

ROBINS REV-UP

OCTOBER 27, 2017

SUCCESS HERE = SUCCESS THERE!



T R I C A R E

Changes are coming; are you ready?

ROBINS REV-UP

SUCCESS HERE = SUCCESS THERE!



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NIGHT OF THE LIVING DEAD

The base Fitness Center will be hosting it's annual Zombie Run tonight! Are you up for the challenge?

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A number of activities are being conducted to celebrate Fall, Halloween.

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SOMEONE TO BELIEVE IN

Once-homeless airman's story of determination, hard work.

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ON THE COVER

Several changes are coming to TRICARE. Are you ready to take control of your health plan? See page 3. (Shutterstock photo illustration)

COMMANDER'S ACTION LINE

ROBINS.ACTIONLINE@US.AF.MIL DSN 468-2886

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.

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 ABW Safety Office — 478-926-6271 or DSN 468-6271

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

SUBMISSION GUIDELINES

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication. They should be emailed to 78abw.pa.office@us.af.mil

Submissions should be of broad interest to the base populace. For information, call 478-926-2137.

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The appearance of hyperlinks, does not constitute endorsement by the Department of Defense, Department of the Air Force.

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TRICARE changes coming

By **EMILY M. LORETZ**

Robins AFB Tricare Beneficiary Services chief

Changes are coming to your TRICARE benefit beginning Jan. 1, 2018. These changes will give you more benefit choices, improving your access to care, simplifying cost shares and allowing you to take command of your health.

“Taking command of your health means empowering you to make the right health care and coverage choices for you and your family,” said Col. Christine Berberick, 78th Medical Group commander. “Leading up to Jan. 1, 2018, we’ll connect you with TRICARE resources to navigate your benefit questions.”

The best way for you to prepare now is to [update your information in DEERS](http://www.tricare.mil/changes), sign up for TRICARE benefit updates and visit TRICARE Changes (www.tricare.mil/changes).

Region Consolidation

Currently, there are three TRICARE regions in the United States: North, South and West. The North and South regions will combine on Jan. 1, 2018 to form [TRICARE East](#), while TRICARE West will remain mostly unchanged. Two new contractors, Humana Military and Health Net Federal Services, LLC, will administer these regions. This change will allow better coordination between the military hospitals and clinics and the civilian health care providers in each region.

TRICARE Select

On Jan. 1, 2018, TRICARE Select will replace TRICARE Standard and TRICARE Extra both stateside and overseas. Stateside, TRICARE Select will be a self-managed, preferred provider network option. You will not be required to have a primary care manager (PCM) and therefore you can visit any TRICARE-authorized provider for services covered by TRICARE without a referral. If you live overseas, TRICARE Overseas Program Select will be a preferred provider organization-styled plan that provides access to both

network and non-network TRICARE-authorized providers for medically necessary TRICARE covered services. TRICARE Select adopts a number of improvements, including additional preventive care services previously only offered to TRICARE Prime beneficiaries.

TRICARE Prime

[TRICARE Prime](#) is a managed care program option. An assigned PCM provides most of your care. When you need specialty care, your PCM will refer you to a specialist. Active duty service members and their family members do not pay anything when referred to a network provider by their PCM. All others pay annual enrollment fees and network copayments.

Enrollment

All current TRICARE beneficiaries will transition to their respective TRICARE plan on Jan. 1, 2018 as long as they are eligible. TRICARE Prime enrollees will remain in TRICARE Prime. TRICARE Standard and TRICARE Extra beneficiaries will be enrolled in TRICARE Select. During 2018, you can continue to choose to enroll in or change coverage plans.

In fall 2018, TRICARE will introduce an annual open enrollment period. During this period, you will choose whether to continue or change your coverage for the following year. Each year, the open enrollment period will begin on the Monday of the second full week in November and run through the Monday of the second full week in December.

Are You Ready? Take Action Now

You can begin to prepare for the upcoming changes now by:
Signing up for a DS Logon <https://www.dmdc.osd.mil/>.
Updating your personal information in DEERS.

This is your benefit – take command! Stay informed with the latest information. In the coming months, more information will be available at www.tricare.mil/changes. To stay informed, sign up for email alerts. You can also get alerts by signing up for [eCorrespondence in milConnect](#).

