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'Making Tomorrow Better than Today'

March 11, 2016 Vol. 61 No. 10

Robins continues to ensure air power for AFSOC

ROBINS REV-UP

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

'Team Robins - Performing to Our Potential'

Returning air power as quickly as possible to the warfighter – that's the goal of the C-130 Air Force Special Operations Command Acceleration Team here.

Following the successful delivery of an AC-130U gunship in February, a dedicated team of 50 maintenance professionals in the C-130 AFSOC Acceleration Flight forged ahead with two additional aircraft currently on station.

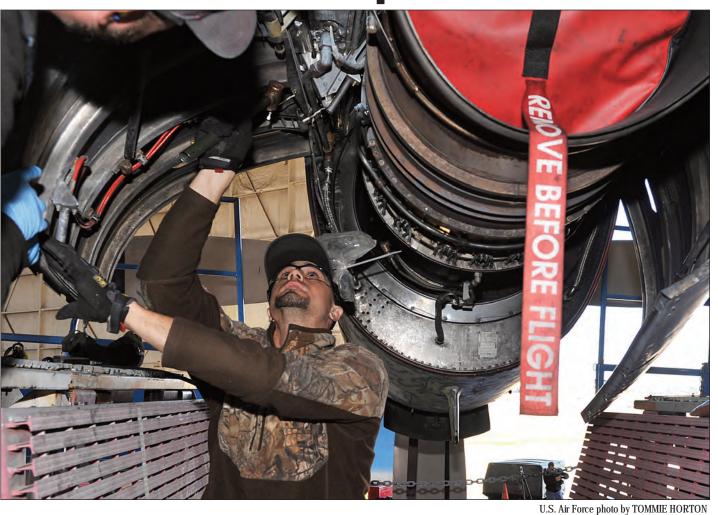
A total of six AFSOC planes are scheduled for accelerated programmed depot maintenance at Robins in fiscal 2016. One has been delivered. The first of three MC-130H Combat Talons and a second gunship are currently here.

These high-demand aircraft are a direct result of a team effort that once again showcases that *Success Here = Success There*!

At Hurlburt Field, Fla., home to AFSOC and the 1st Special Operations Wing, since the first aircraft left Robins, it's being further prepared prior to its departure for operational use.

Having the aircraft back at home station earlier than the original sched-

► see GUNSHIP, A8



Philip Blackwell, 560th Aircraft Maintenance Squadron sheet metal mechanic, attaches an Air Force Special Operations Command MC-130H's clam shell door with the assistance of fellow mechanic Brian Tindall.

2016 PEO&RO to highlight requirements,

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

Senior leaders from Air Force Materiel Command will participate in the annual 2016 Program Executive Officer Review and Outlook on March 24 at the Museum of Aviation's Century of Flight Hangar.

"The Program Executive Officer Review and Outlook provides businesses that support Robins Air Force Base and our local community with an opportunity to hear directly from Air Force senior leadership on the trends in Air Force acquisition, their portfolio plans and the future aerospace environment," said Tony Baumann, Contracting director at Robins. "The event is well supported by industry, and is a highlight in our outreach program to keep businesses aware of new opportunities that will benefit them, the community and the Air Force," he added.

Several program executive officers are scheduled to provide an overview of their respective portfolios, as well as projected future business opportunities.

They include: Brig. Gen. Shaun Morris, Armament; Brig. Gen. Eric Fick, Fighter/Bomber; Kevin Buckley, Mobility; Steven Wert, Battle Management; Lynda Rut-

acquisition

ledge, Agile Combat Support; Col. Michael Schmidt, ISR/SOF; Col. Eric Forsyth; USSOCOM FW; and Ran-

▶ see PEO&RO, A7



U.S. Air Force photo by TOMME HORTON Francesco Kozerski, Global Web Advisors, sets up his camera to capture interior and exterior images at the Museum of Aviation. The photos will be used to create a 360-degree virtual tour of each building. See related Museum of Aviation story on page A3.

MUSEUM GETS ITS Google ON

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

he Museum of Aviation is going virtual – on Google, that is. Using technology designed by NASA for the space station, Francesco Kozerski from Global Web Advisors spent two full days documenting the inside and outside of each building.

"We're doing this project on a completely voluntary basis," he said.

Kozerski comes from an Air Force family. His father and grandfather both served with the latter serving in Vietnam.

"I grew up going to this museum," he said.

Now, as the co-founder of the company, he is able to give back by making a complete virtual tour of the museum.

Not only is it a tour, but also a 360-degree virtual reality compatible product which can be used with a cardboard viewer as well as apps on mobile devices to make it seem like a person is walking through the museum.

Moving the phone up, down or sideways moves the screen.

The set up to take the photos for the tour looks simple. Armed with only a camera and a tripod, it looks like an ordinary photo shoot.

▶ see GOOGLE, A7

FRIDAY FLYBY: Calling all photogs! www.facebook.com/robinsearthdayphotocontest/

Daylight Savings Time begins Sunday

The return to Daylight Savings Time will occur Sunday at 2 a.m. Clocks will be set forward one hour. Employees working when time "springs forward" to daylight savings time will be credited with the actual number of hours worked. Any time worked in excess of eight hours will be paid at the appropriate overtime rate or as compensatory time. For more information, contact Employee Relations at 478-926-5802 or 926-0677.



Celebrating Diversity: Women's History Month

Women's History Month is an annual celebration of achievements by women and the central role they have played in history.

Mary Anderson, born in Greene County, Alabama, at the start of Reconstruction in 1866, was an American real estate developer, rancher, viticulturist and inventor. In November 1903 Anderson was granted her first patent for an automatic car window cleaning device controlled inside the car. It was called the windshield wiper.



Anderson

Weekend Weather Friday 85/59





"Alert today, alive tomorrow."

A2 THE ROBINS REV-UP MARCH 11, 2016

SECOND FRONT



Matthew stricter, a federal sales director for an Austin, Texas firm explains his company's equipment to members of the 52nd Combat Communications Squadron Wednesday during the 2016 Robins Technology Expo. Straiter's company was one of more than 20 exhibitors at the Heritage Club providing hands-on demonstrations of various technologies. The free event was hosted by the 402nd Software Maintenance Group.



U.S. Air Force photo by RAY CRAYTON

ID card process made easier through Lean event

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

When DEERS, the Defense Enrollment Eligibility Reporting System, went down last summer, wait times to get a Common Access Card were several hours long.

"We recognized that our customers were frustrated, and we needed to make improvements," said 1st Lt. Somer Lopez, 78th Military Personnel Section Customer Support chief.

To fix the situation, a Lean event was held late last year to determine how to better serve customers by reducing wait times and making the whole process easier.

According to www.lean.org, lean is a way of streamlining processes to improve customer service and evaluates each step of the process.

"A lean organization understands customer value and focuses its key processes to continuously increase it," the website said.

Understanding that it was not meeting customer needs is what prompted the CAC office to start assessing its methods.

One of the biggest actions that the staff realized was walk-in appointments can't be controlled. That's why a push toward the online appointment scheduler is so important.

