

**Rev-Up to be discontinued after Oct. 28 edition**

The Robins Rev-Up will be unavailable after the Oct. 28 edition until we secure a new contract. For news and information regarding base events and activities, visit the Robins Home Page at [www.robins.af.mil](http://www.robins.af.mil) or our Robins Facebook page at <https://www.facebook.com/RobinsPublicAffairs/>. Please contact 78 ABW/PA at (478) 926-2137 with questions or concerns.

*Lighter Fare*  
**Base Halloween Happenings**

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# ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'75 Years of Power Projection'

October 21, 2016 Vol. 61 No. 42



## What's Cooking?

U.S. Air National Guard photo by SENIOR MASTER SGT. ROGER PARSONS  
Minnie McCollum, flight kitchen supervisor, describes the various options available in the box meals offered by the Flight Kitchen. The Flight Kitchen, located just east of the Team JSTARS flight line, is open 24 hours a day, seven days a week, serving all military personnel, mission essential civilians, federal civilians on a letter, ROTC, Civil Air Patrol and scouting groups visiting the base.

### Flight Kitchen serves up food with special touches

BY JENNY GORDON  
[jenny.gordon.ctr@us.af.mil](mailto:jenny.gordon.ctr@us.af.mil)

Visit the Flight Kitchen located at Team JSTARS, and you might receive an unexpected hug. If you're extra sweet, you may even get a special red smiley face stamp on your hand. All free of charge.

That's because the folks who work in this business don't do it because it passes the time. They do it because they've learned that a nutritious and satisfying box lunch - prepared from the heart - can make all the

difference in the world to the men and women who selflessly serve and protect our country.

If you've been around for the last 20-plus years, you're sure to recognize a familiar face.

Minnie (Paula) McCollum, Flight Kitchen supervisor, may not remember each and every person's name she's met over the years, but she does remember faces. Each one matters, so she tries to shine a light on them to make their day a little brighter than before.

It's about more than food here," she said. "It's about family and the people the staff have come to know

▶ see FOOD A6

## Combat power never sleeps

### JSTARS reaches 1 million flight hours

BY JENNY GORDON  
[jenny.gordon.ctr@us.af.mil](mailto:jenny.gordon.ctr@us.af.mil)

The sun never sets when it involves the JSTARS delivering combat power across the globe.

An unrivaled platform unlike any other in the Department of Defense inventory, the Joint Surveillance Target Attack Radar System team based at Robins has been a part of every major conflict since the early 1990s, and deploying continuously for the better part of 15 years.

Its worldwide fleet flew its one millionth flight hour in September. While it may be just a number, every hour represents numerous stories, and years of being away from family members and friends in sacrifice of protecting American interests abroad as well as in the homeland.

"It's just a number, but behind that number is a lot of combat power that has been delivered to every combatant commander around the globe since JSTARS was born," said Col. John Cooper, 461st Air Control Wing commander.

Its unique command and control capabilities make it one of the most sought-after DOD platforms. And what makes it even more special is its total force comprised of active duty, as well as National Guard and Army members. JSTARS includes the 461st ACW, which became an active associate wing in 2011, the Georgia Air National Guard's 116th ACW and the Army's Military Intelligence Detachment (MI Det)-JSTARS, which includes the 138th Military Intelligence Company.

"The Army detachment historically has been a contributing team partner in Team JSTARS," said Lt. Col. Jarred Lang, MI Det. commanding officer. "Our focus is on insuring synchronization of the ground component commanders' mission intent with the air component commander. They do pre-

▶ see MILESTONE, A5

## Repurposed trailer equipped with hazardous response capabilities

BY JENNY GORDON  
[jenny.gordon.ctr@us.af.mil](mailto:jenny.gordon.ctr@us.af.mil)

The 78th Aerospace Medicine Squadron now has a mobile capability to respond to potentially hazardous situations among its arsenal.

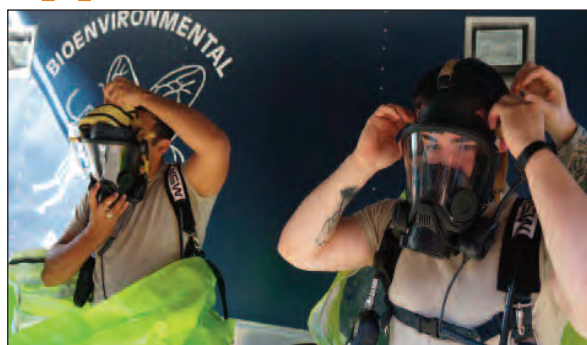
The Bioenvironmental Engineering Flight has acquired a repurposed trailer, equipped with a variety of emergency response capabilities.

Several hundred items include things like chemical, biological and radiological detection equipment and personal protective equipment such as chemical-resistant suits, respirator masks and self-contained breathing apparatuses.

While the trailer was in operation years ago, the advantages of its return can be validated in minutes.

"It significantly decreases our on-scene response time, which increases the likelihood of identifying hazards quickly and protecting potential responders and the surrounding population," said Maj. Michael Salyer, the Flight's Operations officer.

"This is part of our contingency mission," he added.



U.S. Air Force photo by JENNY GORDON

Over 300 items are included in the Bioenvironmental Engineering Flight's repurposed trailer, along with personal protective equipment such as these chemical-resistant suits.

"It helps us ensure we're outfitted to provide an immediate response, and that we have to have enough equipment to operate for a minimum of 24 hours," he added.

It's a one-stop shop of sorts should the call ever come, which is has in recent months. It was on the scene during the recent Thunder Over Georgia Air Show.

When a mid-air collision involving F-16s happened

this past June over Jefferson County, Georgia, teams from Robins converged on the site offering immediate assistance.

Among them were members of the bioenvironmental team, assuring the environment was safe for Airmen to recover the wreckage, and recommending forms of PPE to safely perform their duties.

"During that time Bioenvironmental Engineering Flight responders were advising the incident commander on various safety and health requirements for anyone going on scene," said Salyer. "Flight personnel performed such duties as initial exposure characterizations, identifying various F-16 hazards, and identifying the protective equipment needed for site recovery personnel.

"Having the response trailer back at full operational capability enhances our ability to respond to similar situations in the future," he added.

