

SAVE THE DATE

The 69th Annual Air Force Ball will be held Sept. 17 at the Museum of Aviation's Century of Flight Hangar. A social hour will begin at 6 p.m. Door prizes will be given away and music will be provided by DJ Lee. See your unit representative for tickets today.



Lighter Fare

Patty Wagstaff to perform at Robins Air Show!

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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'75 Years of Power Projection'

August 12, 2016 Vol. 61 No. 32



SUCCESS HERE = SUCCESS THERE

U.S. Air Force photo by RAY CRAYTON

Kelly Kim, 560th Software Maintenance Squadron aircraft mechanic, replaces floor panels on an Air Force Special Operations Command MC-130H Combat Talon.

AFSOC workload progressing right along

BY JENNY GORDON
jenny.gordon.ctr@us.af.mil

A year ago this month, plans were in the works to take on an ambitious workload that would cement an exciting partnership between Air Force Special Operations Command and the Warner Robins Air Logistics Complex.

The plan: In fiscal 2016 perform programmed depot maintenance on six aircraft – three AC-130U gunships and three MC-130H Combat Talons – in what would become an aggressive C-130 AFSOC Acceleration Plan.

It's a textbook case of how critical it is in our current global environment to return high-demand aircraft to the warfighter as quickly as possible. Increased aircraft availability means every single aircraft counts.

These gunships and Combat Talons are heavily

flown, they're getting beat up and Robins is playing a vital role in fixing them as quickly and efficiently as possible, returning them to where and when they're needed.

To date, three aircraft have departed Robins, two gunships and a Combat Talon.

The first aircraft, an AC-130U, flew back to Hurlburt Field, Florida, last February. It was produced at a record-pace of 100 days, 83 days ahead of AFSOC's requirement.

According to AFSOC's 1st Special Operations Aircraft Maintenance Squadron, since that first accelerated gunship returned to Hurlburt Field, it has flown 36 sorties for 121 hours.

Special operations squadrons have used the aircraft for training to ensure crew members stay qualified and proficient in the gunship, as well as qualified in various aspects of flight prior to deployment. It's also used by their schoolhouse for

▶ see AFSOC, A4



'Stay the course'

U.S. Air Force photo by TOMMIE HORTON

Brig. Gen. John Kubinec, addresses the audience after assuming command of the Warner Robins Air Logistics Complex Tuesday at the Museum of Aviation.

Robins welcomes back Kubinec who assumes command of WR-ALC

BY JENNY GORDON
jenny.gordon.ctr@us.af.mil

Brig. Gen. John Kubinec, assumed command of the Warner Robins Air Logistics Complex from Brig. Gen. Walter Lindsley during a change of command ceremony officiated by Lt. Gen. Lee Levy, Air Force Sustainment Center commander, at the Museum of Aviation Tuesday.

Kubinec, a former Warner Robins Air Logistics Center vice commander, left Robins in 2011 to assume command of the 377th Air Base Wing at Kirtland Air Force Base, New Mexico, returns to Robins after serving as Senior Special Assistant to the Commander, United States European Command and Supreme Allied Commander, Headquarters United States European Command, Brussels, Belgium.

"It really is a dream come true for us to be back here again in Middle Georgia to lead this great organization that has given so much for our nation and our Air Force," said Kubinec, who returns with his family to Robins after a five-year absence.

Growing up in western Pennsylvania with a father who was a sheet metal factory worker, Kubinec said he's very familiar with the nature of industrial work. Both of his grandfathers worked as coal miners and steel mill workers, which he said instilled in him his strong work ethic and the person he is today.

▶ see COMMAND, A4

Green Dot aims to prevent interpersonal violence across Air Force

BY HOLLY LOGAN-ARRINGTON
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Robins Air Force Base is changing its approach to interpersonal violence prevention among its workforce.

Green Dot is the Air Force's new training program to address violence prevention.

Tandra Hunter, a specialist for Primary Prevention of Violence and the primary prevention subject matter expert for the 78th Air Base Wing, said the program is the first step in creating a cohesive strategy to prevent interpersonal violence across the Air Force.

"Green Dot is a civilian community-based initiative the Air Force is adopting from the Centers for

Disease Control," she said. "It's a tiered approach to outreach and prevention."

The program is the Air Force's first step in creating a cohesive strategy to prevent interpersonal violence across the service.

Green Dot is the first phase of a five-year Air Force violence prevention strategy slated to run 2015 through 2018.

Hunter said Green Dot is a vehicle for culture change, carrying a goal to instill the mindset that violence won't be tolerated in the Air Force, and everyone is expected to participate in the violence prevention.

"It focuses on what Airmen are willing to do rather than what leaders want them to do," she said.

