded Soldiers on the line.

Captain Scott is an instructor at the Air Force Reserve Officer Training Corps at the University of Georgia, which is attached to the 78th Force Support Squadron here. In June 2007, he was deployed to Operation Enduring Freedom on a Joint Expeditionary Tasking, in which Air Force personnel are assigned duties that would ordinarily be performed by the Army or some other branch.

He was stationed at Camp Blackhorse, a Marine base also used by the Army, Navy and forces from other coalition countries. He was serving as a senior battle captain in the 201st Regional Security Advisory Command.

Two days after his team landed, a major operation began and they picked up radio traffic from a unit of 62 Afghan National Army soldiers and six of their U.S. Army trainers. The unit was not only surrounded and under fire by anti-coalition militants,

but in a low area that inhibited their ability to fight back. They couldn't make contact with a nearby unit that would have been able to help them.

He and his team, assembled just prior to deployment, were trained in logistics. The situation at hand was outside their area of expertise, but no one else was at the base to take command of the situation, so the task fell on them to save the troops.

"We did all the coordination," Captain Scott said. "Within 30 minutes F-15s and Apaches were lighting up the area. It was a huge success story for us."

Although he credited his team with that success, the response and numerous other initiatives during his tour earned Captain Scott a Bronze Star. It was presented at UGA Jan. 20 by Brig. Gen. Teresa A.H. Djuric, Commander, Jeanne M. Holm Center for Officer Accessions and Citizen Development, Maxwell AFB, Ala. Also in attendance were Col. John M. McCain, commander of the AFROTC, and Col. Richard Pierce, commander of the AFROTC Southeast Region.

Captain Scott had already been honored for his efforts that day by a

► see BRONZE STAR, 2A



U.S. Air Force photo by MASTER SGT. CECILIO RICARDO  
Barack Obama is sworn in as the 44th president by Chief Justice John Roberts Jr. in Washington, D.C., Jan. 20. President Obama's wife Michelle stands by his side.

## New commander-in-chief vows not to waver in America's defense

BY JIM GARAMONE

American Forces Press Service

President Barack Obama pledged a "prudent use" of military power as the nation works toward "ushering in a new era of peace" in his inaugural address to the nation today.

"Our security emanates from the justness of our cause, the force of our example, the tempering qualities of humility and restraint," he said from the west side of the Capitol here after taking the oath of office as the 44th president. An estimated 2 million people crowded the National Mall and surrounding area to hear his address.

The use of these principles will allow America to develop greater understanding of other nations and greater cooperation against common threats from them, he said.

"We will begin to responsibly

leave Iraq to its people, and forge a hard-earned peace in Afghanistan," President Obama said. "With old friends and former foes, we'll work tirelessly to lessen the nuclear threat, and roll back the specter of a warming planet."

President Obama said Americans will not apologize for their way of life, nor waver in its defense. "And for those who seek to advance their aims by inducing terror and slaughtering innocents, we say to you now that our spirit is stronger and cannot be broken; you cannot outlast us, and we will defeat you," he said.

America is a country of doers and risk-takers; it is an immigrant country where each generation worked hard to provide for the next, he said.

For more on the inauguration, including reactions from members of Team Robins, see page 5A

"For us, they packed up their few worldly possessions and traveled across oceans in search of a new life," President Obama said. "For us, they toiled in sweatshops and settled the West, endured the lash of the whip and plowed the hard earth."

"For us, they fought and died in places like Concord and Gettysburg, Normandy and Khe Sahn," he continued. "Time and again, these men and women struggled and sacrificed and worked till their hands were raw so that we might live a better life. They saw America as bigger than the sum of our individual ambitions, greater than all the differences of birth or wealth or faction."

► see INAUGURATION, 2A



U.S. Air Force photo by MAJ. DOUGLAS LOMSDALEN

Capt. Andrew Scott (right), who is attached to the 78th Force Support Squadron, receives a Bronze Star award citation from Brig. Gen. Teresa Djuric; Jeanne M. Holm Center commander, Maxwell Air Force Base, Ala.

**THINK SAFETY**

**Alumni Against Drunk Driving**

222-0013

Days without a DUI: 12  
Last DUIs: 116th MXS

— courtesy 78th Security Forces

**THE TWO-MINUTEREV**

**2009 Robins Air Show**

The 2009 Robins Air Force Base Air Show is scheduled for May 2-3. Headliners will be the United States Air Force Thunderbirds and the U.S. Army's Golden Knights. An information hotline is available 24/7 by calling 478-222-7469. If you are interested in participating in the air show, please contact the following:

Concessions, Betty Varnadoe at 926-5717  
Aerial acts, Maj. Dan Badia at 222-2646  
Static displays, Maj. Gregg Rich at 222-2638  
Exhibit or information booth, Leslie Fortney at 222-3535  
Public affairs, call 926-2137. You can also visit [www.robins.af.mil/airshow](http://www.robins.af.mil/airshow).

**SHOWTIME**

**Tops in Blue**

AF talent showcase to perform at Warner Robins Civic Center Sunday, 7A

**SAFETY**

**Brush fire causes scare**

Officials remind Team Robins to be mindful with cigarette butts, 4A

**SPORTS**

**Marathon**

Annual Museum of Aviation run draws record crowd, 8A

**WEATHER**

FRIDAY 62/31

SATURDAY 59/45

SUNDAY 55/38



## YOU MATTER

Continued from 1A

YOU MATTER! You see, things aren't insurmountable if you believe "YOU MATTER!" Someone's situation may not seem as dire if we tell them, "YOU MATTER!" And when it comes to being vigilant in suicide prevention, "YOU MATTER!"

There are several ways we can all work together to ensure that our Team Robins members who may be at risk for suicide receive this critical message.

First, encourage those in your organization to deal with stress and get the right help from one or more of our base support agencies (*see inset*). Second, educate yourself.

An excellent source for suicide prevention information is the Air Force's suicide prevention website at <https://www.afms.mil/afsp>.

The Robins Integrated Delivery System (<http://www.robins.af.mil/library/integ>

### IMPORTANT PHONE NUMBERS

▶ Employee Assistance Program .....	800-222-0364
▶ Airmen and Family Readiness Center .....	926-1256
▶ Health and Wellness Center .....	327-8480
▶ Chaplain.....	926-2821
▶ Sexual Assault Response Coordinator .....	327-7272
▶ Military Family Life Consultant .....	230-2987
▶ Mental Health Clinic.....	327-8398

[rateddeliverysystem/index.asp](http://rateddeliverysystem/index.asp)) is also developing a program designed to assist dedicated and motivated individuals in organizations across the base to develop understanding, recognition, and skills to proactively engage those at risk for suicide.

Volunteers are vital to the success of this program, so when the call for volunteers comes, please step up and take the challenge!