The flight assumes day-to-day responsibilities for occupational and environmental health for the installation, to include identifying and characterizing workplace chemical hazards, and ensuring workers are free from harmful exposure.

### FRIDAY FLYBY: Military construction project to require gate closures beginning Oct. 31, Page A3



#### Wingman Weekend

Join your fellow wingman today and create connections with other Team Robins members throughout the weekend. Wingman Day will provide an opportunity for various groups to come together and have some fun. The event will be from 8 a.m. to 2 p.m. at Robins Park. See page A2 for Saturday's events.

#### CFC in full swing

The Robins Combined Federal Campaign season continues through Nov. 10. Employees can contribute via MyPay. The Robins goal is 100 percent contact and \$1,000,000 in contributions. Contact your Unit Super Monitor or Key Worker for assistance. For a list of POCs visit <http://www.robins.af.mil>.

Additional info can be found at Middle Georgia Area CFC web site: <http://www.middlegacfc.org>.



**Weekend Weather**

Friday 75/47



Saturday 73/43



Sunday 78/48



*Safety, discover it before it's too late.*

## SECOND FRONT

## Museum of Aviation gets NASA STEM grant

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

Growing up on a farm in the Northeast, Story Musgrave thought he'd be on a farm the rest of his life.

He ended up flying on six space shuttle missions for NASA and earning six academic degrees to date during his 81 years on planet Earth.

Musgrave visited the Museum of Aviation Oct. 13 to help kick off a three-year NASA STEM (Science, Technology, Engineering and Math) grant which will serve students in Houston, Bibb, Peach and Twiggs counties.

Musgrave still owns a farm, but he has also been to war, became a pilot, a trauma surgeon, a college student and a father.

He joined the Marines and was a crew chief during the Korean War.

"I was 18 years old, Private Musgrave, assigning planes to go to war," he said.

Musgrave isn't shy about sharing his humble beginnings because his life experiences allowed him to use his talents to propel his careers.

"I come from real life. I had to survive," he said.

In his early days, Musgrave baled hay on his family's farm. He could operate and fix the tractors and machinery at a very early age.

Eventually, that survival instinct led the high-school dropout to crew chief and then to driving tanks. He ultimately went to Syracuse University where he convinced a dean to let him enroll.

His degrees include a bachelor of science, a master of business administration and computer programming from UCLA, a bachelor of arts in chemistry from Marietta College, a doctorate in medicine from Columbia University, a master of science in physiology and biophysics from the University of Kentucky and a master of arts in literature from the University of Houston.

In 1967, he was selected as a scientist astronaut by NASA. He has spent 1,281 hours, 59 minutes and 22 seconds in space, according to NASA's biography.

He has flown on the Challenger, Discovery, Atlantis, Endeavour and Columbia space shuttles. He was part of the first Hubble Space Telescope servicing and repair mission.

One of Musgrave's passions is teaching students to use STEM to solve problems.

"STEM is a great thing to do, but it takes human experience and human activities," he said.

During a brief visit with Starbase Robins students, Musgrave fielded questions such as, "How do the stars look in space?" and "How much does the spacesuit weigh?"

On the ground, the spacesuit weighs 480 pounds, while the stars and constellations don't look the same in space as they do on earth, he told the children.

He encouraged teachers to find a student's passion and grow the child according to those appetites in order to inspire and lead them to a brighter future.

"You are preparing for a future that doesn't exist," Musgrave said.



U.S. Air Force photos by  
ED ASPERA

Retired NASA Astronaut, Story Musgrave, speaks to students at the Museum of Aviation Oct. 13. The Museum of Aviation Education Center recently received a competitive grant from NASA to fund Operation STEM, a three-year project to serve select schools in Houston, Bibb, Peach and Twiggs counties.

## Wingman Weekend

Robins Air Force Base will host Fall Bash Saturday as part of Wingman Weekend.

The family-friendly event, slated to take place at Robins Park across from the Heritage Club from 1 to 5 p.m., is an annual tradition that allows Robins' community to relax and have fun.

This is a fun, family-oriented event that will provide people an opportunity to relax with their coworkers and families.

The free event – which will include rides, face painting, games, live music, a craft fair and other family-friendly activities – is open to all Robins Air Force Base ID cardholders

# 2016 FALL BASH FUN DAY

Food FUN!

ROBINS AIR FORCE BASE

## 78<sup>TH</sup> FORCE SUPPORT SQUADRON

Saturday,  
October 22

1 - 5 p.m.

Robins Park

Free Entry For All Ages

For More Information Contact the  
Marketing Office at  
Comm: 478-926-6559 or DSN: 468-6559

Train  
Ride

Bouncy  
Castle

Music/  
Announcer  
DJ





# Open season for Logistics Professional Development Programs

BY ROBINS PUBLIC AFFAIRS

Open season is underway for Air Force Materiel Command's now fully implemented Logistics Professional Development Program.

The overarching platform encompasses the four logistics certification program stalls: Professional Maintenance Certification Program, Professional Supply Management Certification Program, Professional Deployment/Distribution/Transportation Certification Program and the Professional Life Cycle Logistics Certification Program.

The voluntary programs were designed for the civilian logistics workforce looking to enhance their professional credentials. Military personnel can apply if they meet the certification requirements.

The application open season, which ends Jan. 13, provides an opportunity for all eligible Maintenance, Supply, DDT and LCL personnel to submit an application package for consideration.

During the last open season, 282 certificates were awarded across the three certification programs.

## Robins POCs

- ▶ **PMxCP POC** - Felicia Clark-Reid, felicia.clark-reid.4@us.af.mil
- ▶ **PDDTCP POC** - Mitchell Moody, mitchell.moody.1@us.af.mil
- ▶ **PSMCP POC** - Jennifer Cameron, jennifer.cameron.1@us.af.mil
- ▶ **PLCLCP POC** - Jennifer Cameron, jennifer.cameron.1@us.af.mil

The Professional Life Cycle Logistics Certification Program IPT completed a very successful prototype earlier this year. Of the 39 volunteer applicants, the team awarded 37 certificates.

For your awareness, official DCPDS codes have been secured for Levels 1 through 5 for each of the certification programs, and employees can use MyBiz+ to document certification in their personnel records.

A request for MilPDS certification codes is still in the works and codes could be available soon.