"It makes our customer traffic more predictable so we have a better idea of how to schedule the day," said Master Sgt. Pamela Taylor, Superintendent, Customer Support and Career Development. Not only can people access the site on Robins, they can access it from anywhere. That helps with spouses and other sponsored individuals who need to schedule appointments.



U.S. Air Force photo by RAY CRAYTON

Karen Mallonee, 78th Force Support Squadron Human Resource technician, assists a customer at the Common Access Card Customer Service Desk.

WHAT TO KNOW

To schedule an appointment or for a list of the required documents, visit the following website: https://rapids-

appointments.dmdc.osd.mil/appointment/building.aspx?BuildingId=534

and out within 20 minutes.

Some of that time is the five to seven minutes it takes to code each card. There are several processes and checks which are part of the internal policy of DEERS and the Air Force concerning what documents have to be presented.

"We've had an overwhelmingly positive response from customers who've used the online Rapids Appointment Scheduler," said

customers to help themselves," Lopez said.

The hours for the CAC office are 7:30 a.m. to 3:30 p.m. Mondays through Fridays, but making an appointment is a sure way to guarantee getting in and out the fastest.

"We're customer oriented and we're trying to get people out of there quickly," Lopez said.

Service station installation

The Robins Service Station will be installing new equipment starting at 8 a.m. Monday. This install is expected to take about four hours and should not affect the ability to pump gas. Pumps won't be shut down; however, some dispensers may be blocked while sensors are checked. In the event that pumps are inoperable, signs will be posted to inform patrons.

Heating in Bldgs. 110 and 125

The heat will be turned off for about three weeks in Bldgs. 110 and 125 beginning Monday.

Base civil engineering will be replacing a steam line under First Street which will affect the buildings' supply. Employees in the buildings will be informed by their facility managers. Inclement weather could delay the work.

Munitions Operations Office Closure

The munitions operations office will be closed Monday through March 18 for a semi-annual wall-towall inventory of the munitions stockpile. Only emergency issue requests, submitted in writing and approved by a group commander, will be accepted during this time.

Commissary Reset

The Robins Commissary will conduct a complete store reset March 20, 21, and 22. The store will close at 4 p.m. on March 20 and will be closed completely on March 22.

Travel Show set for Thursday

The 16th Annual Travel and Recreation Trade Show will be Thursday from 10:30 a.m. to 1 p.m. in the Heritage Club ballroom.

Come see all the travel and amusement opportunities in Georgia and surrounding states. There will also be an opportunity to win free trips and prizes.

For more information, call 478-926-4001.

PACE offers free professionalism presentations AFMC wide

The Profession of Arms Center of Excellence will offer its "Professionalism – Enhancing Human Capital" presentation at Air Force Materiel Command bases in April.

As part of PACE's Character and Leadership initiative, the five-hour presentation will be held at Robins May 10 through 12, Aug. 30 through 31. and Sept. 1. The presentations will examine how professionalism drives individual behavior and connects Air Force core values to the Air Force mission.

Though targeted at effective working relationships within the Air Force, attendees are able to extend the lessons to personal relationships as well.

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

Career transition presentation brief

The Airman & Family Readiness Center will host John Sims, a retired colonel and Military Officers Association of America Career Transition Services deputy director, March 21, for the presentation, "Marketing Yourself for a Second Career."

The talk will cover the latest trends in career transition to include networking, resume writing, LinkedIn

Those with appointments have priority over those who are walkins. The goal is to get customers in Lopez.

"They're the gatekeepers for the base," Lopez said regarding employees' requirement to make sure all documents are scanned into the system before issuing a card

"Our vision for the future is a lot more services online allowing

Some services can be perfe online and don't need an in-person visit such as updating contact or email information as well as acquiring DD Form 1172-2.

That website is

https://www.dmdc.osd.mil/self_service which has to be accessed through a government computer.

profile development, job interview techniques and salary negotiations. The free event will be from 8 to 11:30 a.m., in Bldg. 794.

All ranks are invited, though the presentation is geared towards officers and senior noncommissioned officers. Spouses are highly encouraged to attend.

Attendees must R.S.V.P to Mandie Holovach at mandie.holovach@us.af.mil or by calling 478-926-9199 to reserve a seat.

Women Warriors

In recognition of Women's History Month, the "Robins Rev-Up" is spotlighting some of the installation's "Women Warriors" each week during the month.

CARMIA D. BELL-FRAZIER Job title: 78th Force Support Squadron superintendent Hometown: Beaufort, North Carolina Years in federal service: 24 years active duty



How does your work contribute to the Robins and Air Force mission? "We support Team Robins by providing customers with first-class support through personnel and services programs."

What are some of the challenges you have faced being a woman in your career field? "I see challenges as opportunities. As such, this job has been a great opportunity to broaden my leadership scope by introducing me to a new Air Force Specialty. Prior to my assignment here at Robins, I had been an Equal Opportunity professional for 14 years. As such, taking this job allowed me to step out of my comfort zone and grow. The men and women of the 78th Force Support Squadron are an excellent team, and I'm excited and proud to serve with them."

When is a time that you had to show 'Courage, Character, Commitment' to diversity within a work environment? "A few years ago a leader decided to start a mentoring group to increase promotions within a certain group. While the intent was great, the impact was negative. People from around the installation saw it as divisive and called for the dissolution of the group. Once I became aware of the concerns people had, I made an appointment to speak with the leader and tried to help him understand that his intentions were great, but only focusing on building leaders from a select group

sends the wrong message. As leaders we need to understand that diversity is more than what is on the outside. Diversity comes from a variety of cultures, experiences, backgrounds and talents and our goal should be making sure we grow leaders from all these things without focusing on one in particular. At first the meeting was a bit tense because the commander didn't understand why this technical sergeant would be telling a colonel about how to mentor young officers. But, after a little while, he understood my purpose and by the end of the meeting he thanked me for having the courage to meet with him rather than participating in and allowing the negative chatter to continue. I'm happy to say he took our talk seriously, made the change and saw his mentoring group numbers soar."

What person has inspired you and why? "While I have several examples of inspiration for different areas of my professional and personal life, there is one person whom I can say helps me stay faithful, positive, focused and committed in all that I do, no matter the circumstances. That person is my father, Clifford A. Bell Sr.

During his illness and directly preceding his passing in 2011, I saw his smile and positive outlook endure through pain that would surely have made others quit. He never gave up and always believed he'd see tomorrow no matter what the diagnosis. That experience taught me that nothing is ever too bad to erase your smile ... there is always light; you just have to believe it's there and look for it. People will say what they want but as long as I know who I am and who I am not I will never become who they think I should be because I believe in me."

If you could give any advice to future leaders, what would it be? "My advice is simple; just remember, leadership is not a position or title, it's action and example."



U.S. Air Force file photo

Local race goes to the top

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

In the U.S. there are more than 1,100 marathons to choose from.

Being listed as a "top 50 U.S. road race to attempt in your lifetime" by the travel website www.holidaylettings.com, which is part of TripAdvisor, is quite an achievement for the Museum of Aviation Foundation Marathon, Half Marathon and 5K Race.

The race, held in January, hosted 900 runners and is a qualifying event for the Boston Marathon.