▶ see GREEN DOT, A4



U.S. Air Force graphic by AIRMAN 1ST CLASS RYAN SPARKS

The Green Dot Program focuses on positive actions referred to as "green dots" to help prevent sexual assault, stalking, bullying, domestic violence and more, referred to as "red dots."

FRIDAY FLYBY: Base Legal Office gives Pokémon Go guidance, Page A2

IDS Tip of the Week

Whether the goal is weight loss or kicking a bad habit, having a plan is a must. Call the Health and Wellness Center at 478-327-8480 to get help with making your plan for success.



Watson Boulevard Gate closure

The Watson Boulevard Gate will be closed on Tuesday from 6 to 8 p.m. for maintenance. The Martin Luther King Gate will open during this period to accommodate traffic. If you have any questions, the point of contact is Jonathan Atkinson at 478-954-3091 or Lori Simmons, 478-327-3977.



Weekend Weather

Friday 92/73
Saturday 92/73
Sunday 93/73

Without safety, there may be no second chance.

SECOND FRONT

POKÉMON, OH NO.

Legal Office warns: Even catching Arceuse isn't worth disciplinary action

BY ROBINS LEGAL OFFICE

Watch out! Everyone's favorite game from the '90s is back, this time in the form of a mobile phone application.

That's right, with Nintendo's release of its new Pokémon Go mobile game, people across America are catching Pokémon fever again.

Confused about how the game works?

Well, Pokémon Go uses your mobile phone's GPS to spot virtual Pokémon on a game map pinned to real world locations.

When you find a Pokémon on your game map, whether it be in a supermarket or your bathroom, your smartphone camera opens up, giving you a view of the virtual Pokémon in the real world.

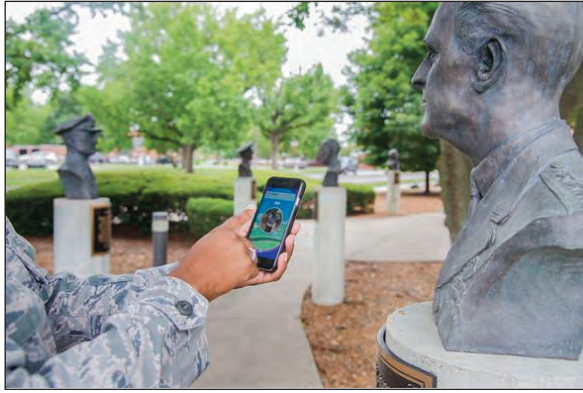
You then flick a Poké Ball toward the creature to capture it. As you move around playing the game, different types of Pokémon will appear on your game map depending on where you are and what time it is. The more Pokémon and items you collect, the better chance you have at beating your friends.

As you can imagine, the game has caused people to venture into different locations to catch Pokémon.

For instance, it has been reported that people have caught Pokémon in places like: a neighbor's backyard, at school, at funerals and even at hospitals (while the gamer's wife was in labor). However, as a reminder, when playing the game as a member of the military, or as a DOD civilian it's important to remember a few certain rules:

Don't play while walking in uniform

According to *AFI 36-2903, Dress and Personal Appearance of Air Force Personnel*, dated July 18, 2011, paragraph 6.3.3.2, it's unacceptable to walk in uniform and use any personal electronic media devices, earpieces or speakerphones unless it's an emergency



U.S. Air Force photo by AIRMAN DANIEL GARCIA

An airman activates a Pokéstop on the phone app Pokémon Go at Scott Air Force Base, Illinois on July 26. The app released on July 6 in North America, has been downloaded by over 75 million people worldwide.

situation or notifications are necessary.

Since Pokémon Go requires gamers to walk around to play the game, it's not hard to believe military members may try and search for their next big catch while walking around in uniform.

However, as hard as it may be to believe, catching your first Squirtle outside of the BX while in uniform doesn't constitute an emergency situation.

Don't trespass while playing Pokémon Go

Since the game's release, numerous people throughout America have already been disciplined for trying to catch a Pokémon in unauthorized areas.

In Washington, law enforcement officials have already had to apprehend several eager Pokémon Go players for trespassing at a local police station while playing the game.

At a military institution, it would be extremely wise not to visit an unauthorized area to catch the nearest Charizard.

Yes, the all-powerful Ditto may be sitting on the

flight line waiting for you. Yes, catching Ditto on the flight line may help you beat your friends at the game. But, catching even the most powerful Pokémon isn't worth the risk of disciplinary action.

Jumping the fence to visit an unauthorized area on base can trigger emergency alerts and cause you to lose all of your Pokémon Go playing rights, and more.

Be mindful of your pictures

One of the game's features allows you to see Pokémon in the real world around you by using your phone's camera. While capturing that elusive Eevee, you even have the option of taking a picture or a screen shot of the encounter.