Finally, promote communication and team-building among co-workers, units, and sections. It is important to remember that suicide is not prevented in the hospital emergency room nor in the mental

health consulting room.

Rather, it is prevented by you and a cadre of dedicated co-workers who work side-by-side with those that may need your help the most at a critical time in their lives. YOU are our primary defense against the tragedy of suicide across our installation.

By staying engaged in suicide prevention and outreach, we can protect and prevent tragedy within our Robins Air Force Base family. We owe it to our fellow co-workers, and we owe it to their friends and family.

Yes, "YOU MATTER" in more ways than you know.

## WHAT TO KNOW ABOUT SUICIDE

In order to address some of the questions related to suicide prevention, provided below is a "quick guide" on what to do when you suspect someone is at risk. Please take the time to read this information, as it may serve you much like First Aid or CPR if and when you are confronted with such an emergency so that you can help spread the "You Matter" message.

### Ask about suicide.

Many people fear that they might "say the wrong thing" when talking with someone who is suicidal or very upset. While you are waiting for the right time or thing to say, the person may be finalizing their plan. Bottom line, ask if the person is thinking about suicide.

### Every person is at some risk for experiencing problems based on how they handle life situations.

The key for suicide prevention is to increase the protective factors such as: social and family support, optimistic outlook, supportive marriage, sense of belonging, spiritual faith, and to decrease risk factors like relationship stress, financial stress, depression and anger.

### Not everyone who attempts suicide dies.

Males complete suicide more often than females, but females attempt far more often than males. The reason males complete suicide more frequently is that they use more lethal means, typically firearms. Those ages 17 to 24 years are traditionally the most common age group for suicide. However, there has been a recent rise in suicides among middle-aged individuals: 45 to 60 years of age. This has been especially true at Robins.

### Stress will increase the probability that difficulties will result in the development of serious behavioral or physical health problems.

The most common stressors that lead to a person contemplating suicide as an option are: difficulty in romantic relationships, legal problems, financial issues, substance abuse, and work performance problems.

### Be aware of increased alcohol use.

Substances are often used by people to self-medicate their unhappiness or pain, and alcohol use increases impulsivity and reduces good decision making. Substance abuse, family violence and self-harm are frequently related. If you see problems in one area, it should alert you to the need to ask questions about the other two areas.

### The duty section/unit plays an extremely important role in supporting its people.

A person's social support is commonly drawn from the friends they have at work, and their relationship allows their willingness to openly communicate and share concerns that may lead to destructive behaviors.

### People who are experiencing suicidal thoughts often fear seeking help will impact their career.

People mistakenly believe seeking help will negatively impact their career, yet by putting off getting professional help their job performance can be negatively impacted. It is not help seeking that results in negative career impact; it is the poor work performance that occurs when someone is so bothered by other important aspects of their life that they

cannot focus on the tasks at hand. Seeking professional help can, in fact, reduce or prevent such negative career impacts from occurring.

### Suicide is a permanent solution to a temporary problem.

When someone is suicidal they are not thinking clearly because their ability to problem solve is reduced, and they need others to help them see the alternatives. Most suicidal people don't really want to die, what they want is for their life situation to change but do not know how to produce that change except through death.

### Ignoring an invitation by another person to talk about suicide will not make suicide go away.

The biggest mistake you can make is failing to take someone seriously when they talk about wanting to kill themselves or "end it all." Hiding their behavior, being judgmental, and using "reverse psychology" to convince individuals that they are not suicidal will not help anyone. Instead, it will likely cause them to shut down and be less likely to seek professional help.

### A person who is intent on committing suicide and has a plan to do so should never be left alone.

Do not leave this person alone for any reason. A safety plan must be established that includes a safe place where means of self-harm, such as firearms, pills, automobiles, knives, ropes, etc., are out of their reach. Include in your safety plan helping this person access professional assistance immediately. This can be done by taking them to Mental Health, or to an emergency room after hours.

## BRONZE STAR

Continued from 1A

unique gesture of one of the Army Soldiers who had been rescued. The Soldier found Captain Scott and with tears in his eyes, thanked him for his actions, and his calming influence as he talked with the Soldier over the radio, assuring him that help was on the way.

Later, the same Soldier was given a combat infantryman badge for what happened that day. He gave it to Captain Scott.

"He said he would never have lived to get that medal if it hadn't been for us," Captain Scott said. "Having that young Army specialist give me the first CIB he had earned, based on his thought that he would not have survived without our help, was one of the most sobering and humbling experiences during my year-long deployment. It completely solidified the importance of what we were doing, and the importance of doing it well, every time."

Plenty of "nasty stuff" happened after that event, but it has stuck in his memory because it was his team's second day on the job and they handled something they weren't really expecting.

His deployment itself was unique. Previously AFROTC staff were technically subject to be deployed, but almost never were deployed. Captain Scott was the first AFROTC officer ever to be deployed on what was then called an "in lieu of" assignment, but now is called a Joint Expeditionary

Tasking.

The experience, he said, was significant because it gave him a first-hand look at the future of what will be expected of an Airman. He said just a few years ago airmen specialized in certain jobs, but in the new war on terror Airmen will be expected to perform multiple duties.

"Today's Airman does not even resemble the Airman of five or 10 years ago," he said. "We really have to appreciate and understand that you are going to find yourself doing things that are not your expertise, and you've got to be able to pitch in and be part of the team and not say 'that is not my job.'"

His experience on deployment covered a wide range of tasks, including oversight of tactical convoys and operations across the Area of Responsibility. He led and managed the tactical operations center that led to "highly effective" support of forces with medical evacuations, close air support, indirect fire support and ordnance disposal, the award citation stated.

His commanding officer in the AFROTC unit, Lt. Col. David Baylor, said having ROTC instructors deploy is good for the organization, which is dedicated to preparing college students for careers as Air Force officers.

"I think it's phenomenal because it brings back real-world experience," Colonel Baylor said. "I knew Captain Scott was a great officer and a great leader and this was opportunity for him to show those skills while working with sister services."

## INAUGURATION

Continued from 1A

Americans today must continue this journey, he said. It is time for hard decisions and a time of change. "Our time of standing pat, of protecting narrow interests and putting off unpleasant decisions, that time has surely passed," he said. "Starting today, we must pick ourselves up, dust ourselves off, and begin again the work of remaking America."

President Obama rejected the idea that the nation has to choose between its safety and its ideals. "Our Founding Fathers -- faced with perils that we can scarcely imagine -- drafted a charter to assure the rule of law and the rights of man, a charter expanded by the blood of generations. Those ideals still light the world, and we will not give them up for expedience's sake."

In the United States, all languages are spoken, all religions are practiced, and all good people are welcomed, he said. "And because we have tasted the bitter swill of civil war and segregation and emerged from that dark chapter stronger and more united, we cannot help but believe that the old hatreds shall someday pass; that the lines of tribe shall soon dissolve; that as the world grows smaller, our common humanity shall reveal itself and that America must play its role in ushering in a new era of peace," he said.