By staying informed, you’ll be ready for a smooth transition with TRICARE.



ZOMBIE RUN TONIGHT

TEAM ROBINS GETS DRESSED UP FOR DATE WITH WALKING DEAD

By HOLLY LOGAN ARRINGTON
Robins Public Affairs



Some folks at Robins Air Force Base will be running for their lives tonight. But it's not what you think. The Fitness Center's Oct. 27 Zombie Run is set to start at 5:45 p.m. today at the Pine Oaks Golf Course.

Kenya James, a recreation assistant at Robins' Fitness Center, said runners will try to outrun zombies rather than the traditional means of racing.

"Our runners aren't running against a clock, they're running from brain-hungry, virus-spreading, bloody zombies," she said. "This event gives parents and their children the opportunity to participant together as racers or they can put on the makeup and participate as our Zombies.

"The running course will be filled with scary and creepy props and

divided up into three infected level areas: Red - Heavily Infected, Amber - Low Infected and Green - Safe Zone."

Before the race, participants will be given a flag belt, just like those used in the game of flag football. These flags represent runners' health.

There are a few guidelines for those who are looking to participate. They are:

- The zombies want to take the flags and maybe eat brains.
- If they lose all their health flags, they will be considered "Infected" at the finish line.
- If they finish with at least one flag, they will be considered a "survivor" at the finish line.

Open to all of Robins and their families, James said the run should be good fun for all.

"The Fit Families Zombie Run is a great way for families to experience the obstacle race craze together," James said. "This will be an apocalyptic immersive experience."



Team Robins gets ready for Halloween

By HOLLY LOGAN-ARRINGTON
Robins Public Affairs

The time is drawing near for ghosts, goblins and all things that many fear.

From trunk-or-treats to keeping everyone safe on the streets, Halloween information is all here.

78th SFS Trunk-or-Treat Oct. 31

The 78th Security Forces Squadron at Robins is giving kids a way to get Halloween treats safely.

On Oct. 31, from 5 to 7 p.m., volunteers will dress in their favorite Halloween attire and park their decked-out vehicles to hand

out pre-approved candy provided by the 78th SFS at the Museum of Aviation.

Staff Sgt. Samuel Harrison, Police Services' noncommissioned officer in charge, said the event lets kids enjoy trick-or-treating without parents worrying if they're safe.

"We were looking to create something that would make parents feel more comfortable about taking their child or children around on Halloween," he said.

Harrison said the event gives kids and parents a positive experience with law enforcement in a fun and safe environment.

If you would like to reserve a slot to pass out candy, give 78th SFS Police Services a call at 478-222-1980 or email 78SFS TrunkorTreat@gmail.com.

For more information, visit the 78th SFS' Facebook Page or call Police Services at 478-222-1980.

78th Security Forces Pumpkin Patrol

Trick-or-treating at Robins isn't as scary for kids and parents thanks to the 78th Security Forces Squadron.

The squadron will be out in full force Oct. 31, from 6 to 8 p.m. in the on base housing communities of Turner Park, Crestview Housing, and Forrest Park.

Harrison said the entire goal is to foster a *safer environment for children* to have fun.

"Pumpkin Patrol is more than just kids getting candy from random houses; it's Robins AFB'S law enforcement doing what it can to make Halloween safer," he said. "We want people to know that we are out there, day and night, so they can sleep soundly and safely."

For more information, call 78th SFS Police Services at 478-222-1980.



WHAT TO KNOW:
Team Robins will observe trick-or-treating, along with Warner Robins, Centerville, Byron, and Perry, on Oct. 31, from 6 to 8 p.m.

Someone to believe in ...

Determination, selflessness and skill on the court earn once-homeless airman a spot on All-Air Force Basketball team

By STAFF SGT. CAILA ARAHOOD

116th Air Control Wing Public Affairs



(U.S. Air National Guard photo/STAFF SGT. CAILA ARAHOOD)

At 5 feet 11 inches tall, most people wouldn't be surprised to find out she was once a professional basketball player. But, there's more than meets the eye when it comes to this Air National Guardsman.