"We've always known it was a unique and fantastic event," said Chrissy Miner, president and chief operating officer for the foundation.

The race marked its 20th year and what better way to celebrate than with national, possible international, recognition.

"We found out last week, and we are thrilled," Miner said.

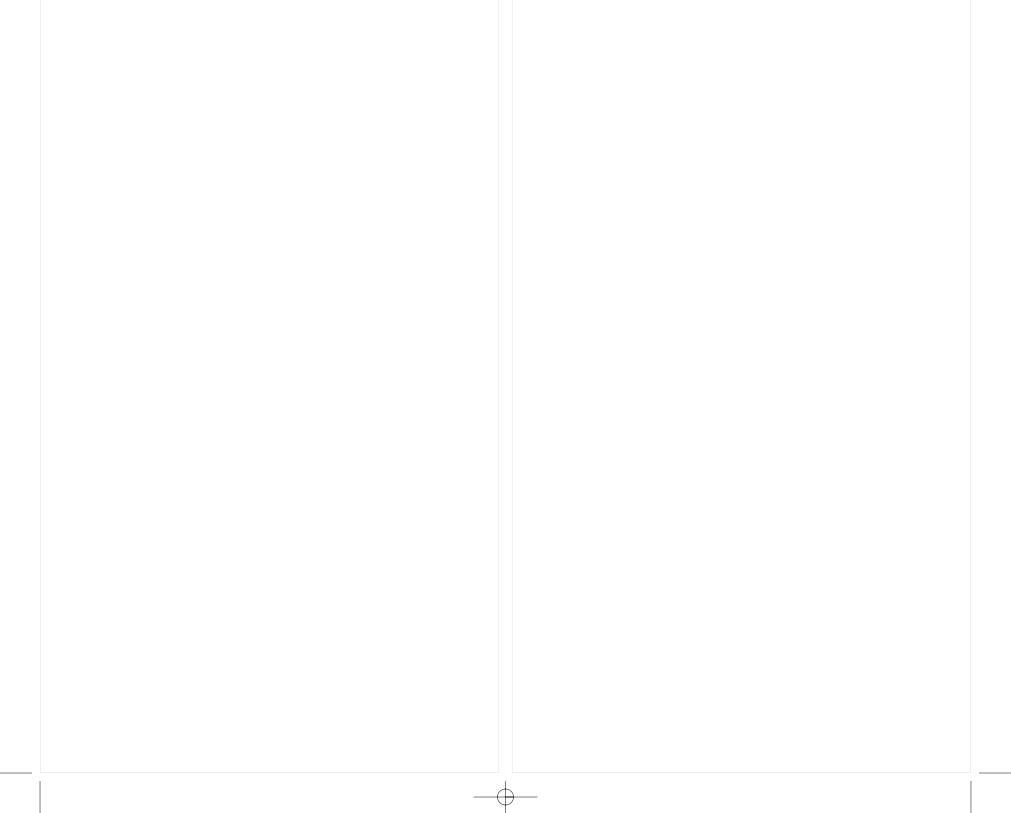
ABOUT THE MUSEUM OF AVIATION

The museum opened to the public on Nov. 9, 1984. There were about 20 aircraft on display in an open field and another 20 were in various stages of restoration.

The Heritage Building – the museum's first building – housed exhibits as well as offices, storage and a gift shop. The opening was the culmination of years of planning that began in the late 1970s. Since then, the museum has grown to become the second largest in the Air Force and the fourth most visited museum in the Department of Defense. Since opening, nearly 13 million people have visited.

HOURS

The museum is open daily from 9 a.m. to 5 p.m.; Christmas Eve and New Year's Eve hours are 9 a.m. to 1 p.m. The museum is closed on Easter, Thanksgiving, Christmas and New Year's Day. Admission is free. For more information, call 478-926-6870.



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AROUND THE AIR FORCE AF senior leaders brief State of the Air Force

BY SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

ir Force Secretary Deborah Lee James and Air Force Chief of Staff Gen. Mark Welsh III discussed the State of the Air Force during a press conference at the Pentagon March 7.

James acknowledged a lot has happened since the last State of the Air Force address in August.

"In October, Russia launched its first airstrikes in Syria. In November, (Islamic State of Iraq and the Levant) terrorists attacked Paris again, as well as Lebanon, Mali, and here at home in San Bernardino. In January, China landed an aircraft on a newly built runway in the South China Sea ... and then a few weeks ago, North Korea tested a nuclear weapon," she said.

James said in Afghanistan anti-government groups, continue to conduct attacks, undermine security, and create challenges to the people and government of Afghanistan.

"Your Air Force has been extremely busy and extremely effective," James said. "In the past year, coalition forces upped the ante against ISIL, flying more than 55,000 sorties in support of Operation Inherent Resolve."

However, the service's persistent effort takes a toll on aircraft, readiness and Airmen. James said the service's Airmen are high demand, low density, using one career field to highlight the strain on the force.

"In the maintenance arena, because we have aging



U.S. Air Force photo by SCOTT ASH

Secretary of the Air Force Deborah Lee James and Air Force Chief of Staff Gen. Mark A. Welsh III give a press conference on the "State of the Air Force" in the Pentagon March 7.

platforms ... the maintenance needs are going up," James said. "We have thousands of maintainers in the force, but we actually need more maintainers going forward."

Welsh agreed, adding maintenance professionals are working hard and retention could be a challenge.

"With six fleets of airplanes now over 50 years old, 21 or so fleets over 25 years old, it just gets tougher to keep them flying and we see that all over the Air Force," he said.

James said after 20 years of downsizing, the Air Force has focused on infusing resources into both the recruiting force and the technical training bases.

"When you're recruiting more and you're retaining more ... that is how you grow. That's the approach that we're taking," James said. "We hope to reach the 317,000 number on the active duty side by the end of this fiscal year."

Welsh also spoke about remotely piloted aircraft training and crews, saying he expects the Air Force will train about 334 RPA pilots in fiscal year 2016, up from about 180 in past years.

Modernizing aircraft, James said, will provide warfighters with enhanced capabilities.

One example of the service's effort to modernize is the B-21. James said in the case of the 21st century bomber the Air Force is leaning forward and trying to be more transparent.

"We've given the bomber a designation, shown you an artist's rendering, given a detailed explanation of the acquisition approach, and told you how we'll hold down costs," James said.

James also announced that Airmen and families can now go online and submit their idea for naming the B-21 by clicking here.

As part of her remarks the secretary also shared the list of seven sub-contractors who will be working with Northrop Grumman in building the first bomber of the 21st century. The list includes: BAE Systems, GKN Aerospace, Janicki Industries, Orbital ATK, Pratt and Whitney, Rockwell Collins, and Spirit Aerosystems.

DOD Military Spouse Employment Partnership reaches milestone

WASHINGTON (AFNS) – The Defense Department announced on Feb. 29 that the Military Spouse Employment Partnership program has now partnered with 300 employers, according to officials from the DOD Spouse Education and Career Opportunities Office.

The program, launched in June 2011 by Jill Biden, wife of Vice President Joe Biden, is an employment and career partnership connecting military spouses to partner organizations and companies who have committed to recruit, hire, promote and retain military spouses in portable careers.