General Schedule/AcqDemo, Federal Wage System, and military AFMC logistics personnel may submit an application package for progressive certifications at Level 1 up to Level 5.

Applicants are required to provide the proper documentation to validate their eligibility. General guidance on each program, and the application process can be found in AFMCI 36-202, Logistics Professional Development Program, or by accessing the AFMC LPDP SharePoint site: <https://cs1.eis.af.mil/sites/afmclpdp/SitePages/Home.aspx>.

All application packages will be vetted through the local PMxCP, PSMCP, PDDTCP and PLCLCP POCs. Local POCs will ensure program communications are released to the workforce to include advertising internal suspense dates commensurate with the open season period and will notify the workforce of any plans to conduct orientation/training events. Please direct all program and application process questions to the appropriate local POCs listed at left.

## NEWS BRIEFS

### 78th MDG Closure

The 78th Medical Group will be closed today for Wingman Day activities. The Fall Wingman Day/Robins Connect is being hosted by the 78th Air Base Wing and invites all mission partners to come out to Robins Park from 8 a.m. to 2 p.m. for fun and food.

### Road Closures

▶The following roads will be closed to support Wingman Weekend events: **Today:** Warner Robins Street from 7th Street to 9th Street (all day) 7th Street (from 7 to 9 a.m. for the Triple Ribbon Color Run). **Saturday:** Warner Robins Street from 7th Street to 9th Street (all day) Come out and join the festivities with your Wingmen and your families.

▶A military construction project will require closures of each of the gates beginning at the end of this month.

Beginning Oct. 31, the Russell Parkway Gate will be closed to both inbound and outbound traffic. The MLK Gate will be opened the same hours that Russell is normally open and will have five lanes of inbound traffic from 5:45 to 8 a.m. This portion of the project is expected to last 21 days.

▶On or about Nov. 28, the Green Street Gate will be closed to inbound and outbound traffic. The MLK Gate will be open the same hours as the Green Street Gate is normally open, with five lanes open to inbound traffic from 5:45 to 8 a.m. This portion of the project is expected to last 21 days.

▶On or about Jan. 5, the Watson Gate will be closed to inbound and outbound traffic. The MLK Gate will be open the same hours as the Watson Gate, with five lanes open to inbound traffic from 5:45 to 8 a.m. This portion is expected to take 21 days.

Motorists should plan accordingly.

▶A section of Beale Drive adjacent to Bldg. 2090 is scheduled to be closed from Nov. 11 through 20. Due to the closure, access to the buildings on the east side of base will be via Perimeter Road/Joint Stars Road around the north end of the airfield. Although construction is projected to take 10 days, it could take longer due to inclement weather or unforeseen conditions.

### Construction projects

The north side parking lot of Bldg. 210 and the south half of the parking lot located north of Bldg. 220 between Byron Street and Perry Street will be closed for resurfacing Monday through Nov. 6.

The north half of the parking lot located north of Bldg. 220 and Perry Street from 1st Street to Bldg. 210 will be closed for resurfacing Nov. 7 through 20.

The two phases of this construction project will involve repaving the existing parking lots and Perry Street. The 10 handicapped parking spaces at Bldg. 210 will be relocated.

In case of inclement weather or unforeseen conditions, work could be delayed.

If you have any questions, contact Ricky Davis, 478-327-2940 or Lorrie Simmons, 478-327-3977.

### Car Seat Safety Check

To help keep Team Robins children safe, there will be a free car seat safety check event on Thursday from 4 to 6 p.m. at the Robins Child Development Center between Bldgs. 943 and 946. Come out to learn how to properly install a car seat, check the status of your car seat to confirm it is not expired, or just to see if you have the right seat for your precious cargo.

For more information, contact the Family Advocacy Program at 478-327-8398 or email [Robins.fap@us.af.mil](mailto:Robins.fap@us.af.mil).

# AROUND THE AIR FORCE

## CSAF letter to Airmen addresses tenure focus areas

BY GEN. DAVID L. GOLDFEIN  
Air Force Chief of Staff

### Fellow Airmen,

I just completed my 3rd month as your 21st Chief of Staff and have had the opportunity to see many of you in action. I continue to be inspired by your daily contributions to the joint fight in ALL of our core missions. Thank you and your families for your continued dedication and commitment to excellence!

Today, I am releasing the second in a series of short papers that provide my thoughts and intent on the key focus areas we will address during my tenure. As with the first focus area (Revitalizing Squadrons), the second directly aligns with our strategic vision and supports Secretary James' priorities: Taking Care of Airmen; Balancing Today's Readiness with Future Modernization; and Making

Every Dollar Count.

The second CSAF focus area is Strengthening Joint Leaders and Teams ... a Combined Arms Imperative. Airpower and what our Air Force brings to the joint team is foundational to all current and future campaigns. Our ability to operate seamlessly as a joint force across multiple domains on a global scale is critical to ensuring mission success throughout the spectrum of conflict. As such, strengthening how we organize, train, and present forces to combatant commanders ... and how we build joint leaders with the tools, experience, and training to both support and lead joint teams is critical to success.



GOLDFEIN

Additional information will follow as the team lead, Brig Gen Brian Killough, develops the plan and sets future milestones. For now, I need all of us to be thinking about how our daily activities contribute to joint operations. Airmen across our Active, Guard, Reserve, and Civilian force have always been innovators – we've been breaking barriers since 1947. This is an area where our creativity will serve us well.

Thank you for your continued leadership, dedication, and excellence. While we face challenges today, they are not the worst challenges we have faced in our 69 year history ... and we follow a long line of Airmen who found opportunity in every challenge.

We remain the finest Air Force on the planet with unlimited opportunities ahead. This is now our time ... and I'm proud to serve with you as the 21st Chief of Staff. **Fight's on!**

## In Air Force News

### AF issues guidance for transgender airmen

WASHINGTON (AFNS) – Air Force officials released transgender implementation guidance Oct. 7 addressing specific procedures for transitioning and requesting an official change in gender as well as associated guidance in areas ranging from medical and privacy issues to deployments, fitness standards, and dress and appearance.

The guidance follows the secretary of defense's announcement in June, which outlined policy allowing service members to transition gender while serving and outlined responsibilities for military services and commanders to develop and implement guidance, training and specific policies.

