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DON'T WAIT.

COMMUNICATE.

MAKE YOUR EMERGENCY PLAN TODAY.

AMERICA'S **PrepareAthon!** Ready

FEMA

NATIONAL PREPAREDNESS MONTH 2016

Lighter Fare

78th FSS at
Thunder Over Georgia
Air Show

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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'75 Years of Power Projection'

September 1, 2016 Vol. 61 No. 35



A Plane of a Different Color

Sam Vigil, 402nd Aircraft Maintenance Support Squadron aircraft painter, touches up paint on a Coast Guard C-130H recently modified for transfer to the U.S. Forest Service.

U.S. Air Force photos by TOMMIE HORTON



U.S. Air Force photo by RAYMOND CRAYTON
Contractors are busy at work on a \$29.5 million restoration and modernization project to Bldg. 700.

Making Progress

78th clinic renovations move to next phase

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

Things are slowly taking shape as renovations continue inside and outside Bldg. 700, home to the Robins Medical Clinic.

The \$29.5 million restoration and modernization project has reached the halfway point, having just wrapped up the second of four phases this past July.

The second phase involved the renovation of several areas. This part of the building is now home to the Tricare Operations and Patient Administration Flight, Facility Management, Radiology, which is now located by TOPA, Medical Readiness, Medical Systems, Medical Equipment Repair and the 78th Medical Group Command Section. Lab and radiology sections were completed as part of phase one.

Phase three is currently taking place which will involve the renovation of existing areas that once housed the Mental Health Clinic as well as Education and Training and Readiness (currently in the new section). This will have an estimated completion date of February 2017.

On the outside of Bldg. 700, areas are being torn down and will soon have a new brick exterior, along with new sidewalks and a front entrance once completed.

As part of construction efforts over the past year, temporary phasing facilities were placed just outside the clinic where personnel were relocated. Currently, Mental Health and Public Health are inside.

► see C-130H, A4

► see CLINIC, A4

Who knew paint could do so much?

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

Painting a C-130H with a new glossy paint scheme doesn't happen very often in the Corrosion Control Flight at the Warner Robins Air Logistics Complex.

Most of the time its professional cadre of aircraft painters spray on the customary flat gray color familiar on many a surface of weapon systems that visit Robins from across the globe.

But earlier this month things turned a bit more colorful inside one hangar on the flight line, thanks to a visit from one particular aircraft making its way through the final stages of programmed depot maintenance here.

During its visit here, the Coast Guard aircraft received a new center wing box, replacement of its outer wings and work on its elevator, all before its upcoming transfer to the U.S. Forest Service where it will eventually assist in fire-fighting missions.

The new USFS paint scheme – the first to be laid out on an aircraft – involved hours of tedious work from a team of nearly 45 painters. Much of it involved the careful laying of tape across parts of the plane. That's so that once a different color of paint was applied to an area masked over, a precise fine line could be seen once the tape was removed.

What you want is a nice, sharp edge on those areas where colored paint is applied. Putting down that tape didn't involve a laser level of any kind – it was all done freestyle by hand.

"It was a real challenge," said Ronnie Harrell, Corrosion Control supervisor.

One of the first things you'll notice is an eye-popping 'poppy red' shade that spans from the nose to the tail, and



under both wings, along with a thin layer of black that carefully curves along the edges of the former's dominant color scheme.

There are some nine different colors represented on the aircraft, ranging from yellow and light gray, to matte black and white.

It took about 80 gallons of paint to cover every inch. But it couldn't all be done in one sitting. Once areas were masked, touch-ups were made, sanding happened and things were rinsed. Thousands of surface points were then seam-sealed, similar to a caulking process, which in this case keeps water from penetrating into the aircraft and causing corrosion.

Once that's done, PreKote is added across the aircraft, which acts as an adhesion promoter so paint sticks. Once this dries, then the masking process starts. All this before a coat of paint even touched anything.

A coat of white was first applied over the entire aircraft. Then you wait for it to dry. Then it's applied two

► see C-130H, A4

FRIDAY FLYBY: FEGLI announces Open Season today through Sept. 30, Page A2

IDS Tip of the Week

"Don't let fears hold you back! Letting your worries keep you from pursuing a goal will only lead to regret. Step outside your comfort zone and take a chance."