"This is such an exciting and important milestone for the program and for the thousands of military spouses around the world who search for meaningful employment and career opportunities," said Rosemary Williams, the deputy assistant secretary of defense for military community and family policy.

"The Military Spouse Employment Partnership addresses the employment challenges facing military spouses while providing partner

In Other News

This week in **Air Force History**



On March 10, 2010 Congress awarded the Congressional Gold Medal to the Women's Air Service Pilots, WASPs, of World War II.

employers with access to a pool of highly qualified military spouses," she said.

Air Force next-generation bomber naming contest

WASHINGTON (AFNS) - At the Air Force Association's Air Warfare Symposium in Orlando, Florida, Air Force Secretary Deborah Lee James announced the newest bomber addition to the Air Force's long history of aircraft, the B-21. Now it's up to you to name it.

"I'm challenging and I'm calling on every Airman," James said. "We want our active-duty, our (Air) National Guard, our Reserve, our civilians, our family members; we'd like all of you to give us your best suggestions for a name for the B-21, America's newest bomber."

For the B-21 naming contest guidelines and to submit, visit http://www.afgsc.af.mil/Library/Nam etheB-21Bomber.aspx.

45th Space Wing successfully launches Falcon 9 SES-9 WASHINGTON (AFNS) -

The Air Force Donley Spouse Scholarship program is designed to encourage Air Force spouses worldwide to pursue associate, bachelor or graduate/postgraduate degrees.

Michael Donley was the 22nd Secretary of the Air Force, with more than 30 distinguished years of service in the national security community, including service in the Senate, White House and the Pentagon. Secretary Donley was the longest serving Secretary in Air Force history and an outstanding leader.

He and Gail Donley have been



U.S. Air Force photo by SENIOR AIRMAN DAVID OWSIANKA

Meet ya downstairs!

Tech. Sgt. Benjamin Johnis, 374th Operations Support Squadron's survival, evasion, resistance and escape operations NCO in charge, jumps out of a C-130 Hercules March 2 while flying over Yokota Air Base, Japan. During the highaltitude, low-opening airdrop, Johnis jumped from 10,000 feet in the air and parachuted to the base.

The Air Force Association has named its spouse scholarship program "The Mike & Gail Donley Spouse Scholarship" to provide a lasting tribute to the former Secretary of the Air Force and his wife for their exemplary support of the Air Force Family.

The program deadline is April 30. All information, requirements and the required application can be found at

unwavering champions of our Airmen, airpower and their families.

http://www.afa.org/informationfor/teachers/scholarshipsteachers/donleyspousescholarship



COMMANDERS ACTION LINE

robins.actionline@us.af.mil

The Commanders Action Line is an open-door program for Team Robins personnel to give kudos, ask guestions 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 **Installation 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 468-213 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 497-727 Vehicle Dispatch (Transportation) - 478-926-3493 or DSN 468-3493

ROBINS REV-UP SUBMISSION GUIDELINES

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

Submissions must be received by 4 p.m. Wednesday, the week prior to the requested Friday publication. They should be e-mailed to lanorris.askew.ctr

@us.af.mil and vance.janes@us.af.mil

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

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PHOTOGRAPHERS **Ray Crayton Tommie Horton** Misuzu Allen

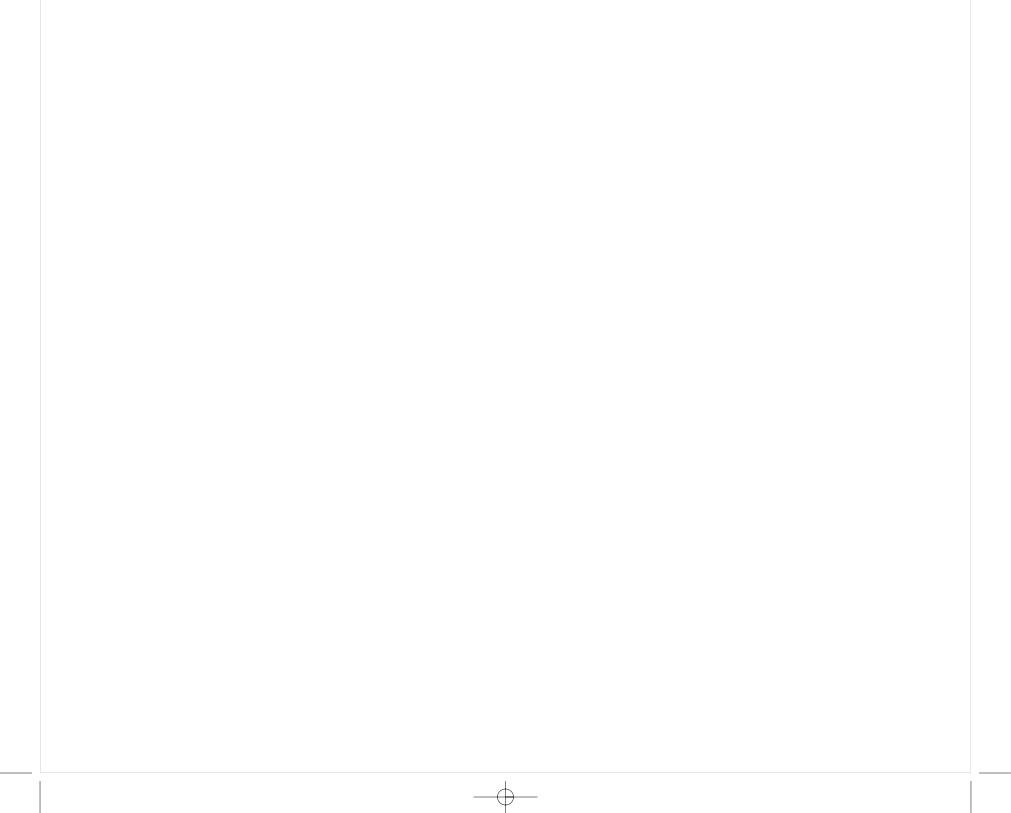
STAFF WRITERS Jenny Gordon Angela Woolen Holly Logan-Arrington

SNAPSHOTS



U.S. Air Force photos by RAY CRAYTON Above left, Staff Sgt. Kyle Crook, 78th Security Forces Squadron training instructor, pepper sprays Airman Marie Mies as a part of new-recruit training. Newly assigned members to Air Force security forces units go through training that they themselves may have to use on an offender. One of those training sessions is the Oleoresin Capsicum pepper spray training. Above right, dressed in a red protective suit, Staff Sgt. Kyle Gruver, 78th SFS training instructor, takes a defensive posture during training with Airman 1st Class John White, 78th Security Forces Squadron.

CATCH UP ON PAST ISSUES. READ THE REV-UP ONLINE AT http://www.robins.af.mil/library/rev.asp



A6 THE ROBINS REV-UP MARCH 11, 2016

Got Recyclables? Now what?

BY CASEY LUCAS 78th Environmental Management

Recent changes to the recycling program have prompted confusion on what goods can or can't be recycled at Robins and how recyclers are supposed to participate in the program.