President Obama reached out to the nations of the world in his speech. He told them that America "is a friend of each nation, and every man, woman and child who seeks a future of peace and dignity, and that we are ready to lead once more."

He also spoke to the Muslim world, saying America seeks a new way forward, based on mutual interest and respect.

"As we consider the road that unfolds before us, we remember with humble gratitude those brave Americans who, at this very hour, patrol far-off deserts and distant mountains," the president said. "They have something to tell us, just as the fallen heroes who lie in Arlington [National

Cemetery] whisper through the ages. We honor them not only because they are guardians of our liberty, but because they embody the spirit of service; a willingness to find meaning in something greater than themselves."

He called on all Americans to shoulder that burden of service. He said it is the faith and determination of the American people upon which this nation relies.

"Greatness is never a given. It must be earned," he said. "Our journey has never been one of shortcuts or settling for less. It has not been the path for the faint-hearted -- for those who prefer leisure over work, or seek only the pleasures of riches and fame."

The faith and determination of Americans can serve the nation well in a time rife with challenges.

"Our nation is at war against a far-reaching network of violence and hatred," the president said. "Our economy is badly weakened, a consequence of greed and irresponsibility on the part of some, but also our collective failure to make hard choices and prepare the nation for a new age."

Americans have lost their homes, their jobs, their businesses, and health care is too costly, he said. Schools are failing too many, and the American energy policy plays into the hands of the nation's enemies.

"These are the indicators of crisis, subject to data and statistics," he said.

These are disturbing, but more disturbing is a sapping of confidence and the fear that with this decline the next generation must lower its sights, he said.

"Today I say to you that the challenges we face are real," the president said. "They are serious, and they are many. They will not be met easily or in a short span of time. But know this, America: They will be met."

While the challenges of this age are new, the values which have seen the country through in the past will best serve the nation, President Obama said. "Honesty and hard work, courage and fair play, tolerance and curiosity, loyalty and patriotism -- these things are old, but these things are true," he said.



# Commentary

"This is the meaning of our liberty and our creed -- why men and women and children of every race and every faith can join in celebration across this magnificent Mall, and why a man whose father less than 60 years ago might not have been served at a local restaurant can now stand before you to take a most sacred oath."

— President Barack Obama

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## SUBMISSION GUIDELINES

Editorial content is edited, prepared and provided by the 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 kendahl.johnson@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

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## ONLINE

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## Commander's Action Line

The Action Line is an open-door program for Team Robins personnel to give kudos, ask questions or suggest ways to make Robins a better place to work and live.

The most efficient and effective way to resolve a problem or complaint is to directly contact the organization responsible. This gives the organization a chance to help you, as well as a chance to improve their processes.

**Col. Warren Berry**  
78th Air Base Wing,  
commander

Please include your name and a way of reaching you so we can provide a direct response. Anonymous action lines will not be processed. Discourteous or disrespectful submissions will not be processed.

Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up.

**To contact the Action Line:**  
Call 926-2886 or for the quickest response, e-mail [action.line@robins.af.mil](mailto:action.line@robins.af.mil).

<https://wwwmil.robins.af.mil/actionline.htm>

## PHONE NUMBERS

▶ Security Forces	327-3445
▶ Services	926-5491
▶ Equal Opportunity	926-2131
▶ 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, Abuse	926-2393
▶ Housing Office	926-3776
▶ Chaplain	926-2821

## Celebrating the dream



U.S. Air Force photo by SUE SAPP

The Robins Choir, under the direction of Kinnie Russell, sings a special anthem titled "Come" during the Martin Luther King, Jr. commemorative worship service at the Base Chapel Jan. 18. The service began with a slide show in remembrance of Dr. King and included a performance by the Robins Praise Dance team, special musical selections and guest speaker Rev. Frankie Rivers, Oak Level Missionary Baptist Church associate pastor. Rev. Rivers' message was titled "Dreams do come true."

## Commander's Call questions answered by Center commander

*Editor's Note: The Rev-Up will print questions and answers obtained from comment cards given at the November Commander's Call.*

*Maj. Gen. Polly Peyer, commander of the Warner Robins Air Logistics Center, will respond to questions.*

**Q:** Can you please leave the lights on next time after your speech so that we can see what we are writing, and maybe write neater?

**A:** Thank you for your recommendation in this matter. My staff has added this to "lessons learned", and will work diligently to have

lights stay on for a longer period to allow adequate lighting for persons writing questions and comments.

**Q:** Are the education programs open to all Robins personnel or military only? If so, are you (the ALC commander) standing behind these programs?

**A:** In short, the answer is yes to both questions. The education programs are open to all Robins government civilians and military. There are many programs available and a summary on each program can be found in the "Warner Robins Air Logistics Center Centralized Education and Training Office"

Brochure and Installation Training Guide. If you require additional assistance, please contact the Education and Training Office at 222-3435.

**Q:** What is your policy on the exercise program?

**A:** The civilian fitness program at Robins directly supports our AFMC-wide goal of sustaining a safe, healthy, fit and ready workforce. This program allows civilian employees to use up to three hours per week for fitness leave. The three hours includes time for changing clothes, showering and travel to and from the exercise location. On base

**Q & A**

**Maj. Gen. Polly Peyer**  
WR-ALC  
commander



facilities are required to be utilized for fitness leave. Employees must provide a physician certification to his/her supervisor prior to beginning the use of fitness leave. Please direct additional questions concerning the civilian fitness program to your servicing Employee Relations Specialist at 926-0677 or 926-5802.

## Expression of appreciation for our troops

We're off to a great start in 2009 and here is proof. Each day as those who have chosen to serve America in various capacities suit up in her sup-

port and defense, there are many others who say a silent word of thanks for their service.

Whether donning the uniform of

the day as an active-duty member or civilian attire as a civil service member or contractor, the day-to-day missions of all who serve are vital and

letters like the following show there are people who care. — Maj. Gen. Polly Peyer, Warner Robins Air Logistics Center commander

DEAR GENERAL PEYER;

EACH TIME I SEE ONE OF OUR SERVICE PERSONNEL, I THANK THEM FOR THEIR SERVICE, FOR ME AND FOR OUR COUNTRY. HOWEVER, FOR EACH ONE I GET TO THANK IN PERSON, THERE ARE SEVERAL HUNDRED MORE THAT DO NOT GET TO HEAR MY APPRECIATION EXPRESSED, AND THIS JUST REPRESENTS THE SMALL (BY COMPARISON) NUMBER STATIONED AT ROBINS. IF POSSIBLE, WHEN YOU TALK WITH OUR TROOPS AND THEIR FAMILIES, PLEASE CONVEY A NOTE OF DEEP APPRECIATION AND GRATITUDE FROM A CITIZEN. (AND A SPECIAL NOTE TO THOSE WHO ARE, HAVE BEEN OR ARE ABOUT TO BE DEPLOYED AND WOULDN'T BE HOME WITH FAMILY AND FRIENDS.)