While taking pictures of your dog making friends with Squirtle and posting them to social media is all in good fun, taking pictures of classified areas, privileged information, or any number of other confidential, privacy act, or for official use only information, is not.

Don't stop your car in the middle of the road to catch a Pokémon

Even though you may spot a Jigglypuff in a busy intersection, you can't stop your car in the middle of the road unless it is an emergency.

Think that's common sense?

Well, a woman in Australia was seen the other day playing the game in a busy intersection during rush hour. Trust us, Jigglypuff is not worth it.

In the end, Pokémon Go may be the hottest game on the market but, it's important military members and DOD civilians use common sense. No game, or Pokémon, is worth putting your career in jeopardy. Nonetheless, enjoy competing against your friends, enjoy acting like a child again, and catch them all (when legally acceptable). As always if you have any questions, call the legal office at DSN 468-9276.

Program gives college students, recent grads with disabilities work experience

BY HOLLY LOGAN-ARRINGTON

holly.logan-arrington@us.af.mil

The Workforce Recruitment Program, also called WRP, is opening doors for people with disabilities.

The program is a recruitment and referral tool that connects federal and private sector employers nationwide with disabled college students and recent graduates eager to prove their abilities in the workplace through temporary summer or permanent jobs.

For Kathryn Manly, a Clayton State University senior studying chemistry and physics, the program opened a door to work experience and personal growth she may not have otherwise acquired.

Stewart Crow, Disabilities Program manager at Robins, said WRP supports one of the base's important goals.

"Robins Air Force Base takes pride in striving to be a model employer for individuals with disabilities and is committed to maximizing opportunities to strengthen their work experience while supporting the mission," he said.

The program, co-sponsored by the Department of Defense and the

Department of Labor, awards internships funded by DOD at no cost to the organization acquiring the intern.

Manly, who has Attention Deficit Hyperactivity Disorder, discovered the WRP through her disability coordinator and academic coach at Clayton State University in Morrow, Georgia.

She seized the opportunity of becoming an intern in the 78th Medical Group's Clinical Laboratory, performing various research and clerical tasks to support the lab's mission.

"I gained so much positive experience from the Workforce Recruitment Program summer internship at Robins," she said. "I saw how people with disabilities and the Air Force community work well together because we both share common values and skills in being resilient and adaptive."

Master Sgt. Beth Wakefield, 78th Medical Support Squadron Clinical Laboratory Flight chief, said Manly was a huge help.

"She ensured the lab was in compliance with Occupational Safety and Health Administration guidelines by helping us to convert 60 Material Safety Data sheets to the new Safety Data Sheet



U.S. Air Force photo by SHANE WARREN

Kathryn Manly, a Clayton State University senior, recently completed the Workforce Recruitment Program with the 78th Medical Group. To learn more about the program, visit www.wrp.gov.

format," she said. "She verified the documents, matched the product on hand and called manufacturers when necessary.

"She also improved the laboratories' records management files," she added.

Wakefield said the internship program was a great opportunity for her unit.

"I strongly recommend this opportu-

nity to both potential interns and other units," she said. "Interns gain additional insight into their chosen field and the complexities of working with the military, while receiving a paycheck.

"Units gain huge force multiplier capabilities and the opportunity to showcase their job and the Air Force to those still deciding their career path" she said.

AROUND THE AIR FORCE

In Air Force News

Some IDs may be invalid starting Monday

WASHINGTON (AFNS) – Individuals will no longer be able to access Air Force installations with a state-issued identification card or driver's license from Minnesota, Missouri, Washington or American Samoa beginning Monday.

This new change aligns the Air Force's installation access policy with requirements of the Real ID Act, which focuses on improving the reliability of state-issued identification documents and helps prevent a person's ability to evade detection by using a fraudulent form of ID.

While IDs that don't meet security and data-collection guidelines will not be accepted, alternate forms of identification will be.

Some of the more common alternatives include a valid U.S. or foreign government issued passport, an employment authorization document that contains a photograph, or ID cards issued by federal state or local government agencies that include a photo and biographic information.

This week in Air Force History



August 12, 1972, Lt. Col. Wendell Shawler became the first United States Air Force pilot to fly the F-15 Eagle.

According to Air Force officials, all individuals attempting to gain access to an Air Force installation without a Defense Department ID card will be subject to a routine background check.