Holiday Energy Reminder

The upcoming Labor Day holiday presents another chance for employees to help conserve energy resources.

Employees can make a difference by powering down non-essential equipment and facilities before they depart. Examples include workstation monitors, printers, fans, and other office appliances as well as production and warehouse energy-consuming equipment. Computers/CPU's are an important exception. They should remain on so that patches will continue to process daily.



Weekend Weather

Thursday 94/72



Friday 92/70



Saturday 89/65



Safety- It's a full-time job.

SECOND FRONT

Stay Safe This Labor Day Weekend

BY QUENNA DAVIS-MARTIN
78th ABW Safety Office

Labor Day weekend signifies the last weekend of summer and is particular to American culture.

The holiday – first celebrated September 5, 1882 – is a yearly national tribute to the contributions workers have made to the strength, prosperity and well-being of our country.

The Air Force proudly shares in that tradition. However, Labor Day weekend is also among one of the deadliest weekends in the year.

About 34.5 million people will be traveling greater than 50 miles from home during the four-day weekend resulting in an estimated 400 traffic deaths and 43,000 serious injuries nationally.

Sadly, in previous years, the Air Force has seen 17 to 20 fatalities on Labor Day weekend. Though none of those casualties were at Robins, we all suffer when there's a loss of our fellow airmen.

Airman safety is an integral part to force readiness and mission success at Robins. Take time to consider all of these safety tips:

TRAVEL SAFETY

- ▶ Carry an emergency supply kit in your trunk.
- ▶ Let your family know your destinations, the route you are taking, and estimated arrival time.
- ▶ Buckle up! And have all passengers wear their seatbelts, too.
- ▶ Obey traffic laws and observe the posted speed limits.
- ▶ Don't drink and drive. Assign a designated driver or make plans for a taxi or Uber driver.
- ▶ Do not be distracted while driving. Don't text and use hands free devices for phone calls.

WATER SAFETY

- ▶ Know weather conditions prior to swimming.
- ▶ Provide constant supervision to children in or near

the water.

- ▶ Always swim in designated swimming areas and with a buddy.
- ▶ Don't drink and swim
- ▶ Children and inexperienced swimmers should always wear a Coast Guard approved flotation device.

GRILLING SAFETY

- ▶ Keep the grill a safe distance from all buildings.
- ▶ Keep children and pets away from grilling area.
- ▶ Never add charcoal lighter fluid after the coals have already been ignited.
- ▶ Never leave a grill unattended. Extinguish the coals when finished.
- ▶ Do not use gasoline as an accelerant.

We encourage each of you to fully enjoy this holiday recognizing our work contributions to Robins and challenge you to put safety first in all of your holiday activities. Have a Safe and Happy Labor Day weekend.

Robins celebrates National Preparedness Month

BY SENIOR AIRMAN CARLOS TOVAR
Installation Office of Emergency Management

It's that time of year again for National Preparedness Month. Last year's theme, "Don't Wait, Communicate. Make Your Emergency Plan Today," will be returning this September with a continuing emphasis on preparedness for youth, older adults, people with disabilities and others with access and functional needs.

September is recognized as National Preparedness Month which serves as a reminder that we all must take action to prepare, now and throughout the year, for the types of emergencies that could affect us where we live, work and also where we visit.

The installation's "Be Ready" awareness campaign is paramount in arming our community with basic hazard awareness, preparedness, response, and recovery measures; having a significant impact on building a resilient community, mitigating losses, and restoring our mission capability.

Research shows a positive correlation between increased knowledge in hazards and basic preparedness and a decreased incidence of destruction and deaths when an incident occurs.

The Installation Office of Emergency Management is hosting "Be Ready" events across the base to provide knowledge on how to protect yourself and your family in the event of any disaster. At each event, people will be able to receive free Air Force emergency preparedness guides, bags, planning pamphlets, and a premade fill-in-the-blank Family Emergency Plan.

DON'T WAIT.

COMMUNICATE.

MAKE YOUR EMERGENCY PLAN TODAY.