Here is what you may know: White paper is still collected by Happy Hour

personnel at buildings across the base. Cardboard is still collected at dumpsters on base.

Here's what you may not know: Bldg. 987 is still open (24/7) and recyclers can still drop off all types of recyclables at the building.

There are convenient windows to drop recyclables inside. All windows are labeled to include: mixed, brown and clear glass; metal and aluminum cans; plastics; white or mixed paper; cardboard; newspapers; and toner cartridges.

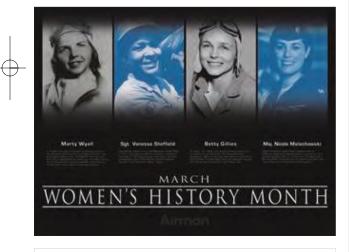
Building 987 is behind the Exchange on 10th Street.

What can you do? Be

an active participant in the recycling program at Robins. Environmental Management strongly encourages base organizations to take proactive ownership of the recycling program by sorting and separating recyclable materials in the office area and dropping them off at Bldg. 987.

What about scrap metal recycling? Personnel are encouraged to use the scrap metal yard for disposing eligible scrap metal from waste in their buildings or from scrap metal waste generated in construction and demolition projects. The scrap metal yard is located behind Bldg. 1555.

Need help getting started? Need large recycling containers? Got questions? Call Casey Lucas at DSN 497-9283 or Darryl Mercer at DSN 497-3976.



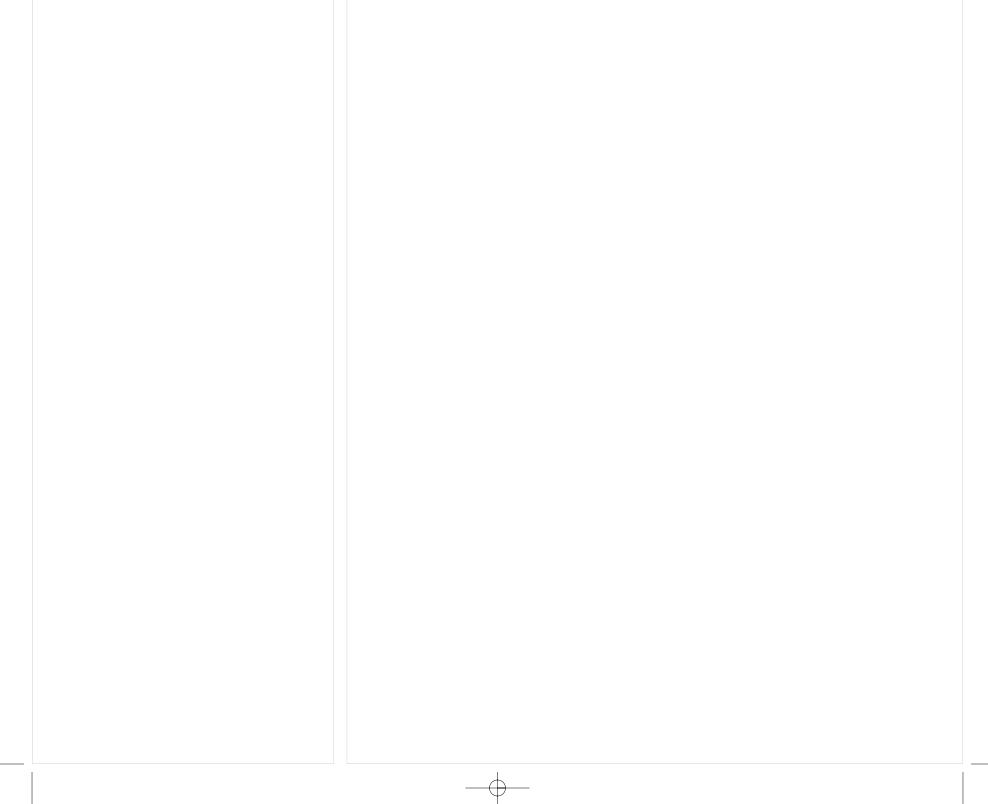


DID YOU KNOW?

Robins also recycles used oil, leadacid batteries and scrap tires. For more information, contact Casey Lucas at DSN 497-9283 or John Carter at 478-283-6542.

Sometimes everyone needs a little help ...

Chaplain – 926-2821 EAP – 327-7588 Suicide Hotline – (800) 273 TALK (8255)



PEO&RO Continued from A1

11101 0 1

dall Culpepper, Combat Mission Support.

Annual events such as this, which began in 2003 as the Robins Annual Requirements Symposium, allow aerospace and defense businesses to better plan for capabilities that meet Air Force needs and the warfighter.

Its benefits include insight into the service's acquisition requirements, funding, contracting preferences, better understanding into long-range plans for independent research and development investment to support future needs, and the opportunity to network and bring businesses and academics together for possible future partnering opportunities.

The event is held in partnership between Robins and the Aerospace Industry Committee of the Robins Regional Chamber of Commerce.

Additional information may be obtained by calling the chamber at (478) 922-8585 or email info@robinsregion.com.

Warfare symposium returns to museum

The 41st Dixie Crow Symposium will be held March 20-24 at the Museum of Aviation. Cohosting with the Dixie Crows, the Air Force Life Cycle Management Center, Electronic Warfare & Avionics Division at Robins will feature keynote speakers Lt. Gen. Bradley Heithold, Air Force Special Operations Command commander, Todd Mellon, director of logistics and sustainment and the product support manager for the F-35 Lightning II Joint Program Office and retired Lt. Gen. Dave Deptula.

The theme for this year's conference is collaboration and integration within the information operations environment.

"EW/ISR: Today's Innovations Countering Tomorrow's Threats," is the title of this year's conference.

Events begin March 21 with a golf tournament and banquet. The sessions open at 8 a.m. March 22 and continue until March 24.

Nearly 50 exhibitors will be on hand during the multiple-day event.

For more information or to register, visit www.dixiecrow41.org.

– Angela Woolen

GOOGLE Continued from A1

Once Kozerski starts though, the scale of the work is a slow dance of moving the camera every 10-14 ft., taking 12 photos in a 360 degree circle in low, medium and bright lighting. The shots will be blended together to create a smooth, flowing tour.