THANK YOU TOO, GENERAL PEYER, FOR YOUR LONG

PERIOD OF SERVICE TO OUR COUNTRY AND FOR ALL YOU DO TO ENSURE THAT OUR MEN, WOMEN AND THEIR FAMILIES ARE SUPPORTED.

MAY GOD BLESS AND HOLD EVERYONE OF OUR TROOPS AND THEIR FAMILIES SAFELY IN THE PALM OF HIS HAND. THANK YOU IN ADVANCE FOR ANY ASSISTANCE YOU CAN PROVIDE WITH MY REQUEST — WITH APPRECIATION ☺

SINCERELY,

(P.S. - MY HUSBAND WAS A PROUD "BLUE SUIT" FOR 22 YEARS - SAID HE WAS BORN IN INDIANA AND RAISED IN THE AIR FORCE)



# Tops in Blue rolls into town for Sunday performance

BY WAYNE CRENSHAW

wayne.crenshaw.ctr@robins.af.mil

Senior Airman Thomas Henderson joined the Air Force in part because of his love of travel.

But when he ended up stationed at Robins, it didn't exactly fulfill his desire to work in exotic locations around the world. However, he found a way to scratch his travel itch quite a lot by joining Tops in Blue, a group of all active-duty Air Force personnel who travel the world performing a variety show for military members and the general public.

After visiting such locales as Korea, Germany, Italy and even a small, remote island off Alaska, Airman Henderson is returning home this weekend for a performance of Tops in Blue at the Warner Robins Civic Center.

The free show starts at 7 p.m. on Sunday, with doors opening at 6:30 p.m. The arena typically fills up for the show, so those attending might want to get there early.

That's also probably the only time they will get a glimpse of Airman Henderson, who is the stage director. He is typically seen working on stage before and after the show, but he is backstage during the event.

Although working in Tops in Blue might seem like an easy gig, Airman Henderson said otherwise. The 27-member crew typically works 18-hour days, seven days per week, because everyone in the show is also responsible for tear down and set up of the stage.

"A lot of people think it's



U.S. Air Force file photo by SUE SAPP

**Tops In Blue, an all active-duty Air Force special unit made up of talented amateur performers selected for their entertainment abilities, will showcase its talent Sunday at the Warner Robins Civic Center. Showtime is 7 p.m.**

like a vacation but I've never worked so hard in my life," he said.



**Senior Airman Thomas Henderson**  
Tops in Blue stage director

Although they usually perform only one show in a day, by the time the set is torn down, loaded on a truck and moved to the next location for set up, it makes for a long day.

When there is an occasional day off, he said, the first inclination is to stay home and rest, but he usually tries to take advantage of it to tour the area when he can.

His one-year stint with the group began in March of last year. They did a 3-week tour in Iraq, but Airman Henderson missed out on that trip because he was asked to stay home and do some redesign on the set.

The show includes singing and dancing to a variety of

musical styles, and it also has a comedian.

At Robins, Airman Henderson works in the 78th Communications Squadron, where he sets up public address systems for various events around the base. His technical skills for such work have vastly improved through his experience with Tops in Blue, he said.

"That's going to be like a walk in the park now," he said of his Robins job, which he will return to in March.

As stage director, he is responsible for the sound boards, lighting, stage construction and tear down.

"One thing I've probably learned a lot is leadership skills," he said. "In my position as stage director, it gets pushed upon you," he said.

Master Sgt. Tim Leanhart, who is Airman Henderson's first sergeant at Robins, called it a privilege to have someone from the 78th CS in the show.

"The representation they give to the whole Air Force to be able to display and showcase their talents, and to give them the opportunity to represent not only the Air Force but also Robins Air Force Base is just a huge honor," he said.



U.S. Air Force photo by RAY CRAYTON

A brush fire by the Robins Parkway gate entrance was caused by burning cigarette ash. The fire spread near an aircraft display on the Museum of Aviation grounds.

## Blaze prompts officials to promote better fire safety

BY WAYNE CRENSHAW

wayne.crenshaw.ctr@robins.af.mil

A bit of ash from a cigarette caused a significant blaze at the Russell Parkway entrance to Robins.

Assistant Fire Chief Tom Kennedy said a guard at Gate 14 was smoking in an area away from the gate when he "field-stripped" his cigarette. Field stripping is a method used for butt disposal when there is not an available container. The ash is pinched off the end and the butt is pocketed.

The guard did that, Mr. Kennedy said, but dry weather and high winds were enough to cause the bit of ash that was pinched off to erupt into a blaze. The fire started at 4 p.m. and base firefighters had it out by 4:30 p.m. Mr. Kennedy said it burned about a quarter acre of grass under two planes at the Museum of Aviation, but the blaze was not big enough to threaten damage to the planes.

It could easily have gotten into nearby brush and trees and gotten much bigger, he said.

Mr. Kennedy said his investigation found that guards at the gate were smoking in an area that did not have a smoking

container, and was not suitable for smoking in any case because of the high grass. He recommended that a suitable area be designated near the gate with butt-disposal containers.

"In the area they were smoking at, there was a tremendous amount of cigarette butts but no proper containers," he said. "They need to have a better controlled area."

He said the fire department did not take any action against the guard.

Smoking is a common fire hazard on base, Mr. Kennedy said. Even in designated smoking areas, where there are usually several containers for butts, people will toss out butts on the ground. Fires have started that way, and one gazebo was nearly lost, Mr. Kennedy said.

"We've had a rash of (smoking-related) fires," Mr. Kennedy said.

He said smokers should always dispose of butts properly, and if there is not an available container, to only field-strip in paved areas. He also said there is a problem of smoking containers not being emptied, and that someone at each smoking area should be designated to empty the containers.





Above left, patrons at the Base Restaurant watch the inauguration during lunch on Jan. 20. U.S. Air Force photo by SUE SAPP



Above right, base workers pause to watch as 44th President of the United States, Barack Obama, makes his inaugural address Jan. 20. U.S. Air Force photo by SUE SAPP

# Commander in Chief



Robins watches as President Barack Obama takes oath office



President Barack Obama waves to the crowd at the conclusion of his inaugural address in Washington, D.C., Jan. 20. DOD photo by 1ST CLASS CHAD J. MCNEELEY

BY WAYNE CRENSHAW  
wayne.crenshaw.ctr@robins.af.mil

Felicia Meadows had planned to take the day off Tuesday to watch the inauguration of President Barack Obama, but a meeting on the schedule meant that duty called.

She was delighted, however, when she showed up for work and got an e-mail invitation to watch the inauguration on a projection screen in the 402nd Maintenance Wing Command Center.