FEMA AMERICA'S PrepareAthon! Ready

NATIONAL PREPAREDNESS MONTH 2016

BE READY EVENTS

- ▶ Tuesday - 78th Air Base Wing Headquarters
- ▶ Sept. 8 - Commissary from 10 a.m. to 2 p.m.
- ▶ Sept. 12 - Base Gym from 2 to 4:30 p.m.
- ▶ Sept. 15 - Base Restaurant from 10 a.m. to 2 p.m.
- ▶ Sept. 20 - CDC East 9:30 to 10:30 a.m.; Youth Center from 4:30 to 5 p.m.
- ▶ Sept. 21 - CDC West 9:30 a.m. to 11 a.m.
- ▶ Sept. 22 - Commissary from 10 a.m. to 2 p.m.
- ▶ Sept. 27 - BX parking lot 11 a.m. to 1:30 p.m.

There will be a raffle for free NOAA Weather radios throughout the month as well. We can't wait to see you there. #BeReady #NatlPrep.

FEGLI ANNOUNCES OPEN SEASON

The Office of Personnel Management will be offering open season for the Federal Employees' Group Life Insurance Program today through Sept. 30.

During the month of September, Federal employees eligible for FEGLI can elect any life insurance coverage that FEGLI offers such as Option A (\$10,000 of additional coverage), Option B (multiples of 1, 2, 3, 4, or 5 of your salary rounded up to the next even \$1,000) and Option C coverage on the lives of eligible family members (1, 2, 3, 4, or 5 multiples. Each multiple equals \$5,000 for the life of your spouse and \$2,500 for the life of each eligible child). Employees do not need to be currently enrolled in FEGLI to elect coverage during the Open Season. The open season election does not require health questions or a medical exam.

Coverage elected in the September 2016 FEGLI Open Season will be effective on the first day of the first full pay period on or after October 1, 2017 as long as an employee meets pay and duty status requirements.

Employees can make their elections in the Employees Benefits Information System via the AFPC Secure website at <https://w45.afpc.randolph.af.mil/AFPCSecureNet40/CheckPortal.aspx>.

For more information visit <https://www.opm.gov/healthcare-insurance/life-insurance/open-season>.

Base POW/MIA recognition ceremony, run set for Sept. 14, 15

Team Robins will remember and honor the sacrifice of America's prisoners of war and those missing in action during the Robins POW/MIA organization's annual recognition ceremony Sept. 15 at 3 p.m. in the Museum of Aviation's Hangar One.

The ceremony's guest speaker will be ex-POW, and retired Chaplain (Col.) Robert G. Certain. Certain was a B-52 Stratofortress navigator flying over 100 missions during the Vietnam War before being shot down on December 18, 1972. He was later released on

March 29, 1973, after being held as a POW for 100 days.

A 24-hour Vigil Run will kick off the recognition beginning at 3 p.m. Sept. 14 at the museum.

Time slots are currently available for the run, which invites participants to sign up in 15 minute or longer increments. The goal is to keep the baton/flag moving for the entire 24-hour period of time leading up to the ceremony.

For more information on the ceremony, contact Tech. Sgt. Neil Smith at niel.smith8.mil@mail.mil. To sign up for the run contact Staff Sgt. Denea Fayall at denea.fayall@us.af.mil.

Construction closure

A construction project to remove and replace approximately 3,700 square feet of concrete slabs will close the travel lane between Bldg. 125 and Bldg. 110 inside the industrial area of the flight line.

The project is expected to begin Monday and last through Jan. 3. The one handicap parking space affected will be relocated to the left of its current location. See the Robins Splash Page for a map.

– From staff reports

NOTICE TO ALL EMPLOYEES: PROHIBITED PERSONNEL PRACTICES

By law, Federal employees may not:

- ▶ Discriminate.
- ▶ Solicit or consider employment recommendations based on factors other than personal knowledge or records of job related abilities or characteristics.
 - ▶ Coerce the political activity of any person.
 - ▶ Deceive or willfully obstruct any person from competing for employment.
 - ▶ Influence any person to withdraw from job competition.
 - ▶ Give an unauthorized preference or advantage to improve or injure the prospects of any particular person for employment.
 - ▶ Engage in nepotism.
 - ▶ Take or threaten to take a personnel action because of whistle blowing activities.
 - ▶ Take or threaten to take a personnel action because of the exercise of a lawful appeal, complaint, or grievance right.
 - ▶ Discriminate based on personal conduct which does not affect the performance of the employee or other employees.
 - ▶ Knowingly take or fail to take a personnel action in the violation of veteran's preference laws.
 - ▶ Violate any law, rule or regulation implementing or directly concerning merit systems principles.
 - ▶ Implement or enforce a nondisclosure provision that restricts access to complaint mechanisms or lawful whistleblower activities.