Those who don't have the accepted documentation for access won't be permitted to enter the base without an approved escort. For a full list of Real ID Act compliant and non-complaint states, visit <https://www.dhs.gov/current->

status-states-territories

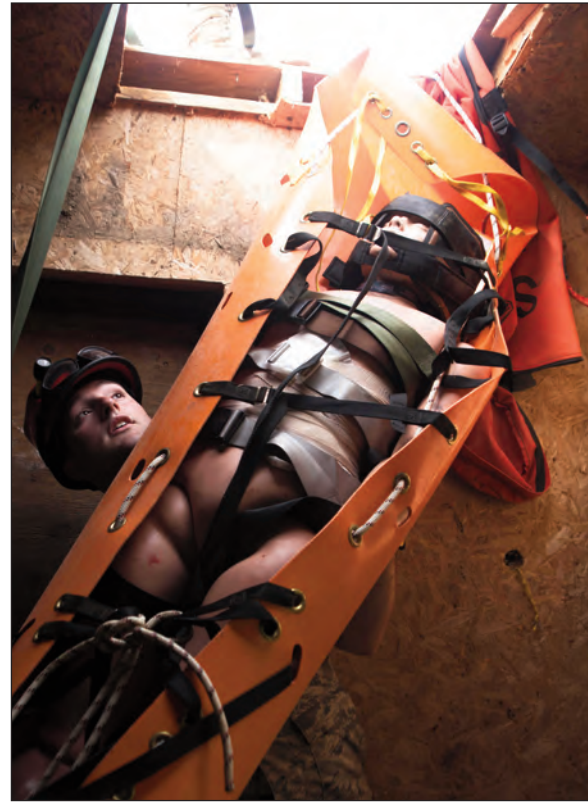
New AF violence prevention specialists training begins

DOBBINS AIR RESERVE BASE, Ga. (AFNS) – Representatives from the major commands and more than 30 Air Force installations attended training at Dobbins Air Reserve Base July 18 through 29 to become violence prevention specialists.

The specialists for the Primary Prevention of Violence is being set up as a new helping agency for Airmen and their families.

By using advanced scientific techniques, the agency will be dedicated to preventing all aspects of violence from domestic to sexual assault and suicide. SPPVs will be in place on all Air Force bases worldwide in April 2017.

"There has been increased interest over the past year and a half to focus on prevention rather than responding to situations after the fact," said Dr. Andra Tharp, an Air Force sexual assault prevention and response prevention expert. "The Air Force heard that and created this position to address that issue."

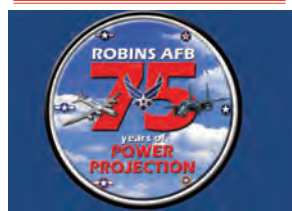


U.S. Air National Guard photo by Airman 1st Class Jeffrey Tatro

Extraction

Senior Airman Aaron Strande, a search and rescue medic with the Massachusetts Air National Guard's 102nd Intelligence Wing, stabilizes a sked for a vertical extraction during Vigilant Guard 2016 at Camp Ethan Allen Training Site, Vermont.

ROBINS REV-UP



COMMANDER
Col. Jeff King

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SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication.

They should be e-mailed to lanorris.askew.ctr@us.af.mil and vance.janes@us.af.mil

Submissions should be of broad interest to the base populace. For information, call Lanorris Askew at 472-0806.

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GREEN DOT

Continued from 1A

Airmen nominated by base leaders will conduct the training.

The Air Force has contracted with the nonprofit organization Green Dot etc. to provide violence prevention tools to all airmen for the next three years.



Green Dot's emphasis will be on creating a climate that is intolerant of sexual violence so less high-risk situations ever emerge.

"It's not always easy to take action," said Hunter. "Think about realistic options that would work for you. No one has to do everything, but if each of us does something, things can be different."

Lesley Darley, base community support coordinator, said Green Dot is a great addition to programs and efforts already in place.

"Air Force resilience training provides our airmen the skills to overcome adversity and strengthen their personal relationships," Darley said. "Green Dot builds on that, giving us tools to positively impact our communities, by encouraging airmen to intervene to prevent violence."

COMMAND

Continued from 1A

As the new complex commander, he said his priorities will remain the same as they've always been: to focus on our people and the mission, and to continue building a strong partnership with American Federation of Government Employees Local 987.

On aircraft due date performance goals, Kubinec explained that he will stay the course with the system that is currently in place.

In fiscal 2015, it was one of the most productive years than at any other period in the last five years, Kubinec noted. A total of 217 aircraft were produced, evidenced by the ongoing commitment of a skilled workforce of maintenance professionals and management teams.

"The most important thing for this complex and for our mission is to sustain

the gains that this team has made over the past few years, to sustain that for the long haul," Kubinec said. "Our nation needs the products we produce now more than ever. The way we do that is to continue the path that started with Brig. Gen. Cedric George and Brig. Gen. Walter Lindsley, the last two complex commanders. We stay the course we have consistently – the last thing we need to do is change things when they're working well.

"It's about delivering combat power for America," he added. "We have all we need to be the best on the planet."

Lindsley is headed to the Pentagon as director of logistics, Deputy Chief of Staff, Logistics, Engineering and Force Protection, Headquarters U.S. Air Force. During the change of command, Lindsley was awarded the Legion of Merit.