In addition, the Defense Department created and distributed a commanders' training handbook, medical protocol and guidance for changing a service member's gender in the Defense Eligibility Enrollment System. The handbook can be found at [defense.gov](http://defense.gov).

Airmen seeking further information or having additional questions or concerns are encouraged to utilize their chain of command.

### James named honorary Tuskegee Airman

WASHINGTON (AFNS) – Air Force Secretary Deborah Lee James was named an honorary Tuskegee Airman and was presented the Tuskegee Airman red jacket during the Air Force Memorial's 10th

### This week in Air Force History



On October 13, 1972, Capt. Jeffrey S. Feinstein, USAF, a weapon system officer in the backseat of an F-4, achieved ace status by shooting down his fifth MiG-21, becoming the third and final U.S. Air Force ace of the Vietnam War.

anniversary ceremony in Arlington, Va., Oct. 14.

From the White House to Hollywood, the accomplishments of the Tuskegee Airmen and their "Red Tails" have been widely celebrated over the past 70 years.

Though the Red Tails no longer take to the skies, the Airmen who served in the once-segregated 332nd Fighter Group can now be recognized on land by their distinguishable red jackets – an item reserved only for the members of Tuskegee Airmen Inc. and those they appoint as honorary members of their elite group.

"Secretary James, just like the Tuskegee Airmen, you have been a trailblazer," said retired Brig. Gen. Leon Johnson, the president of Tuskegee Airmen Inc. "You, like them, have shown that hard work and staying on task results in success."

### Air Force approves Turkey assignment incentive pay

WASHINGTON (AFNS) – Active-duty Airmen assigned to Turkey between Aug. 29, 2016, and Dec. 31, 2018, may be eligible for the secretary of the Air Force-approved Turkey Assignment Incentive Pay.

Airmen may apply for TAIP at three points in time: prior to departing their losing station, within 30 days of arrival in Turkey, or during their date eligible for return overseas forecast and initial vulnerable to move list windows. The TAIP rate is \$300 per month.

Airmen currently serving an unaccompanied tour of 12 or 15 months, who are within 30 days of arrival and agree to serve a total of 24 months in Turkey, will receive TAIP with a payment effective date based on when the Airman elects the incentive.

Airmen currently serving an unaccompanied tour of 12 or 15 months, who have been assigned in Turkey for more than 30 days, may elect TAIP if they extend their date of estimated return from overseas, an additional 24 months past their current DEROS. They will receive



U.S. Air Force photo by Tech. Sgt. David Salanitri

## Look out below

Wings of Blue cadets practice skydiving at the U.S. Air Force Academy, Colo., hours before the Air Force took on the Navy in a football game.

TAIP beginning the first month of their 24-month extension.

Airmen that have a projected assignment to Turkey, but have not yet arrived, may request TAIP, and in turn, will serve a 24-month tour upon arrival in Turkey. They will receive TAIP beginning the date they arrive.

For eligibility criteria, application procedures and guidance on TAIP, visit myPers. From the dropdown menu, select "Any" and search "Turkey."

## COMMANDERS ACTION LINE

[robins.actionline@us.af.mil](mailto:robins.actionline@us.af.mil)

The Commanders 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 live, learn, work and play.

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

If you do contact the Commanders Action Line, please fully explain whom it is you want to recognize and why, what you have a question about, or your suggestion. Discourteous or disrespectful submissions will not be processed.

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



Col. Jeff King  
78th Air Base Wing Commander

### Customer Service Points of Contact

78th Comm Group First Response Center – 478-926-4357 or DSN 468-4357  
78th Civil Engineer Service Call Desk – 478-327-7447 or DSN 497-7447  
78th Force Support Squadron CC – 478-926-5023 or DSN 468-5023  
78th Medical Group Patient Advocate – 478-327-8475 or DSN 497-8475  
78th Security Forces Squadron CC – 478-926-3212 or DSN 468-3212  
Civilian Personnel Customer Service – 478-222-0601 or DSN 472-0601  
Comptroller Front Office – 478-926-4462 or DNS 468-4462

Family Housing – 478-926-3776 or DSN 468-3776  
Equal Opportunity – 478-926-2131 or DSN 468-2131  
Household Goods – 478-222-0114 or DSN 472-0114  
Inspector General Complaints – 478-222-0818 or DSN 472-0818  
Inspector General Inspections – 478-327-5523 or DSN 497-5523  
Sexual Assault Response Coordinator (SARC) – 478-327-7272 or DSN 497-7272  
Vehicle Dispatch (Transportation) – 478-926-3493 or DSN 468-3493

## ROBINS REV-UP



COMMANDER  
Col. Jeff King

### HOW TO CONTACT US

Robins Public Affairs  
620 Ninth Street,  
Bldg. 905  
Robins AFB, GA 31098  
478-926-2137  
Fax 478-926-9597

### 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](mailto:lanorris.askew.ctr@us.af.mil) and [vance.janes@us.af.mil](mailto:vance.janes@us.af.mil)

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

### DELIVERY

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PUBLIC AFFAIRS DEPUTY DIRECTOR  
**Faye Banks-Anderson**

COMMAND INFORMATION CHIEF  
**Geoff Janes**

EDITOR  
**Lanorris Askew**

PHOTOGRAPHERS  
**Ray Crayton**  
**Tommie Horton**  
**Misuzu Allen**

STAFF WRITERS  
**Jenny Gordon**  
**Angela Woolen**  
**Holly Logan-Arrington**



U.S. Air Force photo by TECH. SGT. REY RAMON

Crewmembers in an E-8C Joint Surveillance Target Attack Radar System aircraft pass targeted information to fighter and bomber aircraft during an exercise in the Korean Peninsula area.

## MILESTONE

Continued from A1

with the air component commander. They do pre-mission coordination with supported units on the ground, and have been involved since very early in the JSTARS mission as well.”

One area JSTARS has had heavy influence in is the U.S. Central Command’s area of responsibility. Thus far, the team has amassed over 125,000 combat flying hours in direct support of numerous operations.

Its global support of combatant commanders spans U.S. Pacific, Northern, Southern, Africa, European and Central commands. CENTCOM’S AOR covers such countries as Afghanistan and Iraq, Pakistan, Qatar, Iran and Syria.