Ms. Meadows, a depot maintenance activation planning specialist, ate her lunch as she watched history unfold in the command center.

"I think about those in the past who struggled, the ones who gave their lives for this day," she said. "It means a lot to know that all things are possible, and to never tell someone what they can't do. I see us coming together as a people where race is not seen, and it

means a lot."

Staff Sgt. Mike Mathew, who works in the command center, said he had a busy schedule Tuesday but he still took time to watch the ceremony.

"I think it's very significant for everybody as far as Americans go and people working for the government," Sergeant Mathew said.

Many people in the Base Restaurant were watching intently as President Obama began taking the oath of office. One of those was Mark Livingston, a contractor in the 584th Combat Sustainment Squadron.

"It means a new beginning," he said. "A lot of people paved the way for Barack to get to where he is today. To me, as an African American, it proves that with good hard work and education, anything is possible in this great nation. This is something I didn't think I would see in my lifetime. America has moved forward."

**What are your thoughts on the Presidential Inauguration?**



Caroline Waters  
560th ACSG

"It's a great day to be an American."



Diane Wright  
402nd MXW

"I feel it's a new beginning for the United States."



Felicia Meadows  
402nd MXW

"Overwhelmed. I wish I could have been there."



Keith Brimley  
JSTARS contractor

"It's a momentous occasion for us all -- a chance for unification to get back on track."



Larry Brooks  
574th CMMX

"We've all got the same agenda this time. With the economy we're all in the same boat."



## AFPC Spread the Word teams to brief Robins

An Air Force Personnel Center "Spread the Word" briefing team arrives at Robins Monday to brief base personnel. Two briefing sessions will be held at the base theater at 9 a.m. and 2 p.m. All Airmen and civilians are encouraged to attend.

"One of the Air Force's top priorities is to develop and care for our Air Force people, and we want to hear from you about what works and what we can improve. Our AFPC teams look forward to sharing

useful information with you and receiving feedback on what's important to you," said Maj. Gen. K.C. McClain, Air Force Personnel Center commander.

The Spread the Word briefing provides information on personnel issues and delivery transformation, as well as allows all Air Force members direct, face-to-face contact with AFPC personnel to address concerns and provide feedback.

Specific topics covered in

the Spread the Word briefings will include, among others, 365-day deployment options, the Global AEF tempo-banding system, civilian hiring procedures, and assignment processes. The teams also include military and civilian assignments experts, as well as deployment experts, who will be available for questions after each Spread the Word briefing session.

For more information, call 1st Lt. Gregory Wacks at 926-3193.

## ► IN BRIEF

### ROBINS TAX CENTER

The Robins Tax Center will close April 23. Please be sure to bring all supporting documents. A list of required documents can be found at [www.robins.af.mil/news/story.asp?id=123131563](http://www.robins.af.mil/news/story.asp?id=123131563). For more information, call the Robins Tax Center at 327-7390

### MIDDLE GEORGIA AFCEA LUNCHEON

The Middle Georgia Armed Forces Communications and Electronics Association will hold its monthly general membership luncheon Jan. 29 at 11:30 a.m. at the Horizons Club.

For more information contact Capt. Phil Alvarez at 201-5164.

### WEIGHT WATCHERS AT WORK PROGRAM

Weight Watchers is having its first meeting Thursday in the Warrior Conference room, Bldg 300, West Wing, Bay C, room C 106, from 11 a.m. to 1 p.m. Robins will support the new Momentum Program and needs 15 paid members.

### CHIEF'S RECOGNITION CEREMONY & DINNER

The Robins Chief's Group will recognize 14 personnel at a ceremony and dinner Feb. 28 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 attire is formal, coat and tie.

### BLACK HISTORY MONTH

The national observance of Black History Month is in February, and the planning committee is seeking members to help with the different subcommittees, fund-raisers and events being planned. The next meeting will be held Jan. 29 at 10 a.m. in the Horizons Club.

For more information, contact Capt. Maryann Edwards at 327-7940 or Tech. Sgt. Jessie Jackson at 926-4422.

## Airman & Family Readiness Center classes, workshops

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

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 through Friday. For more information or to make a reservation, call 926-1256.

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.

### VA benefits briefing

The Veterans' Administration and Airman & Family Readiness Center Transition Assistance Program is offering a briefing on Veterans Benefits on Wednesday, 9 a.m. to 1 p.m., Bldg. 794.

Participants receive information on medical records review for VA claim filing, the Disabled Transition Assistance Program and Veterans' benefits through the Veterans' Administration.

### VA DTAP briefing

The Veterans' Administration and Airman & Family Readiness Center Transition Assistance Program is offering a briefing on Veterans Benefits on

Wednesday, 2 to 4:30 p.m., Bldg. 794.

Receive information on the Disabled Transition Assistance Program such as Vocational Rehabilitation and Veterans' Benefits through the Veterans' Administration.

### Group pre-separation counseling

The A&FRC provides pre-separation counseling completion of DD Form 2648, Jan. 29, 1 to 2 p.m., Bldg. 794.

Pre-separation counseling for members separating more than 90 days from separation date is conducted in a group setting.

The goal of Transition Assistance is to equip transitioning military personnel and their families with skills and knowledge for re-entry into the private sector workforce. The emphasis is on transition preparation rather than job placement.

The transition counselor will walk you through the sections listed on DD Form 2648, "Pre-separation Counseling Checklist." The checklist items ensure you receive the necessary assistance and information to benefit fully from the wide range of services and entitlements available.

### Financial workshop

The Consumer Credit Counseling Service of Middle Georgia, a non-profit organization funded by the United Way, will conduct a free "Money and Credit Management"

workshop Jan. 29, 1 to 4 p.m., Bldg. 794.

A comprehensive workbook is provided to all attendees. Information on credit management, debt reduction and consumer rights will be presented at this workshop. Assistance will be provided in the development of spending and savings plans so that financial goals may be realized. This workshop is open to all Team Robins members.

### Military & family life consultant program

Need to talk? Military & Family Life Consultants are here to listen. MFLCs are available to help service members, spouses, family members, children and staff address: deployment/reintegration issues, marriage and relationship issues, parenting/sibling and family issues, communication challenges, stress and anxiety, depression, grief and loss, and daily life issues

Consultation and trainings are free and anonymous. No records are kept. Scheduling an appointment is easy, just call 230-2987.

### Pre-deployment briefings

Pre-deployment fairs are conducted weekly in Bldg. 127, and are scheduled through your unit deployment manager. If you are unable to attend due to replacement or short notification the A&FRC Readiness Team conducts briefings at 9 a.m., Monday and Friday in Bldg. 794.

## Court orders affecting federal employee's benefits

Under Public Law 105-205, a Certified Court Order Affecting Civil Service Retirement Benefits Federal Employees Retirement Benefits Federal Employees Health Benefits and Federal Employees Group Life Insurance Benefits may supersede Order of Precedence and Designation of Beneficiary.