Staff Sgt. Charmaine Clark, a 116th Maintenance Squadron non-destructive inspection technician with the Georgia Air National Guard's 116th Air Control Wing, has faced some challenges in her life; however, she has overcome them and directed her life-experiences and life-lessons into helping and inspiring others.

The attention-to-detail, discipline and selflessness she learned on the basketball court has been an asset to her fellow Airmen and the All-Air Force Women's Basketball Team. She has also helped her friends, family and those she serves in the community through a non-profit organization she developed.

"My main mission is community outreach and youth mentorship," said Clark.

Recently, Clark organized a "Back-to-School Bash" in her hometown of Hinesville, Georgia, where she hosted a basketball clinic and along with other volunteers gave out more than 120 book bags full of school supplies and dozens of pairs of shoes to children less-fortunate.

"I try to bring a lot of my peers and younger kids along with me to a lot of the events I do so they can see that this world is bigger than

them," she said. "People have a lot going on in their lives that you may not see, but you can be there to help them through."

Her supervisor, Master Sgt. Herbert Tilley, said Clark's efforts certainly have an impact.

"Charmaine's actions bring about change both for society and those around her," he said. "Without a doubt, she's a catalyst for good that others see, and they want to be a part of it."

Brandi Lewis, Clark's friend and former Robins Air Force Base intramural basketball teammate, is one of those people.

"I've attended several of Charmaine's community events and not only is it a blessing to those she's helping, but also inspiring for her friends and family," Lewis said. "She inspires those around her to better themselves and to go out and make a difference."

In 2011, Clark enlisted in the Georgia Air National Guard following her basketball career at the University of Miami and after a year playing professionally in Iceland.

Influenced by both her parents' service in the Army, and seeking a structured and stable lifestyle, Clark decided the military offered a chance to do something even greater with her life.

"At the University of Miami, I majored in business administration," said Clark. "When I joined the Guard, I wanted something different and challenging, so I chose maintenance."

"Throughout my service in the military, I've learned how important my job is to the Air Force as a whole and that my job is much bigger than

me," she added.

While Clark became qualified in her Air Force career field, she returned to her roots and began playing basketball for the Robins Air Force Base women's intramural team.

With the encouragement of her squadron leadership, she earned a spot on the All-Air Force Women's Basketball Team and represented the Air National Guard during the 2016 Armed Forces Tournament. Averaging 16 points a game, she helped her team to a third place finish.

Her determination, selflessness and skill on the court earned her the opportunity to return and play for the All-Air Force team.

"On the court, she's determined and focused," said Lewis. "She always remains uplifting to her fellow teammates and is the epitome of a wingman and role model to those around her. Everything she does is from her heart."

According to Clark, some of her drive to live out her motto, "Leave Your Mark," comes from a difficult time in her life.

"Based on some of my own personal decisions and some unforeseen circumstances, I was homeless for a period of time in my adult life," said Clark. "I've also been robbed."

"I try to do whatever I can to give people hope and let them know they can become anybody and do anything, and no matter what their circumstances or environment they can still become a better person through it all," said Clark.

Things may change, but message is the same



By COL. LYLE DREW

Robins Installation Commander

Regardless whether you've been at Robins for one day or five years, chances are you've seen one of the Air Force blue signs around base with the slogan "Keep Calm and Airman On."

But, do you know what it means?

It was a message we launched over a year ago, when opinions on politics, national security, equality and patriotism caught many people's attention.

We all have strong beliefs, and they make us unique. However, they don't have to result in conflict.

In the end it comes down to mutual respect. Listening, truly listening, to other people's points of view and respecting every

individual's right to have those beliefs is essential. What makes us great is the fact that we come from different places ... that we have different backgrounds ... belief systems and ideals. We may not agree and that's OK, but how we deal with that is even more important.

There is a meme on social media right now that states 10 percent of conflicts are based on disagreement, the other 90 percent result from tone of voice.

There's a lot of truth to that.

Now more than ever, we need to respect one another. It's through discussion and thoughtful debate that we're able to move forward. Honest and respectful conversation helps us to see issues from other people's perspectives. It helps us understand our differences even if we can't agree on everything.