The 7th Expeditionary Airborne Command and Control Squadron at Al Udeid Air Base in Qatar has the sole mission of conducting E-8C JSTARS missions in the CENTCOM theater, with the team flying some 3,000 combat hours this year in support of coalition operations throughout the region.

“Simply put, JSTARS finds things and solves operational problems in the air and on the ground,” said Lt. Col. William Hartman, 7th EACCS commander. “JSTARS battle managers use our ground surveillance radar to detect, disrupt and ultimately destroy Daesh forces in Iraq and Syria in partnership with our air coalition strike assets every day, while also providing support and overwatch of friendly forces in Afghanistan.”

Because the fleet of Boeing 707s was already in operation prior to being modified to its existing platform, it takes a Herculean effort by maintainers to keep it safely flying.

“Whether it’s through rain, sleet or shine, there are airmen out there 24 hours a day, seven days a week turning

wrenches; these are active duty and Air National Guard maintainers working side by side. That’s one of the benefits of total force integration, those synergistic efforts when you have seasoned maintainers alongside younger airmen,” said Col. Thomas Grabowski, 116th ACW vice commander. “Then when you have the Army as an important part of that piece, this is really a great assignment no matter what uniform you wear.”

He added, “We are busy. So the million hours translates into ‘What are we doing for combatant commanders?’ We’re out there getting it done every day of the week. We’ve not had all of our people home at Robins for over a decade – there’s always somebody on the road.”

Meeting that insatiable demand for JSTARS’ worldwide capabilities is the job of those at Robins, according to Cooper.

“Whatever number we can make available will be consumed eagerly by those combatant commanders. That aircraft has that much impact to each fight we’re in around the globe,” he noted.

Arriving at Robins in 2015 from the 607th Air Operations Center in Korea, Cooper enjoys a unique perspective of understanding how an air war is conducted to now being charged with leading an active associate wing that helps to lead that war-winning capability.

“The Air Operations Center is the command and control element that puts together an air war in order to achieve the end results of the overall commander. What is interesting to me about JSTARS is we are a smaller version of that. It is in many respects an extension of the AOC,” said Cooper.

Added Grabowski, “The key to winning wars is that the team that has the ability to cut through the fog and friction of war first will win the battle. That’s what JSTARS does – it finds problems and it solves problems, doing it in real time over the battlefield.”



## Robins Air Force Base on Facebook

Check out Robins on Facebook.

Visit [www.robins.af.mil](http://www.robins.af.mil) and click on the Facebook link.



Protect Your Personal Information

Change passwords often

Lock your computer

Cybersecurity is up to you!

## FOOD

Continued from A1

over the years. When there's food involved, it's always prepared with something extra.

"We put a little bit of our love and care into each box," said McCollum, known to everyone as 'Ms. Paula.' "I like to see people smile and to give hugs. Maybe somewhere along the line, someone might've been sad, and we made them smile for a minute."

With her voice cracking and eyes brimming with tears, Ms. Paula admits she gets emotional because her work is done with pride.

"The military is the reason why we have jobs and why we're protected every day," she said.

Inside this particular kitchen, things run a bit differently than other full-service restaurants and snack bars on base.

At least two people are always on staff, 24 hours a day, throughout the year. The kitchen has been in its current location since 1997, serving thousands of clients since.

"I've been here for almost 20 years right here in this spot, and I've met some wonderful people. Each time they take a little piece of us with them," she said.

Here for example anytime a JSTARS crew gets ready to fly a sortie for a short time or deploy, a special box lunch is prepared in advance for their trip. That's at a cost of \$4.20 per meal. And when transient aircraft make a stop on the flight line, its crews are also welcome to stop in to grab a box.

If you weren't already aware, all military members on the installation can also go through the side door to the kitchen, poke their head through a window and select one of several meals. Special groups on tour, such as visiting ROTC units or Boy Scout troops, can also get an experience of a meal, as well as mission-essential civilians such as firemen and civilian police who are on duty day or night.

If you're in uniform and walk up for a box lunch, for \$5.55, you have several options throughout the week. They also mix it up with specials on Mondays, Wednesdays and Fridays with a choice of a turkey and ham wrap, grilled chicken wrap or chicken tenders.

The daily menu includes a choice of a ham and turkey sub, tuna salad sandwich, turkey and cheese sub, ham and cheese sub, skinless chicken breast sandwich, peanut butter sandwich, chef salad or breaded chicken burger.

Once an entrée has been selected, you next have a pre-made choice of six supplements, or add-ons. Water, soda or juice is included, then you have a choice of cookies, chips and a multigrain bar, or per-

haps a fruit cup, cookies, muffin, celery and carrots, applesauce, fruit, pasta or potato salad.

Make no mistake, the ladies in the kitchen pack the food in tight from top to bottom. Especially if there's a large salad included. With salad dressing and toppings, utensils and condiments, a tightly-squeezed lid is a must.

Several freezers line the walls. One area includes pre-packaged boxes with supplements. Once you decide what entrée you'd like, a separate freezer houses individually-wrapped items, such as cheese, ham, turkey, chicken, tuna, lettuce and tomatoes and bread. These are placed into a box and you assemble a sandwich yourself so it stays fresh.

Michael Fearing, an Army veteran who now trains Army officers who fly with JSTARS, regularly chows down on sandwiches and salads from the kitchen. It's convenient, he says, and allows him to take his meal back to work and grab at items throughout a busy day. Plus service is always quick and friendly.

"I come here just about every day. It's one of the best deals on base," said Fearing, a training instructor with the 330th Combat Training Squadron.

Ms. Paula, always with a smile and encouraging word, leaves one final message.

"I don't think you'll find a better box lunch in the world because of the way we care about them," she said. "Our aim is to please."



## Thought for the Day

"Power is like being a lady... if you have to tell people you are, you aren't."

— Margaret Thatcher



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# Lighter Fare

THE ROBINS REV-UP ■ OCTOBER 21, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY

## A Robins Halloween



## 78th SFS Pumpkin Patrol set to ensure Halloween safety

BY HOLLY LOGAN-ARRINGTON  
holly.logan-arrington@us.af.mil

Robins Air Force Base has a host of goodies in store for trick-or-treaters of all ages this Halloween.