U.S. Air Force photo by TOMMIE HORTON
Members of the Robins Honor Guard present the colors during the Warner Robins Air Logistics Complex Change of Command ceremony Tuesday.

AFSOC

Continued from 1A

program flying training to train the newest AC-130U crew members.

This past May the aircraft was part of the air show at Cannon Air Force Base, New Mexico, and is currently wrapping up a six-day, off-station trainer providing a squadron additional PFT lines. It also underwent a LAIRCM, or large aircraft infrared countermeasures, system upgrade this summer which provides air crews better defense capabilities.

Future plans are to include a SAMS ESA modification, an upgrade specifically focused on fully integrating electronic warfare systems onboard the aircraft.

CPI initiatives

Returning an aircraft earlier than scheduled can directly impact how quickly it can be used, whether it's for home station training purposes or somewhere down-range.

With three aircraft already returned to AFSOC, two additional aircraft are currently on station, a second Combat Talon and a third gunship.

Continuous process improvements in the 560th Aircraft Maintenance Squadron's C-130 AFSOC Acceleration Flight help to ensure these aircraft can be returned in a timely manner.

One area the team is focusing on is the avionics checks at functional test, the final phase after induction, preparation, conversion and build-up. Troubleshooting avionics issues during the last phase can delay the process since mechanics must then go back to figure out where problems are.

One CPI effort is working closely with system program office engineers and avionics technicians to troubleshoot issues much earlier. Partnering with the 402nd Electronics Maintenance Group for bench testing with avionics components has allowed mechanics to find a faulty wire more quickly, for example, rather than when an aircraft has already been built up and ready to test fly.

Avionics technicians have been placed directly within a maintenance dock where 40 operational checks are performed. By resolving these ahead of time before the plane is de-docked is resulting in an 80 percent reduction on those checks compared to the past. Bottom line,



U.S. Air Force photo by RAY CRAYTON
Casey Battle, 560th Aircraft Maintenance Squadron aircraft worker, replaces the main landing gear on an accelerated Air Force Special Operations Command MC-130H Combat Talon.

identifying and resolving issues earlier increases speed throughout the remainder of the maintenance process.

Items are being routed about 20 days earlier to the 402nd EMXG, with that number expected to grow in the future. That CPI effort is again being used with the current Combat Talon at Robins, which revealed a bad connection, something which may seem minor, but can save major headaches when discovered at the end of the production line.

"This is enabling us to get better," said Jake Dickson, a mechanical engineer and C-130 AFSOC Acceleration flight chief.

The flight has also become very proficient in its foam removal efforts as well. On the first aircraft it took three shifts with 10 people; the last one took two shifts with eight people. It's a significant move as this is weekend work and can make a big difference during production schedules.

Blurring the lines; flow day requirements

With the workload halfway accomplished, the world-

class enterprise team at Robins – which includes partners from the Defense Logistics Agency, 402nd Commodities Maintenance Group, Air Force Life Cycle Management Center System Program Office and many others is successfully working toward driving down production flow days even further.

The third and most recent aircraft to depart Robins this past July, was a gunship that left six days ahead of the customer requirement. It's agreed it was cutting it a bit close, but it was decided Robins would further work an issue that had been plaguing the aircraft's APQ-180 radar system the past three years.

"We're blurring that line with home station and that's exactly what we want to do," added Dickson. "We kept it here at Robins so we can give them the best product that we can deliver."

From 183 days, future gunships will have a 122 flow day requirement. Those however don't have as many required maintenance hours as the Combat Talon, which will require 133 future flow days, down from a 233 day requirement. Outer wing swaps carry an additional 30 days at 163 days.

The final one to arrive this fiscal year will be inducted in September, and will be an enormous undertaking as this Combat Talon will not only receive an outer wing swap, but require extensive maintenance as a result of significant hail damage.

"This aircraft will have the most hours on it of anything we've worked to date," said Dickson. "It is nice we've had five aircraft to become proficient on before our sixth, final and most labor-intensive aircraft arrives."

Business as usual

With several high-profile visits this fiscal year from AFSOC senior leaders, it's been a whirlwind of activity since the first aircraft arrived from Florida. Now a year later, with lessons learned, it's just another routine day at the office.

"Since we've done two Talons and three gunships now, we feel comfortable with this workload and proficient in our maintenance," Dickson said. "It's surreal to think back and realize we've been here for a year. We've had to work with so many people to make this happen, and now it's become the norm. In the beginning it was this grand experiment and now it's just steady state – this is how we operate now."

NEWS BRIEFS

Visitor Control Center

Beginning Aug. 19, the 78th Security Forces Squadron Visitor Control Center will close at 2 p.m. on the third Friday of each month for job proficiency and customer service training.

During training hours, the Watson Gate will assume responsibility for vetting and processing visitor passes.