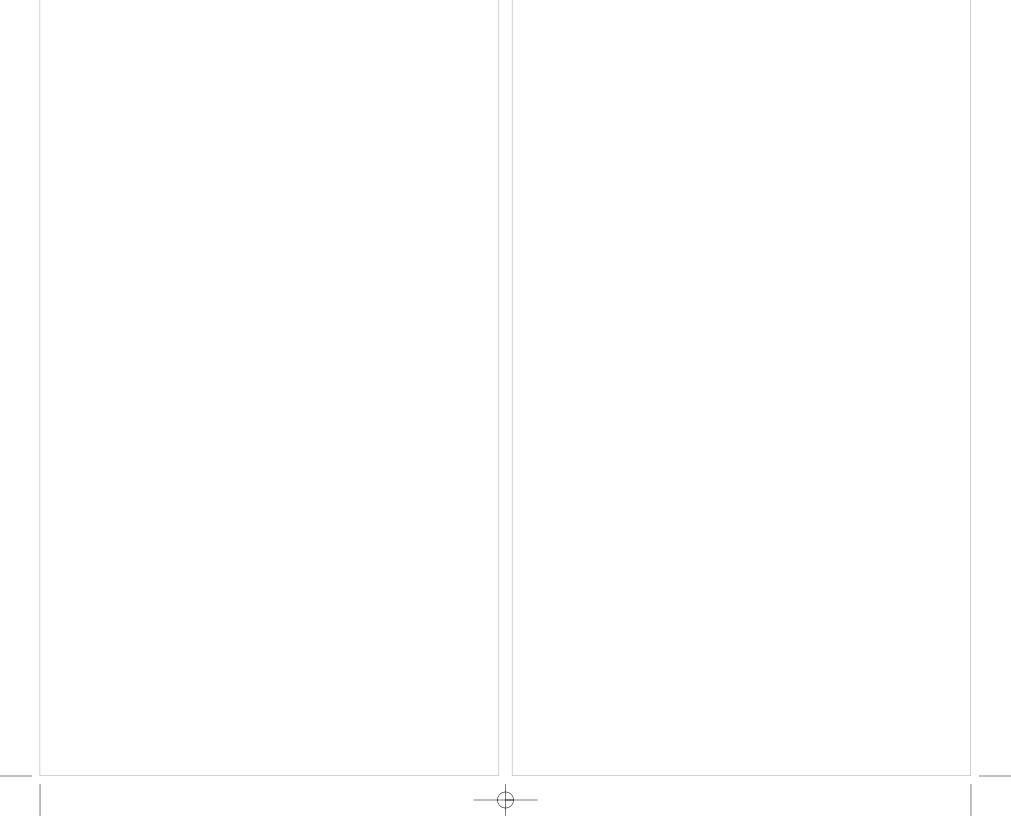
"This is the first one we've done of this scale," Kozerski said.

A software program only available to Google-approved agencies fuses the shots together to create the virtual tour allowing it to be published to the search engine. Once the tour is operational, the museum will own all the rights to it.

"There are many people around the world who may never be able to visit the museum or can't come as often as they like," said museum curator Mike Rowland. "Through this virtual tour they can explore the museum and learn about the great people and history of Robins Air Force Base and the United States Air Force."

The venture will allow people from all over the world to see what the museum in Warner Robins is like, down to the floors and up to the ceiling.

"This is documenting history actually," said Kelly Jeffers from New York, who assisted Kozerski with the project.



A8 THE ROBINS REV-UP MARCH 11, 2016





THINK GREEN RECYCLE THIS PAPER

U.S. Air Force photo by TOMMIE HORTON

David Brown, 560th Aircraft Maintenance Squadron aircraft mechanic services an Air Force Special Operations Command MC-130H's external tank.

GUNSHIP Continued from A1

uled PDM release date has assisted with its flying schedule.

According to AFSOC, accelerated PDM puts the aircraft back into the fight sooner, and with the decrease in days that aircraft are in PDM, that means a flying unit's aircraft availability increases.

"Additionally, because PDM is still performing all of the work that they normally would be on a non-accelerated aircraft, we're still getting the same caliber product," said Capt. Jessica Watts, 1st Special Operations Aircraft Maintenance Squadron maintenance operations officer at Hurlburt Field.

"Aircraft availability is the cornerstone maintenance metric," she added. "An increase in our AA means we have more aircraft available to execute the flying program. It gives us increased flexibility for how we schedule our aircraft, and therefore allows us to better support our operators - both for home station training and downrange."

On the MC-130H currently here, as of last week it was in the final stages of being moved from the production dock in Bldg. 91.

The aircraft received an outer wing replacement, with assistance from the 309th Aerospace Maintenance and Regeneration Group at Davis-Monthan Air Force Base in Arizona. The wings arrived at Robins in early December. Among the Combat Talon's additional updates and modifications, it was equipped with refueling pods which gives the aircraft in-flight refueling capabilities.

"We've taken a lot of things that were incorporated from the first aircraft and improving the process even more," said Kevin Johnson, AFSOC Acceleration Flight PDM dock supervisor.

Tasks that were previously included in later stages of PDM, such as disassembly, inspection and repair, were combined earlier in what is now Phase 3 Conversion.

Aircraft are now being brought from depaint operations straight into a production dock.

"As we're disassembling an aircraft now, we're inspecting it as we're taking it apart," he said.

In this flight, there are five phases: induction, preparation, conversion, build-up and functional test.

"Instead of spreading it throughout a three-gate process, we pulled it all together and did everything in conjunction with other processes while we had the manpower already there," added Johnson.

With stands made readily available, along with tooling and workers in place, this resulted in flow days continuing to decrease.

Process improvements are key, said Jake Dickson, C-130 AFSOC Acceleration Flight chief.

"In order to keep everyone active and keep the aircraft progressing, we do it more smartly," said Dickson. "We keep dedicating people so the aircraft is steadily moving. While this has helped, process improvements have been the top driver."

For example, additional plumbing was added inside its tanks.

Notably, this special acceleration line has evolved into a five-phase PDM monitoring system, as opposed to the seven-gate system in use throughout the 560th Aircraft Maintenance Squadron.

Realizing the importance of returning these aircraft back into the field, aircraft mechanics like Casey Battle understand that every day at Robins is a critical one.

"These are special aircraft, and getting them back to the warfighter faster is our priority," he said. "We have very few of them and we can't hold onto them for very long before they need them back. It motivates us to try and get them out more quickly."

It's Not Worth The Risk – Preventing Distracted Driving

riving requires your full attention. Although most distractions are avoidable, some distractions are impossible to completely prevent and therefore must be managed. You can take charge of eliminating distractions to focus on the road ahead. Here are AAA's top 10 tips to avoid distractions while driving:

► Fully focus on driving. Don't let anything divert your attention, actively scan the road, use your mirrors and watch out for pedestrians and cyclists.

► Store loose gear, possessions and other distractions that could roll around in the car, so you don't feel tempted to reach for them on the floor or the seat.

► Make adjustments before you begin your trip. Address vehicle systems like your GPS, seats, mirrors, climate controls and sound systems before hitting the road. Decide your route and check traffic conditions ahead of time.

► Finish dressing and personal grooming at home – before you get on the road.

► Snack smart. If possible, eat meals or snacks before or after your trip, not while driving. On the road, avoid messy foods that can be difficult to manage.



► Secure children and pets before getting underway. If they need your attention, pull off the road safely to care for them. Reaching into the backseat can cause you to lose control of the vehicle.

▶ Put aside your electronic distractions. Don't use cell phones while driving – handheld or hands-free – except in absolute emergencies. Never use text messaging, email functions, video games or the internet with a wireless device, including those built into the vehicle, while driving. ► If you have passengers, enlist their help so you can focus safely on driving.