Information may be obtained at U.S. Office of Special Counsel www.OSC.GOV or questions may be addressed to the Civilian Personnel Section.

*AFSC/DP 12 FEBRUARY 2015
No releasability restrictions*

*AFSCVA36-102
AFI36-102 and 5 USC 2302*



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/](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.

Get your tickets now for the Air Force Ball

BY ANGELA WOOLEN
angela.woolen.ctr@us.af.mil

To celebrate the U.S. Air Force's birthday, the 69th annual Air Force Anniversary Ball will be held Sept. 17 at the Museum of Aviation Century of Flight Hangar from 6 to 10 p.m.

During the gala, Robins will celebrate its 75 years of power projection platform with a video.

Sept. 1, 1941, was the official groundbreaking for the construction of Robins Air Force Base.

"The main purpose of the event is to get out and about to meet new people," said Capt. Cody Butler, Robins Air Force Anniversary Ball chairman.

Tickets will be sold through unit POCs and every Thursday at the Heritage Club lobby from 10:30 a.m. to 1 p.m.

Prices are \$25 for E6 and below and \$35 for all others.

For more information contact Staff Sgt. Vanessa Barron at DSN 201-5568 or vanessa.barron2.mil@mail.mil.

The event is open to active duty, retirees, community partners and civil service workers. Butler said they are expecting between 600 to 800 people to attend the ball.

Music will be provided by DJ Lee and heavy hors d'oeuvres will be served.

"We go by three principles: great food, great music and great fun," Butler added.



Unit AF Ball Ticket POCs

78 FSS – A1C Benjamin Wilson, at DSN 497-7359 or Benjamin.wilson.24@us.af.mil and SrA Jamie Duncan at DSN 497-3438 or jamie.duncan.5@us.af.mil

461st MXG – SSgt Vanessa Barron, at DSN 241-5568 or vanessa.barron2.mil@mail.mil; SSgt Jean Cenat, at DSN 241-5542 or jean.r.cenat.mil@mail.com and SSgt Donald Speller, at DSN 241-5526 or Donald.d.speller.mil@mail.mil

461st MXS – SSgt Sean Guy, at DSN 241-3453 or sean.w.guy.mil@mail.com; TSgt Joseph Manczka, at DSN 241-3681 or joseph.d.manczka.mil@mail.mil and TSgt Sara Parmenter, sara.m.parmenter.mil@mail.mil

JSTARS – TSgt DJ Bace, at DSN 241-5083 or david.bace@us.af.mil

78th CEG – TSgt Terri Adams, at DSN 497-8889 or terri.adams@us.af.mil

78th MDG – TSgt Christina Williamson-Haupt at DSN 497-8001 or christina.williamsonhaupt@us.af.mil

HQ AFRC – MSgt Charlotte Hudlin, at DSN 497-1016 or charlotte.hudlin@us.af.mil

5th CCG – SSgt LaToya Parks, at DSN 468-1709 or latoya.parks@us.af.mil

78th SFS – SSgt Feldorcia Humphrey, at DSN 472-1990 or feldorcia.humphrey@us.af.mil



U.S. Air Force photo by RAY CRAYTON
Phase 3 of the 78th Medical Clinic is currently underway.

CLINIC

Continued from A1

"Like most major military construction projects, we've experienced some time delays and setbacks due to unforeseen circumstances, primarily abatement issues taking longer than expected," said Lt. Col. Richard Palmer, 78th Medical Support Squadron commander. "With that said, we've completed the second phase of the four-phase project and have received rave reviews from distinguished visitors, patients and our own staff on the modernization, and the calm and comforting environment our facilities team has brought us thus far."

One of the hidden luxuries of the project is the building's energy efficiency. Since completing the second phase, the 78th MDG has been identified by the Air Force Medical Support Agency as being one of the leading medical facilities in the Air Force with regards to reduction in energy consumption over the last fiscal year, according to Palmer.