Robins' Base Chapel will host its annual **Hallelujah Night** on Wednesday, from 5:30 to 7:30 p.m. The free event will offer a trunk-or-treat, inflatables, pony rides and food. There will also be games and prizes.

Before the ghosts, goblins and other characters begin prowling the streets for treats, Robins' Fitness Center will host a **Zombie 5K-Run** on Oct. 28. Registration will be held from 4 to 5:15 p.m., with the run starting at 5:30 on Scout Lake Road.

Also on Oct. 28, from 8 p.m. to midnight, the Heritage Club will host a **Halloween party**. Festivities will include a men and women's best costume contest at 9:45 p.m., followed by a Bone-chilling Frozen T-shirt contest at 10 p.m.

The club will host **Halloween Big Bingo** on Oct. 30, at 2:15 p.m. in the Heritage Club Bingo Room.

As Halloween draws closer, the 78th Security Forces Squadron will host a **Trunk-or-Treat** for kids on base and in the local community. The event will be held Oct. 29, from 6 to 8 p.m. in the Museum of Aviation's parking lot.

"Trunk or Treat is a fun, free, and safe environment for kids to trick or treat from car to car in a parking lot instead of home to home," Staff Sergeant Samuel Harrison, noncommissioned officer in charge of 78th Security Forces Squadron's Police Services section, said. "This allows parents to take

their children to a smaller area and accomplish the same goal, while not having to walk for as long or take up as much time."

Harrison said local law enforcement has also been invited to attend, allowing Robins to foster a better relationship between base law enforcement officers and surrounding communities.

People are welcome to help hand out treats provided by 78th SFS.

"To pass out candy from your vehicle, just give us a call and we will reserve a slot for you," Harrison said. "Everyone is absolutely welcome to dress up and decorate their vehicles as well. The main rule is that if you are to pass out candy, it is absolutely unauthorized to use any candy other than what the 78th SFS gives you to pass out. No one is to bring their own candy."

For more information on the 78th SFS trunk-or-treat, call 78th Police Services at (478) 222-1980.

The 78th SFS will increase its presence throughout base housing on Oct. 29, from 6 to 8 p.m., as part of its annual **Pumpkin Patrol**.

"It will be conducted in the on base housing communities of Turner Park, Crestview Housing, and Forest Park. Anyone interested in volunteering for Pumpkin Patrol can call 78th SFS Police Services at 478- 222-1990 or 478-222-1980.

"Pumpkin Patrol is more than just kids getting candy from random houses; it's a community working together towards a goal and making it happen," Harrison said. "If you don't have kids, you can absolutely still get involved, as this is your community too; do what you can to improve it."

## Halloween Safety Tips

Being safe, and keeping children safe during Halloween isn't difficult; it just means planning ahead to avoid problems later. Do a little thinking before any costume parties or trick-or-treating, and you will be able to relax and enjoy the holiday and festivities without any stress.



### Halloween Costume Safety

Inspect costumes before buying them. When choosing a costume, stay away from long, trailing fabric to avoid tripping. For infants and young children, ensure costumes don't have choking hazards like buttons or decorations. Ensure masks have eye holes large enough to see clearly, and verify the costume has a label indicating it's fire resistant. Teach children to stay away from open flames such as candles and jack-o-lanterns to avoid costumes catching fire. Have children practice "stop-drop-and-roll" by dropping to the ground, covering their face with their hands and rolling over and over to put out flames.

### Safe Trick-or-Treating

Obviously, as much fun as trick-or-treating can be, safety must come first. Youngsters should always be given a flashlight and, preferably, some sort of reflective device or tape attached to their costume while going door-to-door. Glow sticks can be attached to costumes as an extra precaution.

Children should travel in groups, use sidewalks where provided, hold hands and go with as many adult chaperones as possible. Don't move from one house to the next until all children are accounted for. Make sure to watch the street at all times. Drivers should be on high alert Halloween night. Consider safe

alternatives to trick-or-treating like a party or trick-or-treating at the mall.

### Safe Halloween Decorating

The main thing to consider when planning your home décor is safety. According to the National Fire Protection Association, "Decorations are the first thing to ignite in 900 reported home fires each year (nfpa.org)." One common fire hazard is the traditional jack-o'-lantern. Instead of a candle, choose a battery-operated candle or glow stick. Dried flowers, cornstalks and hay bales catch fire quickly. Keep open flames and other heat sources like space heaters and light bulbs away from decorations. Ensure smoke alarms are tested prior to celebrations.

Keep exits well lit and free of obstructions. Fake skeletal arms reaching from the ground in front of tombstones may look cool, but in the wrong place they could become a tripping hazard. Fake spider webs can add haunted house appeal, but should be secured so it does not drape down and catch someone by the neck or feet.

For more information, call the Fire Prevention Office at DSN 468-2145 or 478- 926-2145.

— Courtesy Robins Fire Prevention Services and NFPA.org.

# A BETTER YOU

## I am resilient because ... *I fail well*

BY CAPT. LOUIS A. PAGANO, JR.  
Robins Suicide Prevention Program

*"I have not failed. I've just found 10,000 ways that won't work. -Thomas A. Edison.*

Thomas A. Edison, is probably most well-known for his invention of the light bulb. What many don't know is that he was a spectacular failure.

He truly understood that no great success was achieved without failure along the way. Unfortunately, not everyone will be a prolific inventor like Edison. But, if you work hard enough, you will have plenty of opportunities to fail – if you're lucky.

Failure is one of one of those uncomfortable, but necessary aspects of being a human being. Psychology lecturer at Harvard University Tal Ben-Shahar frequently tells his students, "Learn to fail or fail to learn."

Failure, he asserts, is an amazing and transformative opportunity to improve a process, become more resilient or to humble yourself in service of things worth pursuing like an education or career. But if failure is so meaningful and important, why does it get paired with fear and lead us to avoid it at all costs?

Fear of failure happens because our brain is a tool that has evolved over time to keep us safe. It's kind of like a "story-telling machine."

Its job is to try to gather information and make a story we feel obliged to pay attention to when that story pops into our head.

Our brain's objective is to use the story to help us avoid unpleasant emotions like fear or anxiety as well as dangerous situations like walking into a lion's den.

Sadly, our brain isn't focused on gathering all the information available accurately and it doesn't do a good job of thinking long-term. Another way to think



about it is, stories about failure are your brain's signal that you're trying to do something important and meaningful with your time.