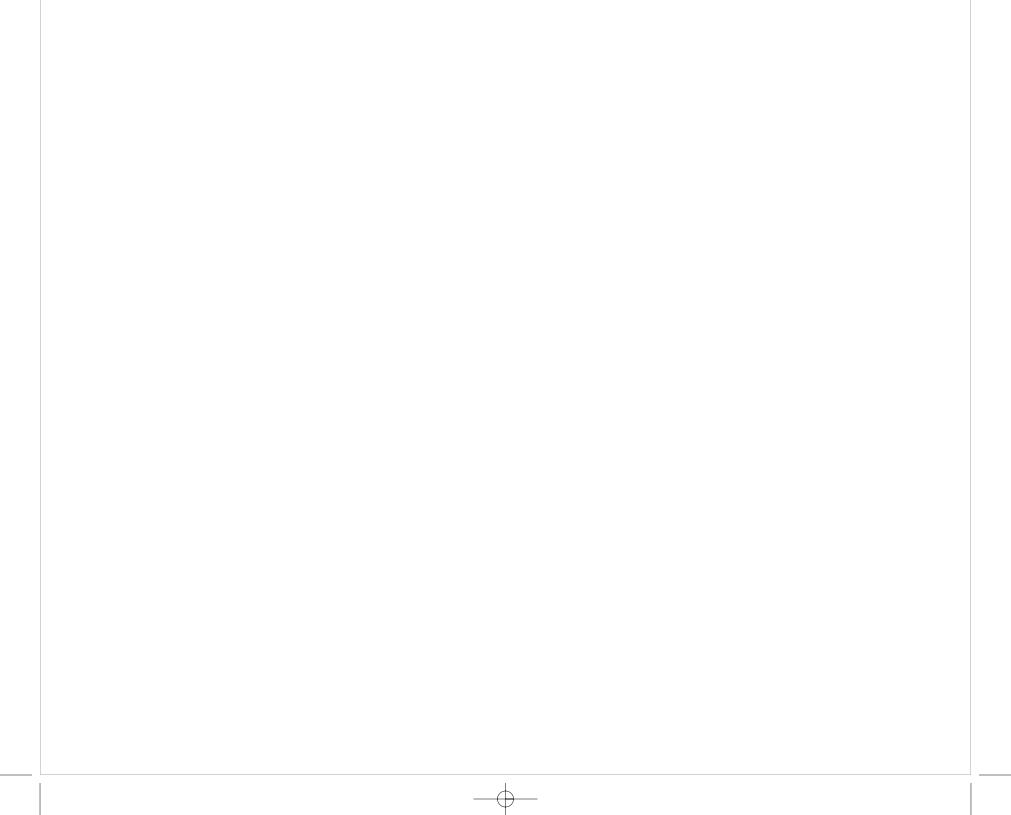
► If another activity demands your attention – instead of trying to attempt it while driving – pull off the road and stop your vehicle in a safe place. To avoid temptation, power down or stow devices before heading out. Drivers should use caution while using voice-activated systems, even at seemingly safe moments when there is a lull in traffic or the car is stopped at an intersection, because potentially dangerous distractions can last longer than most drivers expect.

► As a general rule, if you can't devote your full attention to driving because of some other activity, it's a distraction. Take care of it before or after your trip, not while behind the wheel.

According to the Georgia Motor Vehicle Fatality Report, about half of the fatal crashes that occurred in Georgia were attributed to the driver losing control.

There were 596 fatal crashes caused by the driver losing control. That could be a result of weather conditions, distracted driving, speeding and driving under the influence.

Editor's note: Information gathered from http://exchange.aaa.com and www.gahighwaysafety.org





Thought for the Day

'Respect is one of life's greatest treasures. I mean, what does it all add up to if you don't have that?"

- Marilyn Monroe



What's inside

No shows at 78th MDG clinic, B2 **Traumatic Brain Injuries, B3** Chapel Easter schedule, B7



THE ROBINS REV-UP ■MARCH 11, 2016

Youth Center caters to teens, school-aged children

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

Upgrades to the Robins Youth Center will provide teenagers a place to hang out that they can call their own. The second floor is being converted to a teen center while

martial arts and dance classes are being moved to the downstairs gymnasium.

shelves for the teen pro-

78th Force Support

Flight chief.

Squadron Sustainment

The program features a

WHAT TO KNOW

An egg hunt will be held "We're dusting off our March 19 from 11 a.m. to 1 p.m. at the Youth Center. gram," said Anthony Raas, There will be free food, drinks and activities for the family. For more information, call

478-926-2110.

variety of activities each day for school-aged children to participate in.

Clubs such a teen leadership, science and cooking are offered. There are eight fields for soccer, baseball, basketball and softball. The gymnasium is used for the youth programs as well as health fairs and egg hunts during Easter.

"We want to give kids a home away from home where they have an opportunity to socialize in a safe environment," Raas said.

Teens can also visit the game room which has foosball, air hockey, pool and a snack bar. On the far side is a rock climbing wall. Stools sit around tables and dot the space so there is a place to hang out and munch on food.

There are two rooms for art and reading.

The youth program also offers a camp during spring break as well as a lottery-based summer camp which can hold up to 144 students. Children will go on field trips each week during the summer.

During the school year, 10 employees care for the 55 children who attend the before and after school program. For summer camp, that number quadruples to 40.

"A lot of people don't know the work that goes into this. They're caring for precious cargo all the time," Raas said.

It takes a village

Teen Health and Fitness Workshop March 26

The place to Live, Learn, Work and Play



U.S. Air Force photos by TOMMIE HORTON Clockwise from top, Brayden Wise, and Dominyck Sotak, both 12-year olds, enjoy a game of air hockey at the Robins Air Force Base Youth Center.

Kai Trinkle and Chelsea Jones, both 8-year olds, fill in BINGO cards during a friendly game.

Brenton McKnight, 13, takes part in computer activities. For more information on all of the various programs offered at the Youth Center visit http://robinsfss.com/ youth-center.



U.S. Air Force

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

Robins Air Force Base's Teen Council and multiple base helping agencies are working together to teach teens how to live healthier.

The base's Teen Council will host a Teen Health and Fitness Workshop at the Robins Youth Center in Bldg. 1021 on March 26, from 11 a.m. to 12:30 p.m.

Marvin Hawkins, 78th Force Support Squadron's Youth Programs teen coordinator, said the workshop will give teens a better understanding of how their bodies work, provide healthy eating and meal planning tips, and show how to work healthy habits into their day.

"The purpose of the workshop is for teens to understand how regular fitness benefits every part of their body, lowers risk of some diseases, is good for their hearts and other muscles," he said.

The workshop will also teach teens about the cause and effect of stress, ways to manage stress, and how to be a resilient teen.

Robins' Health and Wellness Center will lead a workshop on the importance of remaining healthy, leading a healthy lifestyle, and incorporating fitness in a daily routine, as well as the benefits and consequences of not being physically active and identifying and dealing with stress.

Hawkins said the workshop will stress the importance of being fit, eating healthy and leading a healthy lifestyle to help teens live life to its fullest extent.

"People who are both physically and mentally fit are less prone to medical conditions," he said. "Teens will have a better understanding of identifying and managing stress through being a resilient teen."

Stuart Bapties, HAWC Flight commander, said the workshop is a great way to teach teens about healthy living.