That reduction is contributed to some of the changes made to the facility during phase one and two of the project, which involved such things as replacing/modernizing the chiller, cooling tower, air handlers, boilers and electrical systems.

"We still have another year to go, but things are going pretty well so far," added Palmer.

Constructed in 1967, the facility once completed will have significant improvements to its utility, electrical, communication and building systems. Completion of the project is slated for mid-2017.

C-130H

Continued from A1

more times. Because so many different colors were involved, there was a lot of waiting, sometimes as much as a 12-hour dry time in between paint applications.

Workers had it down to a routine by the end, alternating between demasking areas of the plane, masking, painting, drying, then waiting. Then they repeat the process once other colors are added.

In getting ready to first apply a coat of poppy red over a large swath of the aircraft, you had to make sure the paint underneath was dry. Then mask the surrounding area so any overspray wouldn't get anywhere.

"You want to give the paint plenty of time to dry between the two so it won't peel off," said Harrell.

On this C-130, which stayed in the hangar a little over two weeks earlier this month, a gloss paint was used, making things a little more interesting.

"You have a fine line between getting a good shine and a run," said Harrell, referring to the careful technique of applying coats of gloss. "You have to worry about running with a gloss, but not as much as with flat. It will run, but not as much."

He added, "It's hard to get a big area like this painted, and a challenge not to have paint colors bleeding into the others."

Some of those challenging areas were laying out the tape prior to applying poppy red, adding stripes, and adding tape under the belly of the plane. Curves toward the tail also required some fine tuning as that involved quite an intricate layout.

A gray paint was also used for a walkway up on top. It's a gritlike, sandy substance that prevents anyone who's walking up there from sliding off due to the gloss.

In applying gloss, what you're looking for is a nice sheen, not a heavy buildup, according to several aircraft painters. In applying the first coat of white, you put on an even coat, and by the final pass you're trying to get it to shine.

A good estimate is to apply a coat at a distance of 14 to 16 inches away from the surface. It also



U.S. Air Force photo by TOMMIE HORTON

Ward Stephens, 402nd Aircraft Maintenance Support Squadron aircraft painter, removes mask from an ice shield on a recently modified C-130H. The dot left after demasking functions as an indicator of the presence of ice on the wing.

depends on how fast you paint, since the closer you are to the aircraft, the faster you'll paint in your spray pattern. Do it for awhile and you get a feel for how things should look, or in this case, shine.

"It looks a lot better than I thought it would due to the paint system we used," said Paul Lowery, work lead. "It's good to put out something different."

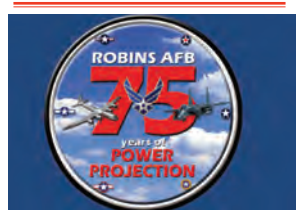
Mark Stoddard, a quality assurance representative at Robins from the Coast Guard's Aviation Logistics Center in Elizabeth City, N.C., has been following the aircraft closely for many months.

Until the plane is installed at a later time with a Modular Airborne Fire Fighting System (fire retardant system), the Coast Guard will still maintain configuration management of the airframe and its maintenance procedures.

"Things have gone very well on this first aircraft," he said.

Added Harrell, "We were really looking forward to this job. Once stencils were added and things started to take shape, it really started to look like what we do. The first thing people will see is that paint job."

ROBINS REV-UP



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SUBMISSION GUIDELINES

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

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

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AROUND THE AIR FORCE

Embracing diversity by leading from the front

BY COL. GREG GILMOUR
315th Airlift Wing commander

JOINT BASE CHARLESTON, S.C. (AFNS) – Often when we hear terms like diversity and inclusion, we think of them more as buzz words or a way to hold someone accountable for not doing the right thing.

But what does diversity actually mean to us in the Air Force? To me, it's simple: place the right people in the right positions to execute our mission.

I recently had the opportunity to reflect on this after I selected the incoming 315th Maintenance Group commander, who just happens to be a woman.

Looking over our organization, I realized that in a male-dominated community, we're certainly unique. Soon, all three group commanders in the 315th Airlift Wing will be females as well as our vice wing commander and one O-6 squadron commander.

In the Air Force, women comprise 29 percent of the total force and, according to a recent study by Diversity

Central, in the civilian sector women only hold 6 percent of chief executive roles in America.