The one thing that does bind us as Airmen, military and civilian, is the mission and service members we support. We support something bigger than ourselves in defense of our Nation. I think that is something we can all agree on.

So, Keep Calm and Airman On!

No matter how hard the winds blow ...
No matter how tough the challenge ...

Like steel, I rise.

If you need help, it's only a phone call away

Finances & Work-Life Balance — 478-926-1256

Work, personal or Family Issues — 800-222-0364

Work Stress, Psychological Issues — 478-327-9803

Mental Health & Substance Abuse — 478-922-4281

78th MDG Mental Health Clinic — 478-327-8398

Suicide Prevention Lifeline — 800-273-8255

Sexual Assault & Victim Advocacy — 478-926-2946

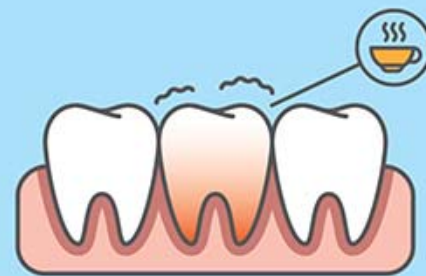
Sensitive Information



Sour sensitive



Cold sensitive



Hot sensitive

78TH DENTAL CLINIC

Tooth Sensitivity is one of the most common complaints among dental patients. One in five people in the United States experience dentin hypersensitivity.

What is tooth hypersensitivity?

Tooth hypersensitivity can be defined as short, sharp pains that come from exposed root structure. Individuals with sensitive teeth may find that the pain can be triggered by hot, cold, sour, or sweet beverages or foods, forceful brushing or flossing or even by cold air.

What causes the sensitivity?

Tooth sensitivity is caused by the movement of fluid within tiny tubes (pores) located in the layer of tooth below the enamel, which results in nerve irritation. When the hard enamel of a tooth is worn down or gums have receded, the surfaces of these tiny tubes can become exposed resulting in pain while eating or drinking certain food, such as ice cream or hot coffee.

How can I avoid tooth hypersensitivity?

Excessive consumption of acidic beverages, such as orange juice, cola or even the latest trend of a shot of vinegar can wear down hard enamel and put you at risk for hypersensitivity. Limiting your consumption of acidic foods and beverages can prevent erosion of hard enamel. Abrasion of the enamel from aggressive brushing can also lead to hypersensitivity.

What can I do to prevent pain?

Using a soft-bristled toothbrush and brushing with small circular motion will minimize enamel abrasion. Using toothpaste for sensitive teeth can protect exposed root structure by blocking the tubes (pores) connected to nerves. Drinking water and chewing sugar-free gum can neutralize the mouth. Notify your dentist if you experience tooth sensitivity. He or she can monitor the condition and can help remedy the sensitivity.





WORKLIFE4YOU

Protect yourself

The holidays are about to hit in full force. Shopping, dining, and entertainment will be at the forefront of many calendars and with those activities comes the increase chance that someone else will have a good holiday season, compliments of your name and identify theft. Check out some easy ways to protect your credit and finances with EAP's October campaign, Identity Theft: Don't Let it Happen to You.

The hustle and bustle of the coming months can also play havoc with your calendar and the ability to carve out time for...anything. October's Worklife4You focus is about finding balance amidst everything that consumes the day. From time management to assistance finding childcare, Worklife4You can help give you a hand in reclaiming and enjoying lost time.

Call 1-800-222-0364 or connect via www.FOH4YOU.com and www.Worklife4You.com.

ACCESS TO SERVICES 24 HOURS A DAY

1-800-222-0364 (TTY: 1-888-262-7848)

EAP www.foh4you.com <<http://www.foh4you.com>> / WorkLife4you www.worklife4you.com

NOTE: To register for a WorkLife4You account, click "Start Now" and use Registration Code: AFMC.

What's Happening

78th FSS

Beginner Framing Class

Part 1: October 24

Part 2: October 26

6 to 9 p.m.

Two three-hour sessions

\$20 per person

Arts & Crafts - 478-926-5282-7864 or

DSN 468-5282

Ladies Day at Pine Oaks

Every Wednesday

9 a.m. & 4 p.m.