If there is a court order in effect naming a specific person or persons to receive life insurance benefits (upon the death of the insured), or CSRS/FERS benefits (upon retirement) or both, the benefits will be paid to the person or persons named in the court order, instead of according to the order of precedence.

To qualify a person for such payments, a certified copy of the court order must be received by the appropriate office on or after July 22, 1998, and before the death of the insured.

### FEGLI Court Orders

If the insured is an active employee the court order must be submitted to the employing agency (WRALC). Agencies are directed to file certified court orders directing payment of FEGLI benefits in employees' Official Personnel File.

If the insured is an annuitant the court order must be submitted to U.S. Office of Personnel Management.

### CSRS/FERS Benefits

Court orders directing payment of CSRS or FERS benefits are filed with OPM's Court Ordered Benefits Branch for annuitants, compensationers, and active employees.

### Court Order Applying To Both

If an individual submits, to the covered individual's employing agency (WRALC), a certified court order directing payment of both FEGLI and CSRS or FERS benefits of an active employee the agency will file the court order in the individual's OPF for court orders applicable to FEGLI coverage.

The employing agency should inform the filer that another certified copy of the court order must be submitted to OPM before it may legally be used to direct the payment of CSRS or FERS benefits as well.

The following addresses are provided:

OPM Mailing address using United States Postal Service: U.S. Office of Personnel Management; Court Ordered Benefits Branch; Post Office Box 17; Washington, DC 20044

OPM address for delivery using process servers, express carriers, or any forms of hand carried delivery is:

Court-ordered Benefits Section; Allotments Branch, Retirement and Insurance Group; U.S. Office of

Personnel Management; Court Ordered Benefits Branch; 1900 E Street, NW; Washington, DC

Mailing address to employee's agency at Robins:

WR - ALC / DPCRA ; Official Personnel File; 455 Byron Street, Suite 465; Robins AFB, GA 31098-1860

— Submitted by the Robins Office of Personnel Management.



## 78th FSS BRIEFS

### SATURDAY

**A Texas Hold 'Em will be held Jan. 24 in the Heritage Club.** Sign ups starts at 3:30 p.m. with games beginning at 4 p.m. Prizes will be based on customer participation. Cost is \$10 for members and \$15 for guests. All ranks and grades are welcome. For more information call the Heritage Club at 926-2670.

### SUNDAY

**Watch WWE "Royal Rumble" Jan. 25 in the Heritage Club.** The action begins at 8 p.m. Cost is free for members and \$5 for nonmembers. All ranks and grades welcome. For more information call Horizons at 926-2670.

### MONDAY

**A family night bingo on Jan. 26.** Cost for family bingo is \$4 per package and includes all games. Doors open at 5 p.m. with games beginning at 6 p.m. Joint Forces Bingo is located in the east wing of the Robins Enlisted Club. The hours are Tuesday, Wednesday, Thursday and Friday with games starting at 7:15 p.m. Games begin at 2:45 p.m. on Sundays. Enjoy bar bingo five nights a week at 6 p.m. Any one with an active duty, reserve, guard, retired, DOD or family member identification card is eligible to play. The entry fee is free to all Robins' club members, bona fide guests and active duty or retired widow club members and \$5 for eligible non-club members. For more information call 926-1303.

### THURSDAY

**The table tennis club will meet every Thursday** in the Heritage Club ballroom from 4 to 8 p.m. Open to all and sign ups are not necessary. For more information call the community center at 926-2105.

### UPCOMING

**A themed brunch will be held once a month at Horizons** from 10 a.m. to 1 p.m. Cost is \$11.95 for members, \$13.95 for guests and \$6.95 for children (3 - 10 years old) and children two years and younger are free. Please mark your calendar for the following dates: Sunday-themed brunches will be held Feb. 1, March 1, April 12 (Easter Sunday), May 10 (Mother's Day), June 21 (Father's Day), July 12, Aug. 2, Sept. 13, Oct. 4, Nov. 1 and

Dec. 6 (Santa comes early). For more information call Horizons at 926-2670.

**Stretch your educational and career goals** with the CSAF and ALC Reading List starting Feb. 1 at the base library. For more information call the base library at 327-8761.

**Join Outdoor Adventure Feb. 16 to 18 on a ski trip to Cataloochee, N.C.** Meet at outdoor recreation on Feb. 16 at 9 a.m. and depart at 9:30 a.m. and return Feb. 18 at 7 p.m. Package includes transportation, one room only, lift tickets, ski-day session, ski rental and a 20-minute instructional lesson. Snowboards available for an additional cost of \$17 per person. Cost of trip is \$370 for one, \$540 for two, \$710 for three and \$880 for four. Food not included. A minimum of 10 people is required for outdoor recreation to host this trip. Sign up by Jan. 26. For more information call outdoor recreation at 926-4001.

**Play Bunco Jan. 30 from 7 to 9 p.m. in Horizons.** Cost is \$5 per person (18 years or older to participate and a valid club member). Open to all ranks and grades. For more information call Horizons at 926-2670.

### ONGOING

**Child Care requests are being accepted** for school-age children to attend the Robins school-age program during the February winter break for Houston County Schools. Care will be offered Feb. 17 - 20 from 6:30 a.m. to 6 p.m. at the youth center. Spaces accepted must be paid for by close of business on Feb. 2 or the spaces will be offered to others on the waiting list. Please use the online child care request form located at [www.robinservices.com](http://www.robinservices.com) to apply. Contact Vera Keasley at 926-6741 for more information.

**The Biggest Loser starts now and runs to Feb. 28.** Teams and individuals will earn points for each pound they lose. Prizes will be awarded for first, second and third place teams and individuals. Open to all base ID card holders. For more information call the fitness center at 926-2128.

**Need to talk?** A Military and Family Life Consultant program and a Child &

## Mission ready



U.S. Air Force photo by CLAUDE LAZZARA

Station Chief Dave Chaplin with the 78th Civil Engineer Group prepares for an aircraft standby mission Jan. 15.

Youth Behavioral program is available to all active duty, reserve, ANG, retirees, DOD civilians, contractors, spouses, family members and children. Consultation is free of charge and anonymous. No records are kept. To schedule an appointment please call 230-2987 or [mfc.robins@gmail.com](mailto:mfc.robins@gmail.com).

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

►Walt Disney World Armed Forces salutes active duty and retired military personnel and activated reserve or National Guard by giving a special offer. Receive a complimentary five-day park hopper with water park fun and more option. No more than one salute complimentary ticket per member will be activated.

The member or spouse can purchase up to five Salute Companion tickets at the following discounted rates: 5-day

base ticket (one park per day), \$99; 5-day park hopper, \$124; 5-day park hopper w/water park fun & more option, \$149.