So, this may leave a person to wonder, why do women hold two-thirds of the senior leader positions in the 315th AW? I think that answer is also simple. We placed the right people in the right positions to move our mission, regardless of the visible or invisible attributes that contribute to diversity within our ranks. These attributes include things like gender, race, and age as well as education, religion or sexual orientation, just to name a few.

So, does this mean that the days of inequality are over and the glass ceiling has been shattered? Certainly not, and we have a long way to go. But, if we recognize that there are cultural and stereotypical biases in each one of us, and fight to overcome those biases, we will be well on our way to leveling the playing field for all airmen.

As I think about how, as an Air Force, we can continue this trend of promoting the best and brightest by

leveraging the best talent we have and capitalize on opportunities. I can tell you that the process does not start at the wing commander level; it starts with every Airman and every supervisor.

I charge every one of you to personally evaluate your internal biases, regardless of how small, set them aside and always continue to push our Air Force forward.

I would love to see a day when statistics are no longer needed and the best individual is always pushed to the top, regardless of gender.

We have the world's most powerful Air Force and the reason for that is not because of our weapon systems, it is because of our Airmen. So, take care of each other, embrace your core value of integrity first, and always recognize your best and brightest no matter what.

– See next week's Robins Rev-Up for an article on Robins Diversity Month events.



Thought for the Day

“Don’t let life discourage you; everyone who got where he is had to begin where he was.”

– Richard Evans



What’s inside

Rear-end collision avoidance, B2

Holiday Hours, B5

Lighter Fare

THE ROBINS REV-UP ■ SEPTEMBER 1, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY



KIDS ZONE

Featuring



Boot Camp Obstacle Course



Little Tykes Area



Rock Wall



Circus City

Other activities available



U.S. Air Force file photos



Food, Family and Fun to converge at Robins air show

BY TANNYR WATKINS
tannyr.watkins@us.af.mil

A lot of work has gone into planning Robins’ Thunder Over Georgia Air Show, Oct. 1 and 2.

From securing aerobatic acts like the U.S. Air Force Thunderbirds to providing a Kids Zone for the kids, the air show committee has ensured everything is covered.

One of the committee’s key players is the Robins 78th Force Support Squadron. They’ve worked tirelessly on the morale and welfare elements of the event.

“It’s important to us that people come to the air show and have a great time,” said Maj. Felicia Kersh, air show FSS coordinator. “We’ve included elements like the Kids Zone to entertain the younger kids and a variety of food for spectators to choose from.”

The Kids Zone will feature fun and exciting activities such as a boot camp obstacle course, a little tykes area, a rock wall, and circus city.

“We wanted to include the boot camp obstacle course in the Kids Zone because it provides a hands-on military activity for the children,” Kersh said.

Kids Zone has proven to be a fan favorite at previous air shows.

“The kids have a great time,” said Kersh. “One of the problems is that the kids don’t want to leave that area, and the parents want to go see the

WHAT TO KNOW

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

other static displays. But that’s what we’re here for. We’re here for the kids, so if we see smiles on their faces, we’re absolutely ecstatic.

“And, it means we’ve done our job.”

FSS has also contracted a company to provide the food at the air show.

They will be delivering up American favorites like hot dogs and cheeseburgers while working with FSS to include some regional and local favorites.

“We’re trying to capture all that is Middle Georgia,” said Kersh. “There has been a lot of planning, and we’re researching what people want and trying to provide it to them.”

“All I can say is bring a great appetite and be prepared to enjoy the show,” he added.

Be sure to look for the Army Black Daggers, several vintage military aircraft, static displays, plus civilian performers.

Editor’s note: Gates open at 9 a.m. both days. All children using the Kids Zone must be supervised by an adult.



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

REAR-END COLLISION AVOIDANCE



BY LEX STOKES
78th Environmental Branch chief

You're watching the traffic light and listening to a new song when KAHH-BLAMM! Your car shutters and slides forward.

You've been rear-ended.

Next up are conversations with the police, insurance companies, auto repair companies and maybe a doctor – plus an instant drop in car value.

Could you have avoided this? Maybe – if you had known of and practiced a simple technique called active rear-end collision avoidance. Active rear-end collision avoidance involves three easily remembered actions all based upon the acronym ACT.