We generally don't get worried about things we don't care about after all. Therefore, a key to failing well is relating to these very normal stories in different ways instead of spending all your time and energy avoiding activities and situations that cause them.

Can you think of a time where you were ready to take a risk and try something new at work or at home? Ask someone out on a date? Did you notice your brain telling you stories of how things might not work out in those situations?

Fortunately for us, we don't have to listen to our brain all the time – we are not defined by the content of our thoughts. If you'd like to get better at noticing your story, rather than being entangled in it, the following suggestions from Steven Hayes, Professor of Psychology at the University of Nevada, may help.

First, take a big breath and remind yourself that this is just a story. Observe how your story is simply just made up of pictures, words, and sounds. Despite what your brain is telling you, the story does not have to be treated as a series of threats or orders. Second, instead of focusing on how true or accurate your story is, ask

yourself what do you gain if you listen or buy into this story? Does it help you be a better person? Does it help you connect with people you care about or take effective action? If you're not answering "yes" to these questions and you've noticed this story hanging around before like a bad record on repeat then see if you can unhook from the story's impact on you by trying the following techniques.

To unhook from your story, try placing this phrase in front of difficult thoughts – "I'm having the thought that ... " To practice, try thinking a difficult thought such as, "I'll bomb this important briefing" a few times in a row. Observe how you feel and what other thoughts or images pop into your head. Then try thinking the same thought but with the new phrase in front of it a couple of times in a row. Notice a difference? If that works well for you, try these other strategies: Say the thoughts in ultra-slow motion, repeat the difficult thought over and over again for a whole minute, sing the thought to the tune of your favorite song or say the thought in a silly voice. Even though these strategies sound funny and odd, just remember what can happen when you take you story too seriously.

The more you can get a little separation from the unhelpful stories our brain sometimes tells us, the better we can learn to risk and accept failure in service of something important. This is a key component of resilience! If you'd like to learn more about struggling less with fears and worries about failure, then please consider reading "Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy" by Steven Hayes and Spencer Smith or "The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT" by Russ Harris and Steven Hayes.

**Editor's Note:** *This is the first in a series of articles on resilience.*

## Pumpkin Pie Overnight Oats

If you're like the rest of America and currently loving everything pumpkin, try out these two protein-rich breakfast ideas that are easy to prep ahead and use for the rest of the week. One cup of pumpkin contains more than 200 percent of your recommended daily intake of vitamin A, is a good source of fiber and has more potassium than a banana.

*This recipe was adapted from <http://www.ambitiouskitchen.com>*

One jar of these overnight oats has 14 grams of protein and 10 grams of fiber. You'll be full until lunch with tons of nutrition from the pumpkin and chia seeds. Enjoy this filling and tasty breakfast all week by prepping a few jars on Sunday and storing them in the fridge for easy access on those busy mornings.

### INGREDIENTS

- ¼ cup plain or vanilla Greek yogurt
- ½ cup unsweetened vanilla almond milk
- ¼ cup pumpkin puree
- 1 tbsp pure maple syrup
- ½ tsp vanilla extract
- 1 cup rolled oats
- 2 tsp chia seeds
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1/8 tsp ground ginger



### RECIPE DIRECTIONS

1. In a glass jar or container, mix together Greek yogurt, almond milk, pumpkin puree, vanilla and maple syrup until well combined.
2. Stir in oats, chia seeds and spices. Place in fridge for at least 4 hours, preferably overnight. Top with chopped nuts, cranberries or even a tablespoon of whipped cream.

## TRICARE UPDATES

►Flu mist will not be covered for the 2016-2017 Flu season based on guidance from the Centers for Disease Control and Prevention.

Effective Oct. 1, flu mist will not be covered under TRICARE and will not be available at Military Treatment Facilities. Flu shots will still be covered.

►Effective Dec. 1, CVS (including those in Target stores) will no longer be part of the TRICARE Retail Pharmacy Network and Walgreen's will become part of the TRICARE Retail Pharmacy Network.

Express Scripts Inc. will send letters to all beneficiaries who have used a CVS or Target within the past six months. Those letters will tell them what they need to do to get their medications on or after Dec. 1

This is occurring because CVS was unable to reach a new network agreement with Express Scripts.

Express Scripts, the TRICARE Pharmacy Contractor, is responsible for developing the retail pharmacy network. Walgreen's pharmacies will replace CVS pharmacies on Dec. 1.

Beneficiaries with questions or concerns regarding this change should contact Express Scripts directly at (855) 778-1417.

►Effective May 1, 2017, United Concordia will replace MetLife as the TRICARE Dental Program contractor.

Currently, some providers who participated as network providers under the MetLife contract are not participating under United Concordia. However, the list of participating providers could change between now and May 1, 2017.





U.S. Air Force photo by ED ASPERA

After 50 years away, Don Otting, former F-4 Phantom II crew chief, poses next to the aircraft he was once charged with maintaining.

## Crew chief relives heyday with F-4

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

Don Otting hasn't seen the F-4 Phantom II for about 50 years. On Oct. 3, the former crew chief was reunited at the Museum of Aviation with the aircraft he was in charge of during the Vietnam War.

"When I rotated back to the states, I had heard it had been shot down," Otting said.

In fact, it had not.

The plane, serial No. 66-7554, was at Wright-Patterson Air Force Base, Ohio, before coming to the museum in 2007.

Otting was photographed painting the second kill star on the aircraft in 1968 during Vietnam. The photograph is displayed at the museum.

"I think it's really amazing, the whole experience of being in a foreign country and being responsible for an aircraft that was going to the front line," he said.

As a crew chief, Otting was respon-



### WHAT TO KNOW

The McDonnell Douglas F-4 Phantom II is a tandem two-seat, twin-engine, all-weather, long-range supersonic jet interceptor aircraft/fighter-bomber originally developed for the United States Navy by McDonnell Aircraft.

sible for the whole plane. He was in constant communication with the pilot as to what needed to be done on the aircraft.

For him to be reunited with his plane was something he had never thought would happen.

"It was 50 years in the past, and I never thought about it. I was just an 18- to 19-year-old kid who was thrust into that situation," Otting said.