Members pay their regular rate

Non-Members Ladies golf for \$12 for nine holes or \$24 for 18.

Pine Oaks Golf Course, 478-926-4103

Friday Special at the Base Restaurant

Fried Catfish, Hush Puppies, Vegetable & Cole Slaw or Potato Salad \$6.50

At the Base Restaurant Bldg. 166, 478-222-7827 or DSN 472-7827

Tuesday Special at the Base Restaurant

Grilled Steak or Chicken Breast, Baked Potato w/Sour Cream & Butter, Vegetable & Roll, \$8 478-222-7827.

Friday Special at Pizza Depot

Two fried catfish filets, hush puppies, vegetables & mac 'n cheese \$6.95

11 a.m. to 1 p.m.

Pizza Depot 478-926-0188 or DSN 468-0188

Mondays Dinner Specials at Pizza Depot

16" Cheese Pizza \$7.95

After 6 p.m. and Dine-in Only

Pizza Depot, 478-926-0188 or DSN 468-0188

Curb Side Dinner to Go

Call in your order by noon each day

and pick up between 3:30 to 6 p.m.

at the drive thru in front of Heritage club

12-Piece Mixed Chicken with Large Mash Potato & Gravy and green Beans \$21.95

Eight Chicken Fried Steaks with Large Mash Potato & Gravy and green Beans \$19.25

16-inch Meat Lover Pizza with Pasta & Marinara Sauce and six Pieces Garlic Bread

\$19.95

Pizza Depot, 478-926-0188 or DSN 468-0188

Karaoke & Club Mug Night (Club Mug Only)

Every Thursday

5 to 8 p.m.

\$1 Domestic Draft Beer

Heritage Club Lounge, 478-926-2670 or DSN 468-2670

Receive Giveaways, Discounts & Event Reminders

Text "Robins" To "87365"

Select as many or all of the

FSS facilities

FSS Marketing Office - 478-926-6559

or DSN 468-6559

Ladies Day at the Pine Oaks

Every Wednesday

9 a.m. & 4 p.m.

Members pay their regular rate

Non-Members Ladies golf for \$12 for nine holes or \$24 for 18.

Pine Oaks Golf Course - Comm. 478-926-4103 or DSN 468-4103

Splash Pad Hours of Operation

Monday, Tuesday & Thursday through Sunday 10 a.m. – 8 p.m.

Wednesday Closed

Outdoor Recreation - 478- 926-4001

or DSN 468-4001

Afterburner September Specials (We proudly Brew Starbucks Coffee)

Iced Coffee Ole'

At the Base Restaurant Bldg. 166 - 478-222-7827 or DSN 472-7827

Monday – Friday 5:30 a.m. to 1 p.m.

Pizza of the Month at the Pizza Depot

The Big Kahuna \$15

18" Pizza with Three Topping

Pizza Depot - 478-926-0188 or DSN 468-0188

Thunder Alley

Friday Nights 9 – 11 p.m.