ADVANCED PREPARATION (A): Stop one to two car lengths short of stop signs and cars ahead of you.

CHECK YOUR SIX (C): Routinely check your rearview mirror to insure approaching cars are slowing.

TAP/AVOID (T): Tap your brakes to flash your lights while easing forward into the space you left when oncoming cars are approaching too fast.

Younger drivers are more likely to drive while distracted, but they also tend to have better peripheral vision. Thus, with luck, your actions will catch their eye and give them room to stop.

It does work. On four occasions I've avoided rear-end collisions by using this simple technique. So remember to ACT for safety.

Immunizations offer protection for all stages of life

BY TRICARE.MIL

Right now is a great time to find out which vaccines you and your family need to be protected at different ages and stages in life. Immunization typically starts at birth. At 2 months old, infants start receiving a series of six primary immunizations that protect against disease.

These diseases can be spread in a variety of ways. Flu and other diseases spread through the air or on surfaces. Hepatitis B is spread through exposure to infectious blood or bodily fluids. Rotavirus is spread when the virus is shed by an infected person and then enters another person's mouth. Babies frequently use their mouths to explore the world around them, so this vaccine is extremely important.

For more information, visit the Rotavirus page on Health.mil.

Some vaccines require multiple doses for lifelong protection. These may start in infancy and continue in later stages of childhood. Toddlers and school-age children typically get immunized again for Measles, Mumps, and Rubella, Hepatitis A and chickenpox.

Recommendations for middle school aged and older kids include vaccines to enhance protection against tetanus, diphtheria and pertussis, and protect against meningitis and human papillomavirus. HPV is a leading cause of cervical and other cancers.

More vaccines may be needed during adulthood based on factors like age, occupation, lifestyle, high-risk medical condi-



tions, type and locations of travel, and previous vaccine history. For older beneficiaries, vaccines are available and recommended to protect against pneumonia and other infections, as well as shingles, a very painful condition caused by the same virus as chickenpox.

TRICARE covers, at no cost, age-appropriate doses of vaccines as recommended by the Centers for Disease Control and Prevention. For more information visit TRICARE.mil.

Through the expanded TRICARE pharmacy vaccine program, you may receive certain covered vaccines for zero copayment at participating network pharmacies.

For more information, call Express Scripts at 1-877-363-1303 or search for participating pharmacies online.

For more information on immunizations, visit www.health.mil/vaccines.

Preventive measures lead to a healthier Air Force

BY J.D. LEVITE

Air Force Surgeon General Public Affairs

Preventing illness or injury is the goal of the Air Force's Preventive Medicine program.

Preventive Health extends beyond health care at an individual level, concentrating rather on the health of individuals, communities and specific populations to help groups reduce their risk of disease, disability and death.

"We see patients one-on-one, but we also look at a global view," said Col. Patrick Monahan, chief of Population Health Operations. "We determine how to care for the population in the best way possible."

Col. Thomas Moore, chief of Health Promotion, said it's the community-level impact of preventive medicine that motivates him. "It's better to prevent than cure. 'An apple a day keeps the doctor away.' There's a lot of wisdom in that," he said. "We can help a lot of people versus just the one on one. That's the interesting part for me."

Preventive Health breaks down into three separate stages: primary, secondary, and tertiary.

PRIMARY PREVENTION

Primary prevention is meant to keep people from getting sick in the first place. There are many ways to do this from immunizations to targeting exposures that might get people sick.

The Air Force's Health Promotion effort focuses on primary prevention, too. In addition to advocating for new policies that make it easier to adopt healthy habits, such as improving dining facilities to offer healthier foods, Moore said they also create campaigns to pro-



U.S. Air Force graphic

mote the adoption of healthy behaviors like eating right and not smoking. They also work to keep airmen from unhealthy behaviors.

He said, "We want to make sure people are as healthy as they can be and that we have the best fighting force ready to go."

SECONDARY PREVENTION

Preventive Health's secondary stage is the one most airmen have experienced in one way or another. It includes things like the annual Periodic Health Assessment, hearing tests, cancer screenings, and blood tests.

While it mostly works behind the scenes, Population Health plays a big part in the secondary stage by using data from military treatment facilities around the Air Force. "Once we identify areas we do well in and areas we have challenges in, we deep dive into more investigative work and see how we can improve," Monahan said.