No member or spouse will be permitted to activate more than five total companion tickets regardless of place of purchase of those tickets and whether purchased by the member or spouse. All companion tickets must be purchased at the same time.

The member or spouse must activate each companion ticket at Walt Disney World. All five days on each ticket must be used by Dec. 23, 2009. Orders are now being taken at the ITT office here. Last day to place an order is Dec. 18, 2009.

►Tickets for the 2009 Daytona 500 to be held Feb. 15 are on sale. Tickets include a Great American Race for \$90; Super stretch Tower offer Feb. 14 and 15 for \$135 and Sprint Fanzone Feb. 15 (pre-race pass and Sprint Fanzone) for \$75.

►Tickets are on sale for the NASCAR Series Race held on March 6, 7 and 8 (includes Fridays Georgia Power qualifying and NASCAR Craftsman Series Truck race) at the Atlanta Motor Speedway for \$90.

►Tickets are also on sale for the Aaron's 312 and 499 weekend at the Talladega Super Speedway April 25 and 26. Cost for April 26 is \$50 for reserved grandstand seating in Gadsden or Lincoln or \$65 for reserved grandstand seating in the Talladega. Also tickets are on sale for Saturday, Sunday and pit pass for \$115.

►Tickets are available for a self-guided visit of the 250 rooms and estate of Biltmore Estates in Asheville, N.C. now - April 3. Prices include admission to Biltmore House, gardens, winery and River Bend farm. Cost is \$23.25 for adult 17 years and older, \$6.75 for children 10 - 16 years old and children nine and younger are free with a paying adult.

**Editor's note:** I am excited to introduce a new feature in the Rev-Up, the "Editor's Top Five." Weekly, I will print a top five list with topics ranging from tech gadgets to games to sports to food to whatever tickles my fancy. So enjoy and if you have any suggestions for topics or would like to sound off on my top five, email [kendahl.johnson@robins.af.mil](mailto:kendahl.johnson@robins.af.mil).



## TOP FIVE SUPERBOWLS OF ALL TIME

In just over a week, millions across the country will tune in to Superbowl XLIII to watch the Pittsburgh Steelers take on the Arizona Cardinals. The Cardinals make their first-ever Superbowl appearance while the Steelers are making their seventh. There are many good storylines and this game has a chance to be one of the greats. Picking five of the best ever Superbowls was tough -- there were a lot of great ones to choose from. Since I didn't watch every game, I had to rely on second-hand accounts in making my decision. It helps to have ESPN Classic. So without further ado, here are my top five picks for the best Superbowls ever.

**5 Super Bowl XXV: New York Giants 20, Buffalo Bills 19**  
NYG coach Bill Parcells surely gained a few new gray hairs as Jim Kelly led the Bills on a drive in the final minutes to give kicker Scott Norwood a chance to kick a field goal to win the game. Norwood's kick with :08 on the clock sailed wide right and the Giants celebrated for the win.

**4 Super Bowl III: New York Jets 16, Baltimore Colts 7**  
This game was before my time, but I have read the accounts where Joe Namath famously guaranteed a victory over the heavily favored Colts. The quarterback came through on his promise, leading his team to win and earning the Superbowl MVP award in the process.

**3 Super Bowl VII: Miami Dolphins 14, Washington Redskins 7**  
While this may not have been the most exciting game in history, the fact that it capped the only undefeated season in NFL history makes it worthy of my top five. The Dolphins were a perfect 14-0 in the regular season, and won three postseason games, including this game,

**2 Super Bowl XLII: New York Giants 17, New England Patriots 14**  
Perhaps it's too early to call this one of the best Superbowls ever, but I am doing it anyway. The Giants won three road playoff games as a wild card to have a shot at the previously unbeaten Patriots. Yes, Lawrence Tynes field goal with 35 seconds remaining was the game winner, but the miraculous fourth quarter catch by David Tyree on a third-and-long play in a crucial drive was indeed the play of the game.

**1 Super Bowl XXXVIII: NE Patriots 32, Carolina Panthers 29**  
This was my favorite Superbowl of memory, and not because of the "wardrobe malfunction" during halftime. The back-and-forth fourth quarters saw the teams combine for 37 points. Carolina tied the score 29-29 with 1:08 to play and it looked like overtime, but New England's Adam Vinatieri's 41-yard field goal with four seconds left gave the Pats the victory. A truly exciting game.

## DONATE YOUR LEAVE

The following have been approved as a leave recipients: **Suzanne McGuire Milbee**, 580th SMXS. POC is Randy Ford 926-0485. **Terri Erica Walden**, 584th CBSS. POC is John McCord 222-3026

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.

### 78th FSS PHONE DIRECTORY

- Services .....926-5491
- Community Center .....926-2105
- Outdoor Rec .....926-4001
- Arts & Crafts .....926-5282
- Horizons .....926-2670
- Heritage Club .....926-7625
- Library .....327-8761
- HAWC .....327-8480
- Fitness Center .....926-2128
- Fitness Center Annex .....926-2128
- Youth Center .....926-2110
- ITT .....926-2945
- Bowling Center .....926-2112
- Pine Oaks G.C. ....926-4103
- Pizza Depot .....926-0188

Additional information on Services events and activities can be found in **The Edge** and at [www.robinservices.com](http://www.robinservices.com)

### CHAPEL SERVICES

**Catholic**  
Catholic masses are at the chapel each Saturday at 5:30 p.m., Sunday at 9:30 a.m., on Holy Days of Obligation at noon and 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 (Jumuah) is Fridays at 2 p.m. in the chapel annex rooms 1 and 2.

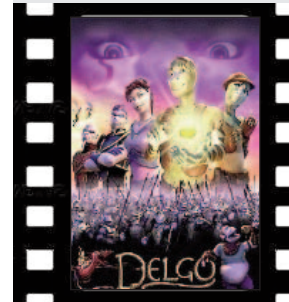
**Jewish**  
Jewish service is Fridays at 6:15 p.m. at the Macon synagogue.

**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 6 p.m. in the Chapel sanctuary, 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 Bldg. 905 at 9:30 a.m.

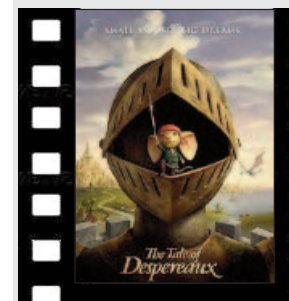


### NOW PLAYING



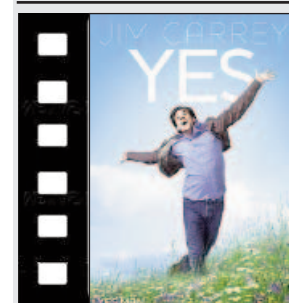
JAN. 23 — 7:30 P.M.  
**DELGO**  
RATED PG

The land of Jhamora is torn apart by the mutual prejudice of two peoples—the winged Nohrin, masters of the skies, and the terrestrial Lockni, who harness the mystical powers of the land. When Delgo, a reckless Lockni teenager, forms a forbidden friendship with the spunky Nohrin Princess Kyla, hostilities between the two peoples escalate.