Diversity Luncheon

A diversity luncheon will be conducted on Aug. 25 at the Heritage Club from 11 a.m. to noon. The cost of the event is \$12.

Each observance group will have five minutes to brief the significance of their observance.

Anyone interested in attending, donating display items or trying out for emcee can contact Master Sgt. Jelani Nixon at jelani.nixon@us.af.mil or DSN 497-2612.

PACE offers AFMC-wide free professionalism presentations

As part of Profession of Arms Center of Excellence Character and Leadership initiative, a five-hour presentation of “Professionalism – Enhancing Human Capital” will be held at Robins Aug. 30 through 31 and Sept. 1. The presentations will examine how professionalism drives individual behavior and connects Air Force core values to the Air Force mission.

For more information, call Bryan Teel at 478-327-6990 or Rob Powell at 478-327-8589.

Put Your Hands Together for ...

The next “Put your hands together for ...” will run in the Aug 26 edition of the Rev-Up. Deadline for submissions is Aug. 18 at 4:30 p.m.

To have an award included in the feature, submit a brief write up of the award and the people who have earned it. Photos may be submitted, but space is limited. Submissions should be sent as a word document;

photos should be .jpegs.

For more information, contact Lanorris Askew at lanorris.askew.ctr@us.af.mil or Geoff Janes at vance.janes@us.af.mil. Either can be reached by phone at 468-6386

Voluntary Leave Transfer Program

The following leave recipient has been approved through the Voluntary Leave Transfer Program:

Shari L. Boulay of WR-ALC/FMB. Contact Janice Gorham at 468-4936.

CAC reset and appointments

You don't have to go to the MPS to get your Smart Card/ CAC reset. Visit the link below to get a Smart Card PIN Reset.

https://wwwmil.robins.af.mil/Docs/CAC_Reset_Locations.pdf.

No more waiting in line for appointments. Make your identification card appointment on the RAPIDS scheduler Link at <https://rapids-appointments.dmdc.osd.mil/?AspxAutoDetectCookieSupport=1>.

READ THE REV-UP ONLINE AT <http://www.robins.af.mil/library/rev.asp>



Become part of a winning team

Robins is currently hiring multiple selectees for the following position. Please visit the link below.

<https://www.usajobs.gov/GetJob/ViewDetails/445574200/>

For more information on navigating USA jobs, watch the video on Youtube by copying and pasting this link: www.youtube.com/watch?v=8BicxsWEY6c&feature=share in your browser.

To search for other jobs, visit www.usajobs.gov.



Protect Your Personal Information
Change passwords often
Lock your computer
Cybersecurity is up to you!



Thought for the Day

"Defeat is not the worst of failures. Not to have tried is the true failure."

— George Edward Woodberry



What's inside

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Services Events, B3

Lighter Fare

THE ROBINS REV-UP ■ AUGUST 12, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY

Patty Wagstaff to join Thunder Over Georgia



Courtesy photos

Above, Patty Wagstaff poses with her German-built EXTRA 300S.

Left, Patty Wagstaff has flown in airshows across North America and around the world in such exotic locations as South America, Europe, Iceland and Russia.

Below left, Wagstaff is known for her smooth, aggressive style of flying and for her thrilling and precise aerobatic demonstrations taking her Extra 300S through its paces.



The Robins air show lineup just keeps getting better. World renowned superstar Patty Wagstaff has signed on to perform her breathtaking aerial demonstration at the Thunder Over Georgia Air Show Oct. 1 and 2 here.

Don't miss the chance to see this three-time U.S. National Aerobatic Champion, the first woman to ever achieve this title, perform live.

As one of the world's top air show pilots, Wagstaff flies thrilling, low-level aerobatic demonstrations before millions of people each year.

"I had the opportunity to watch Patty Wagstaff perform at the 2012 Robins Air Show and I was amazed by her dynamic show," said Tracy Hulse, 78th Air Base Wing. "She is an excellent performer and I am excited to see what she will do this year."

Wagstaff's stunning performances gives air show spectators a front-row seat to the precision and complexity of modern, unlimited hard-core aerobatics. Her smooth aggressive style sets the standard for performers the world over.

WHAT TO KNOW

Gates open at 9 a.m.
Admission and parking are free.
For more information on Patty Wagstaff, visit www.pattywagstaff.com.

For more information on other Thunder Over Georgia performers, visit www.robins.af.mil/Airshow and <https://www.facebook.com/Robins-Air-Show-2016-304047656310401>.

**Times and acts are subject to change.*

She flies the EXTRA 300S. Built in Dinslaken, Germany by Walter Extra, the 300S combines superb quality, maximum performance and impeccable engineering into an aerobatic legend.

With light-weight composite construction, the EXTRA 300S has a climb rate of 4,000 feet per minute and a roll rate of 420 degrees per second.