One example of how Population Health improves preventive health is with breast cancer screening. Using

the data available, Monahan is able to find a group of patients that should be receiving that screening based on their gender, age and other factors. He can then push for outreach campaigns to help make sure those people are getting that recommendation.

TERTIARY PREVENTION

The final stage is tertiary prevention. At this point an individual already has a disease, but it's still in a stage that's early enough to treat. A good example of this is diabetes, which can be treated with a change in diet and nutrition long before it gets to the point where medicine is needed.

"All kinds of things can happen if your diabetes gets bad enough and isn't well controlled," Moore said. "So the efforts we make early on to try and prevent it from progressing to that stage, that's tertiary prevention."

Moore said many of the factors that have led to an increase in life expectancy for humans can be attributed to the concept of preventive health. Things like improved sanitation and just getting people to wash their hands have made a huge difference to public health overall because it has prevented people from contracting diseases they may have gotten otherwise.

"It's much better to get that shot periodically or get your blood sugar checked to make sure you're not diabetic," Moore said. "We can stick you and take a little bit of blood right now and send you down a path that hopefully keeps you healthy. Or you're going to end up in a situation where you're giving yourself a shot every day."

Preventive health covers topics ranging from the flu shot to tobacco cessation to alcohol consumption, and the Air Force is exploring new avenues for all of these issues.

HAPPENINGS/SERVICES

THUR	FRI	SAT	SUN	MON	TUE	WED
1	2	3	4	5	6	7

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Happy Labor Day Weekend

78th Force Support Squadron holiday hours

- OPEN FRIDAY**
- ▶ Afterburner, closes at 12:30 p.m.
 - ▶ A&FRC, normal hours
 - ▶ Heritage Club, normal hours
 - ▶ NAF Accounting Office, normal hours
 - ▶ Family Campgrounds, 10 a.m. to 2 p.m.
 - ▶ Fast food limited service
 - ▶ Outdoor Rec, 8 a.m. to 5 p.m.
 - ▶ Main Fitness Center, 8 a.m. to 4 p.m.
 - ▶ Snack bars; mobile routes, limited hours
 - ▶ Youth Center, normal hours
 - ▶ CDC East and West, normal hours
 - ▶ Bowling Center, 11 a.m. to 11 p.m.
 - ▶ Golf Course, normal hours
- OPEN MONDAY**
- ▶ Education & Training, normal hours
 - ▶ ITT, 8 a.m. to 1 p.m.
 - ▶ Wynn Dining Facility, normal hours
 - ▶ Bowling Center, 1 to 6 p.m.
 - ▶ Golf Course, normal hours
 - ▶ Main Fitness Center, 8 a.m. to 4 p.m.
 - ▶ Horizons Pool, noon to 6 p.m.
 - ▶ Wynn Dining Facility, normal hours
 - ▶ Skeet Range, noon to 7 p.m.
- *For a complete list of FSS hours, visit www.robinsfss.com.

EXCHANGE MAIN STORE

- ▶ Open Friday, 9 a.m. to 8 p.m.
 - ▶ Open Monday, 10 a.m. to 6 p.m.
- be open 4 a.m. to midnight Friday and 4 a.m. to 1 a.m. Monday.
- ▶ Gate 3, the Watson Boulevard Gate, will be open normal hours Friday through Monday.
 - ▶ Gate 1, the Green Street Gate, will be open 4 a.m. to 6 p.m. Friday and closed Monday.

SERVICE STATION

- ▶ Open Friday, 6:30 a.m. to 9 p.m.
- ▶ Open Monday, from 10 a.m. to 6 p.m.

SHOPPETTE/CLASS SIX

- ▶ Open Friday, 6:30 a.m. to 9 p.m.
- ▶ Open Monday, from 10 a.m. to 6 p.m.

MILITARY CLOTHING STORE

- ▶ Open Friday, 9 a.m. to 6 p.m.
- ▶ Closed Monday

78th MDG

- ▶ Closed Friday and Monday

78TH SFS

- ▶ Gate 14, the Russell Parkway Gate, will
- *For more Robins Exchange facility hours, visit www.shopmyexchange.com.



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