Adults \$10 / Child 12 & Under \$5

Bowling Center - 478-926-2112 or DSN 468-211



Veterans Day Holiday Hours

	Holiday Nov. 10	Nov. 11	Nov. 12	Nov. 13
Fairways Grille	Closed	7 to 10:30 a.m.	7 to 10:30 a.m.	Normal
Golf Course	7 a.m. to 5 p.m.	7 a.m. to 5 p.m.	7 a.m. to 5 p.m.	7 a.m. to 5 p.m.
Bowling Center	11 a.m. to 11 p.m.	11 a.m. to 11 p.m.	1 to 8 p.m.	11 a.m. to 8 p.m.
Library	Closed	Closed	Closed	Normal
CDC West	Closed	Closed	Closed	Normal
CDC East	Closed	Closed	Closed	Normal
Youth Center	Closed	Closed	Closed	Normal
Main Fitness Center	8 a.m. to 4 p.m.	8 a.m. to 4 p.m.	8 a.m. to 4 p.m.	Normal
Annex Fitness center	(24 Hr Access)	(24 Hr Access)	(24 Hr Access)	(24 Hr Access)
MPS				
	Holiday Nov. 10	Nov. 11	Nov. 12	Nov. 13
Heritage Club				
Lounge	Closed	Closed	Open	Open
Bingo	Closed	Closed	Open	Open
Pizza Depot	Closed	Closed	Open	Open
Pool Snack Bar	Closed	Closed	Closed	Closed
Heritage Pool	Closed	Closed	Closed	Closed
Outdoor Rec	Closed	Normal	Closed	Normal
FamCamp	Closed	Closed	Closed	Normal
Skeet Range	Normal	Normal	Normal	Normal
ITT	Closed	Normal	Closed	Normal
Arts & Crafts	Closed	Normal	Closed	Normal
Aero Club	Closed	Normal	Normal	Normal
NAF AO				
Marketing	Closed	Closed	Closed	Open
NAF HRO	Closed	Closed	Closed	Open
A&FRC	Closed	Closed	Closed	7:30 a.m. to 4:30 p.m.
Civilian Personnel Customer Service	Closed	Closed	Closed	Normal
Education and training	Closed	Closed	Closed	Normal
	Holiday Nov. 10	Nov. 11	Nov. 12	Nov. 13
Wynn Dining Facility				
Breakfast	Brunch 6 a.m. to 1 p.m.	Brunch 6 a.m. to 1 p.m.	Brunch 6 a.m. to 1 p.m.	6:30 to 8:30 a.m.
Lunch	Brunch 6 a.m. to 1 p.m.	Brunch 6 a.m. to 1 p.m.	Brunch 6 a.m. to 1 p.m.	11 a.m. to 1 p.m.
Dinner	4:30 to 6:30 p.m.	4:30 to 6:30 p.m.	4:30 to 6:30 p.m.	4:30 to 6:30 p.m.
Flight Kitchen	24/7	24/7	24/7	24/7



Veterans Day

	Nov 9	Holiday Nov. 10	Nov. 11	Nov. 12	Nov. 13
After Burner	5:30 to 10:30 a.m.	Closed	Closed	Closed	Normal
Cafeteria	Closed	Closed	Closed	Closed	Normal
Fast Food (Limited)	6 a.m. to 12:30 p.m.	Closed	Closed	Closed	Normal
Mobile 2	Closed	Closed	Closed	Closed	Normal
Mobile 3	Normal	Closed	Closed	Closed	Normal
Mobile 4	Normal	Closed	Closed	Closed	Normal
Mobile 5	Normal	Closed	Closed	Closed	Normal
Mobile 6	Normal	Closed	Closed	Closed	Normal
91	Closed 1 p.m.	Closed	Closed	Closed	Normal
91 Nights	Closed	Closed	Closed	Closed	Normal
645	Closed	Closed	Closed	Closed	Normal
640	No Deli Closed 1 p.m.	Closed	Closed	Closed	Normal
376	Closed	Closed	Closed	Closed	Normal
125	Closed 1 p.m.	Closed	Closed	Closed	Normal
125 Nights	Closed	Closed	Closed	Closed	Normal
300 Hallway	Closed	Closed	Closed	Closed	Normal
301	No Deli Closed 1 p.m.	Closed	Closed	Closed	Normal
140	No Deli Closed 1 p.m.	Closed	Closed	Closed	Normal
300 Foyer	Closed 1 p.m.	Closed	Closed	Closed	Normal
210	No Deli Closed 1 p.m.	Closed	Closed	Closed	Normal
QUICK TURN	No Deli Closed 1 p.m.	Closed	Closed	Closed	Normal



Parting Shot

Janice Ethridge, Robins Air Force Base Frame Shop manager, folds a full-size flag into a shadow box display. The frame shop is part of the base Arts & Crafts Center and offers services that range from framing classes to a 'photo to painting' option. Ethridge said the shop offers more crafts amenities than what you can get downtown, and if you have access to the base then you're welcome to come in and explore your creative side. The staff can usually turn a project around in about a week, and all work is done on site from a selection of thousands of frame moldings. Hours are Mondays through Fridays from 8 a.m. to 5 p.m., and offers occasional after-hours framing classes. For more information, call Arts & Crafts at 478-926-5282. (U.S. Air Force photo/JONATHAN BELL)