## Play it safe with cyber security

BY SENIOR AIRMAN TY-RICO LEA  
325th Fighter Wing Public Affairs

**TYNDALL AIR FORCE BASE, Fla (AFNS)** – In this day and age, hackers and scammers are finding new ways to exploit unsuspecting victims using various illegal cyber techniques.

Internet crimes like phishing, spamming, cyber terrorism, cyber bullying, online identity theft and cyber stalking have been constant concerns on the Defense Department's agenda.

Another dangerous cyber concern is sextortion, which generally refers to using sexual images (obtained either through enticement or malicious code) in order to extort money from unsuspecting victims.

"Sextortion cases are on the rise worldwide and there have been reports of DOD personnel being targeted," said Scott Mills, the Air Force Office of Special Investigations Detachment 223 commander. "Internet sites such as Facebook and dating sites have been used to target individuals."

The Justice and State Departments identified online dating and romance scams as a significant concern to all U.S. citizens.

The majority of victims are young men – or in the case of the military, junior enlisted service members – who are away from home and maintain an active online footprint that includes publicly viewable profile information.

According to a previously published Air Force Office of Special Investigations report on sextortion, it is not known how many DOD personnel have been victimized by this type of scam, though in November 2012, the security team for Facebook identified a major sextortion ring operating out of the Philippines.

The ring, involving 21 employees of a Philippines-based web portal solutions company, reportedly targeted hundreds of U.S. Army and Navy



members for a period of more than a year.

The numbers have grown since it was first brought to the agency's attention.

"While there are almost certainly more Air Force victims of sextortion," Mills said. "AFOSI has documented approximately 40 victims of sextortion in the past three years, totaling approximately \$14,000 in losses."

DOD members could pose a target for online criminals because they may be perceived as more vulnerable to blackmail and extortion.

"The DOD and the Air Force have online computer-based training that focus on cybersecurity and AFOSI created a cybersecurity sextortion pamphlet to address the dangers of sextortion, how to identify sextortion and how to report it," said Linda Card, an Air Force Office of Special Investigations spokesperson.

All DOD members should be vigilant in protecting their personal information and limit what information they divulge on social networking sites.

If you or someone you know identifies suspicious activity or is being targeted, cease all communication with the individual and contact your command and your local AFOSI detachment. You may also call the AFOSI hotline at 1-877-246-1453.

Additionally, victims of these scams can file a complaint with the Internet Crime Complaint Center, a joint task force established between the FBI and the National White Collar Crime Center, at [www.IC3.gov](http://www.IC3.gov).

## HAPPENINGS/SERVICES

FRI SAT SUN MON TUE WED THUR  
21 22 23 24 25 26 27

### ON TAP

#### Triple Ribbon 5K Color Run

Today  
8 a.m.  
Fitness Center  
For details, call DSN 468-2128.

#### Fried Catfish Buffet

Today  
11 a.m. to 1 p.m.  
Heritage Club Lounge  
\$8.95 all you can eat  
\$7.50 per person  
For details, call DSN 468-2670.

#### Tips from the Pro

Tuesday  
5 to 6 p.m.  
\$5 for unlimited balls  
Pine Oaks Golf Course  
For details, call DSN 468-4103.

#### Beginners Frame Class

Tuesday and Thursday  
6 to 9 p.m.  
Arts and Crafts Center  
\$20 per person  
For details, call DSN 468-5282.

#### Zombie Run 5K

Oct. 28  
Register from 4 to 5:15 p.m.  
Race starts at 5:30 p.m.  
Trap and Skeet Range  
Open to all Robins personnel  
For details, call DSN 472-7681.

#### Last Friday

Oct. 28  
\$250 Club Card drawing for members present at 5 p.m.; \$250 Club Card drawing for members present at 7 p.m.

Heavy Hors d' oeuvres from 4 to 6 p.m.  
Jazz Band from 5 to 8 p.m.  
For details, call DSN 468-2670.

#### Halloween Big Bingo

Oct. 30  
2:15 p.m.  
More money game and door prizes  
Heritage Club Bingo Room  
For details, call DSN 468-4515.

#### Robins AFB Trap and Skeet Range Fall Trap League

Oct. 30  
Robins Skeet Range  
New shortened six-week league format  
\$12 per week  
(two Rounds at \$6 each)  
For details, call 478-955-3255.

#### Job Fair

Nov. 9  
10 a.m. to 2 p.m.  
Heritage Club  
For details, call DSN 468-6559.

#### Twilight Rates

Every day  
After 4 to 7 p.m.  
Pine Oaks Golf Course  
Play 18 holes with cart  
\$20 per person.  
For details, call DSN 468-4103.

#### Afterburner

**October Special**  
5:30 a.m. to 1 p.m.  
Base Restaurant, Bldg. 166  
Hot or Cold French Vanilla  
For details, call DSN 472-7827.

## Airman & Family Readiness Center Classes, workshops & seminars

#### ►Pre-Separation Briefing

(retirees)\* – Oct. 25, from 8 a.m. to noon

#### ►VA Benefits Briefing\*

Wednesday, from 8 a.m. to 3 p.m. in Bldg. 905.

#### ►Tips on Writing a Federal

Resume – Thursday from 8 to 10 a.m.

#### ►Educational Track\*

– Thursday and Oct. 28, from 8 a.m. to 4 p.m. (Call Ron Smith 478-327-3410 to register).

#### ►DAV Medical Records Review

– Appointments only. Call DSN 472-4146.

#### ►Department of Labor –

Wednesdays, from 8 a.m. to 4:30 p.m.

#### ►Military and Family Life

#### Counseling – Mondays through

Fridays, from 8 a.m. to 8 p.m.

#### ►Pre-Deployment Briefings\*

– Tuesdays and Thursdays, from 1 to 2 p.m.

#### ►Survivor's Benefit Plan –

Mondays through Fridays, appointments only from 7:30 a.m. to 4 p.m.

#### ►CAPSTONE appointments –

Every Thursday afternoon at 1 p.m., 2 p.m. and 3 p.m.

*Editor's Note: All classes require pre-registration.*

*For more information, call DSN 468-1256, commercial 478-926-1256, or visit Bldg. 794 Mondays through Fridays from 7:30 a.m. to 4:30 p.m. \* Denotes military spouses are welcome.*