JAN. 24 — 7:30 P.M.  
**THE TALE OF DESPEREAUX**  
RATED PG-13

Tiny and graced with oversized ears, Despereaux was born too big for his little world. Refusing to live his life cowering, he befriends a Princess named Pea and learns to read (rather than eat) books, reveling in stories of knights, dragons and fair maidens.



UPCOMING  
**YES MAN**  
RATED PG-13

A man signs up for a self-help program based on one simple principle: say yes to everything... and anything. At first, unleashing the power of "yes" transforms his life in amazing and unexpected ways, but he soon discovers that opening up his life to endless possibilities can have its drawbacks.

Tickets: \$4 adult; \$2 children (11 years old and younger. For more information, call the base theater at 926-2919



## In cold we run...



U.S. Air Force photo by CLAUDE LAZZARA

Nearly 900 runners -- from 25 different states and two foreign countries (Iceland and France) -- braved sub-freezing temperatures to run in the 13th Annual Museum of Aviation Marathon, Half Marathon and 5K Run. It was the most participation ever in the history of the event. Chuck Engle, Dublin, Ohio, clocked the winning time in the full marathon, finishing at 2:39:19. Christine Richey of Birmingham, Ala., was the top female finisher with a time of 3:23:15

## Andrews officials launch tactical fitness center

BY STAFF SGT. JENNIFER REDENTE  
316th Wing Public Affairs

Base leaders at Andrews Air Force Base, Md., took a groundbreaking new stride in combat fitness training capability Jan. 15 with the ribbon-cutting of the Andrews Tactical Fitness Center.

The center supports the 316th Wing's goal of "Airmen fit and ready to fight and win across the whole spectrum" with a new policy and capability that will complement current Air Force physical fitness training policy.

The TFC brings a flexible, intense, team-based capability to the Air Force's most important weapon system, its Airmen, tailored to enhance current fitness levels and tackle the realities of current combat operations, officials said.

"We are adapting our Air Force 'Fit to Fight' vector to the conditions that our Airmen must master in this current war," said Col. Steven M. Shepro, 316th Wing commander. "It is a non-linear war in which aircrew, engineers, security forces members, convoy drivers and our other personnel put their lives on the frontlines daily in extreme heat and cold, wearing 40 pounds of protective gear, for more than 12 hours a day, and must be continually at their mental and physical best to win."

"This program builds the core strength and endurance that are fundamental to a superior level of combat fitness, both as individuals and teams," the colonel said. "It has only one standard, that crosses all of our other missions: everyone gives their best."

The tactical fitness center project arose five months ago from inauspicious beginnings, after the multi-purpose room of one of the base's fitness centers was lost due to an electrical fire.

The seldom-used indoor tennis courts at the center were renovated to meet the greater demand for combat fitness training, and the re-make of the area brought in new flooring, a heating and cooling unit, new trainers and a variety of workout stations modeled after several higher-intensity programs such as the well-known CrossFit.

"CrossFit is the principal strength and conditioning program for many physically demanding career fields, both in the military and civilian work force," said Anthony J. Alcala, 316th Force Support Squadron fitness and sports complex director. "The program offers a well-rounded workout."



U.S. Air Force photo by BOBBY JONES

Airmen give their best during the inaugural exercise session Jan. 15 at the new Tactical Fitness Center at Andrews Air Force Base, Md. Staff members at the center focus on programs that build the core strength and endurance that are fundamental to a superior level of combat fitness, both as individuals and as team members.

Workouts are designed to increase strength, endurance and flexibility through a variety of exercises that increase in length and intensity.

"Improvements to the (center) offer customers the opportunity to enjoy new equipment

and techniques as they maintain their physical fitness," said Col. Stewart S. Price, 316th Mission Support Group commander. "It's another example of how Andrews (base personnel) support the chief of staff of the Air Force's

initiative to maintain a fit Air Force."

"Completion of the tactical fitness project was a top priority for both the installation commander and the FSS," said Lt. Col. Teresa Forest, 316th FSS commander.

## ROBINS INTRAMURALS

### INTRAMURAL BASKETBALL

Regular season standings (through Jan. 16)

TEAM	W	L	UPCOMING SCHEDULE:
78 LRS	3	0	<b>Jan. 26</b> 78 MDG vs 78 CG
116 ACW	2	0	581 SMXS vs 5 CBCS #1
581 SMXS	2	0	<b>Jan. 27</b> 581 SMXS vs 78 LRS
542 CBSG	3	1	542 CBSG vs 78 SFS
402 EMXG	2	1	<b>Jan. 28</b> 5 CBCS #1 vs 78 SFS
78 CG	1	2	402 EMXG vs 5 CBCS #2
78 SFS	0	2	116 ACW vs 78 CG
78 MDG	0	2	<b>Jan. 28</b> 78 LRS vs 402 EMXG
5 CBCS #1	0	2	5 CBCS #2 vs 116 ACW
5 CBCS #2	0	3	

### INTRAMURAL RACQUETBALL

The Fitness and Sports Center is now organizing the squadron level racquetball program, set to begin March 3. The deadline to submit a statement of intent for participation is Feb. 11.

This is a major team sport and your unit will receive points towards winning the Installation Commander's Trophy for entering. Additional points are earned based on level of finish in the competition. A mandatory coaches' clinic will be Feb. 17 at 1 p.m. in the Heritage Club (Bldg. 956).

Commanders who want to enter their units should designate a coach or team representative and complete the statement of intent and return it to the Fitness Center, fax to 926-1767 or e-mail to [Kenneth.Porter@robins.af.mil](mailto:Kenneth.Porter@robins.af.mil).



Organizations that do not enter a team but have personnel interested in participating, fax or e-mail name, rank, unit and duty phone for entry into the player's pool.

### INTRAMURAL SOCCER

The Fitness and Sports Center is now organizing the squadron level soccer program, set to kick off March 10. The deadline to submit a statement of intent for participation is Feb. 18.

This is a major team sport and your unit will receive points towards winning the Installation Commander's Trophy for entering. Additional points are earned based on level of finish in the competition. A mandatory coaches' clinic will be Feb. 24 at 1 p.m. in the Heritage

Club (Bldg. 956).

Commanders who want to enter their units should designate a coach or team representative and complete a statement of intent and return it to the Fitness Center, fax to 926-1767 or e-mail to [Kenneth.Porter@robins.af.mil](mailto:Kenneth.Porter@robins.af.mil).

Organizations that do not enter a team but have personnel interested in participating, fax or e-mail name, rank, unit and duty phone for entry into the player's pool.