Headlining act, the U.S. Air Force Thunderbirds will also take to the skies showcasing their sharply choreographed aerobatic skills.

Editor's Note: Information used in this article was compiled from pattywagstaff.com.

THUNDER OVER GEORGIA AIR SHOW

Oct. 1-2, 2016
ROBINS AIR FORCE BASE

FEATURING USAF THUNDERBIRDS

FREE AND OPEN TO THE PUBLIC

GATES OPEN AT 9 A.M.
OPENING CEREMONY AT 11 A.M.

For more information
www.robins.af.mil/airshow
478-222-7469

U.S. Air Force graphic by TOMMIE HORTON

A BETTER YOU

Safety Office offers tips to keep students out of harm's way

BY QUENNA DAVIS-MARTIN

78th ABW Safety Office Safety and Occupational Health Specialist intern

Summer vacation is over. School has started. The quiet mornings now reverberate with the laughter and chatter of children as they gather at designated stops waiting for buses.

As the kids head into the new school year, the base safety office is sharing these back-to-school safety tips.

CHILD SAFETY

Parents should talk to their children about bus rules and safe behavior for riding the bus. Younger children should be accompanied to and picked up from the bus stop by an adult. Each child should be taught their name, address, parent's full name and phone number. Further, tagging a child's clothing, backpack, and personal items may assist should your child ever get on the wrong bus. If your child must walk a distance to catch their bus, walk with them until you are sure they know the route. A majority of children now have cellphones; teach your child the dangers of distracted walking.

SCHOOL BUS SAFETY

Students should arrive at their designated bus stops



early and stand back away from the curb until their bus arrives.

Students should only leave the curb and board the bus when it has come to a complete stop and the bus driver instructs them to board.

They should remain in clear view of the bus driver and never walk behind the bus, dart into the street, or cross the road from between parked cars.

Students should always cross the street at designated crosswalks. Remember to teach your children how to cross the street safely: look left, then right, and then left again before crossing the street. Practice this with your child.

DRIVER SAFETY

Drivers should be aware of school zones and bus stop areas where children congregate.

They should slow down and be prepared to stop unexpectedly.

Motorists should always yield to a school bus. Flashing yellow lights on a bus means it's about to stop, and motorists should be prepared to stop.

Flashing red lights and an extended stop sign or bar indicates that the bus is stopped and children are exiting or boarding the bus.

Drivers in both directions must Stop, wait until the flashing lights are off, the stop sign or bar is retracted, and the bus is started to move before they can proceed on their way.

Never pass a school bus if it has flashing yellow lights, flashing red lights, or is stopped.

The best safe practice is to never pass a school bus carrying children period.

Never drive distracted.

HAWC offers quick, easy back to school freezer recipes

This month, the HAWC is bringing you easy and healthy recipes you can make ahead and freeze for those crazy back to school weeknights. When you're running between soccer, gymnastics and helping the kids with homework, pop one of these meals into the oven for a dinner that's ready in minutes. These meals are full of the nutrition your family needs to fuel up for back to school madness. Prep these easy meals on the weekend to save extra time.



Layered Chicken Enchilada Pie

This recipe combines the ingredients of Tex-Mex, all in an easy pie tin that can be prepped and then frozen. This pie adds a vegetable that you doesn't alter the Tex-Mex flavor, only adding more nutrition for your family. It also uses Greek yogurt to make the enchilada sauce- adding more protein than traditional sour cream. To make this recipe even faster, use a rotisserie chicken or put three chicken breasts in a crockpot and shred. Easy assembly and hands-off cook time make this the perfect dish for busy nights.

(Recipe adapted from <http://www.wellplated.com/chicken-broccoli-rice-casserole>)

INGREDIENTS

- ½ cup plain Greek yogurt
- ½ cup 1 percent or 2 percent milk
- ¼ teaspoon cumin
- 4.5 oz can mild chopped green chilies
- 1 cup frozen chopped spinach, partially defrosted
- 2 cups cooked shredded chicken
- 3 flour tortillas
- 15 oz Great Northern beans, rinsed and drained
- 1 ½ cups shredded Monterey Jack or Medium Cheddar cheese
- 1 bunch green onions, sliced

RECIPE DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Combine yogurt, milk, cumin and green chilies in a small bowl
3. Remove a quarter cup of the combined mixture and set aside in a bowl
4. Add spinach and chicken to mixture and stir to combine
5. Spray bottom of pan with a non-stick spray, such as Pam.
6. Place 1 flour tortilla in the bottom of a pan (round or square, 8-9 inches square or round aluminum pan, or a cake pan lined with aluminum foil)
7. Spread half of the chicken mixture (about ¾ cup) over the tortilla.

Recipe courtesy Marita Radloff, Robins Health and Wellness Center registered dietitian nutritionist

8. Next, layer half of the Great Northern beans, ½ cup shredded cheese and 2 Tablespoons of green onion over the chicken mixture

9. Place a flour tortilla on top and repeat steps 7 and 8

10. Place a flour tortilla on top.

11. Spread remaining yogurt mixture and ½ cup shredded cheese on top.

12. Garnish with green onion.

To freeze: With a pie pan: Cover pie pan with aluminum foil and place pan in gallon sized Ziploc bag, making sure all air is out of bag.

With a cake pan: Assemble the pie in a cake pan lined with aluminum foil. Start the freezing process in the cake pan for a few hours until the pie has firmed up. Remove the foil-lined pie from the pan, cover top in aluminum foil, and store it in the freezer in a Ziploc bag. When you are ready to defrost, return it to the cake pan you will use to cook it in.

To bake:

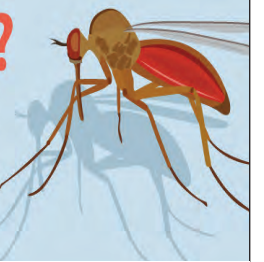
1. Cover with aluminum foil and bake for 30 minutes,

2. Remove foil and bake for 10 minutes more or until cheese is melted.

3. Allow pie to set for about 5 minutes before serving.

Planning a trip?

Do your homework to protect yourself from mosquito-borne illnesses



BEFORE TRAVELING

Make a checklist of everything you'll need for an enjoyable vacation and consider the following to be prepared:

- ✓ Pack a travel health kit. Remember insect repellent and use it to prevent bites.
- ✓ Learn about destination-specific health risks and recommendations by visiting the CDC Traveler's Health website at <http://wwwnc.cdc.gov/travel>.
- ✓ See a healthcare provider familiar with travel medicine, ideally four to six weeks before your trip.

WHILE TRAVELING

Prevent mosquito and other bug bites:

- ✓ Use insect repellent on exposed skin.
- ✓ Wear long pants and long-sleeved shirts.
- ✓ Stay in airconditioned or screened-in rooms.
- ✓ Use bed nets while sleeping if your room doesn't have screens or air conditioning.

AFTER TRAVELING

Visit your healthcare provider right away if you develop a fever, headache, rash, muscle or joint pain

- ✓ Tell your doctor about any recent international travel.

HAPPENINGS/SERVICES

FRI	SAT	SUN	MON	TUE	WED	THUR
12	13	14	15	16	17	18
<p>ON TAP Combat Cross Country Run Today 8 a.m. Fitness Center For details, call DSN 468-2128.</p> <p>Friday Night Comedy Today Bar opens 5:30 pm Show starts at 6 pm Heritage Club Ballroom For details, call DSN 468-2670.</p> <p>Family Movie Night Brave Today 6 to 8 p.m. Base Theater \$2 per person includes movie, popcorn and drink For details, call DSN 468-4001.</p> <p>Membership Dinner Monday</p>	<p>5:30 to 7 p.m. Heritage Club Ballroom For details, call DSN 468-2670.</p> <p>Dog Days of Summer Bingo Wednesday 6:15 p.m. Heritage Club Bingo Room For details, call DSN 468-4515.</p> <p>Heart Link Aug. 19 8:30 a.m. to 2:30 p.m. A&FRC For details, call DSN 468-1256.</p> <p>Kids Karaoke Night Aug. 19 5 to 8 p.m. Base Restaurant Contestant ages 3 to 12 \$10 for adults, \$7.50 for kids. Cost includes meal, drink and dessert. For details, call DSN 468-6972.</p>	<p>Beginners Frame Class Register by Aug. 19 Classes are Aug. 30 and Sept. 6 Arts & Crafts Center Two three hours sessions Cost is \$20 For details, call DSN 468-5282.</p> <p>King & Queen Championship Tournament Aug. 19 6 p.m. Bowling Center Entry fee is \$20 For details, call DSN 468-2112.</p> <p>Trap and Skeet Fun Shoot Event Aug. 20 Noon Skeet Range \$20 For details, call DSN 468-4001.</p>	<p>Last Friday Aug. 26 Heritage Club \$250 Club Card drawing for members present at 7 p.m. Heavy hors d' oeuvres 4 to 6 p.m. Jazz Band 5 to 8 p.m. DJ 8:30 p.m. to Midnight Soul Sophistication starts at 8:30 p.m. Free taco bar at 9 p.m. For details, call DSN 468-2670.</p> <p>Wild Adventures Trip Aug. 27 ITT \$45 includes transportation. For details, call DSN 468-2945.</p> <p>Afterburner August Special 5:30 a.m. to 1 p.m. Base Restaurant, Bldg.166 Berry Berry Very Good For details, call DSN 472-7827.</p>			