WHAT TO KNOW

Robins Teen Council is a network of teens working to resolve teen issues and voice concerns to base senior leadership on Robins Cours

behalf of teens residing in the Robins and local community. The base council conducts a project each quarter selected by the Air Force Teen Council. The council meets each Saturday at 11 a.m. at Robins Youth Center unless a scheduled field trip or community service project is planned. For more information on the Teen Council, call Marvin Hawkins at 478-327-6831.

"Health education builds teenagers' knowledge, skills and positive attitudes about health," he said. "Enhancing this knowledge and skill set in physical, mental, emotional and social well-being not only motivates teens to improve and maintain their health, prevent disease, and reduces risky behaviors; it promotes learning in other subjects and builds resiliency."

Bapties said research affirms the positive impact learning healthy principles has on teens.

"Studies show that reading and math scores of students who received comprehensive health education were significantly higher than those who didn't and in general healthy students learn better," he said." They have higher attendance rates, have better grades and perform better on tests."

Teen base ID cardholders, ages 13 to 17, and their guests who can obtain access to Robins are invited to attend the workshop. For more information, call the Youth Center at 478-926-2110.



photo by TOMMIE HORTON Ashley Hawkins, 10, takes notes during an antismoking discussion at the **Robins Youth** Center.

Youth to 'Kick Butts' Wednesday

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

A tobacco habit can be hard to break.

For more than 10 years, the Robins Youth Center has hosted 'Kick Butts,' a national campaign aimed at educating people about the dangers of tobacco.

Kravis Lane, youth center school-age lead program assistant, said the 2016 project will be a wall collage illustrating tobacco's negative impacts to mark National Kick Butts Day Wednesday.

"Our school-age youth will create a wall collage which will include the tobacco company's 'DIRTY LAUNDRY,' a youth inspired graffiti wall and a display of the youth's dreams called, 'I Am Not A Replacement," she said.

Robins' youth have collected information on the dangers of

tobacco use from various resources for the collage.

Lane said creating the project lets youth express their take on tobacco use.

"With the Kick Butts platform, the youth are aware of the cause and effects of tobacco use," she said. "Kick Butts gives the youth of today an outlet to share their opinions and know that they'll be heard."

As the event progresses, Lane said the youth will add additional information, including pictures and a small description.

"This is a group effort," she said. "We've made sure that all the youth are involved in some way, shape or form."

For more information on the KICK BUTTS day worldwide event, visit www.KICKBUTTS-DAY.org, Facebook, Instagram, and Twitter Kick Butts Day 2016. To learn more, call the Youth Center at 478-926-2110.

A Better You

HAWC offers classes, healthy eating tips

BY MARITA RADLOFF HAWC registered dietitian nutritionist

arch is National Nutrition Month, a perfect time to cut back on sodium and look at new ways to flavor your food.

Most Americans consume a high-sodium diet without even realizing it because sodium is prevalent in many foods, including packaged and restaurant foods.

Even if you don't reach for the salt shaker every time you sit down, you can still be going over the recommended amount of 2,300 mg per day!

Research shows that a diet high in sodium can be harmful to our health because it raises blood pressure. Sodium attracts water, and a high-sodium diet draws water into the bloodstream, which increases the volume of the blood and subsequently, your blood pressure.

High blood pressure, or hypertension, makes the heart work harder, and the increased force of blood flow can harm arteries and organs, such as the heart, kidneys, brain and eyes.

If you're concerned about hypertension, or just want to cut back on the bloat that comes with a heavy meal, try using herbs instead of salt when you're cooking. Many recipes rely on salt as a way to improve the aroma, reduce bitterness, and balance out the flavors of a dish. But overdoing it on salt can lead to high blood pressure and up your risk for stroke. Here are some tips to get the most out of herbs and reduce your sodium intake!

Using Herbs

▶When cooking with fresh herbs, add strong herbs like thyme, rosemary, oregano, sage and marjoram to dishes early in the cooking process. That way, they release maximum flavor while ensuring the texture will be less invasive. Save delicate herbs like parsley, cilantro, tarragon, chives and basil until the last minute so they retain their flavor and color.

Some ideas for herbs:

▶ Parsley: This herb can be added to many dishes - from eggs to pasta. It's also high in vitamin K, which helps blood clot and keeps bones strong.

▶ **Basil:** Pair basil with tomato-based foods, like pizza, pasta, and vegetables. Basil contains flavonoids, protective antioxidants that can protect against cancer.

▶ Rosemary: Great when added to poultry and meats, rosemary can be used to marinate and to cook with.



▶ Mint: Mint can be added to hot or cold pasta, such as couscous. Mint's also an excellent source of vitamin C, which heals wounds and aids in the absorption of iron.

Developing a mindful eating pattern that includes flavorful and healthy foods is the best way to savor the flavor of eating right. Make every day more flavorful by incorporating these tips for a healthier you.

Editor's note: All of these topics are covered in the HAWC's next 12-week Better Body, Better Life program starting April 4. The program is open to all employees and family members 18 and older. To register, stop by Bldg. 827 or call 478-222-6907. Check out the HAWC's Facebook page for events, tips and a new recipe in the Rev-Up weekly this month.



Herbed Yogurt Dip A tasty, quick and protein-filled dip that can take the place of store-bought (and sodium laden) dips. Try it with fresh crudites, roasted vegetables, or crackers. Make on Sundays for a quick snack during the week. (Recipe adapted from

Yogurt Dip Ingredients

- •1 cup plain Greek yogurt
- •1 tablespoon finely chopped
- fresh parsley
- •1 tablespoon chopped fresh dill or dried dill
- •1 tablespoon extra virgin olive oil •2 cloves of garlic, grated
- •Zest of 1 lemon plus juice of 1/2 lemon
- Pinch of sea salt

•Freshly ground black pepper (optional)

Recipe directions

Combine the vogurt, olive oil, parsley, dill, garlic and lemon zest and juice, sea salt and black pepper in a medium bowl and mix well. Taste to check seasonings and adjust as needed. Cover with plastic wrap and refrigerate until it is ready to be served.



https://www.cabotcheese.coop/



Percent Daily Values are based on a 2.000 calone diet.

MDG working to mitigate staffing shortage affects, asks for patients' help

The 78th Medical Group is committed to providing the safest and highest quality care to Team Robins.

From March through July, the 78th MDG will experience a shortage of providers. This shortage could impact your care if you're currently assigned to a provider in the Family Health Clinic. To mitigate staffing shortages, the group has implemented several short-term actions.

Family Health has implemented two teams to cover the care of the current three medical teams. Your care will be covered primarily by one of these two teams during this timeframe.

This will not impact most members who visit the clinic. However, non-active duty patients assigned to Family Health may occasionally be directed to Urgent Care for acute appointments.

Additionally, the 78th MDG is temporarily closing new patient enrollments for retirees and their family members. The group anticipates reopening full enrollment in June. In the interim, the medical group is actively working to expedite hires to overcome staffing shortfalls.

Is there something you can do to help?

Appointments are a treasured commodity during staffing shortages. The most helpful thing a patient can do to aid the community is cancel appointments they won't be using as soon as possible.

By doing that, it frees up an appointment that can be used for another patient.

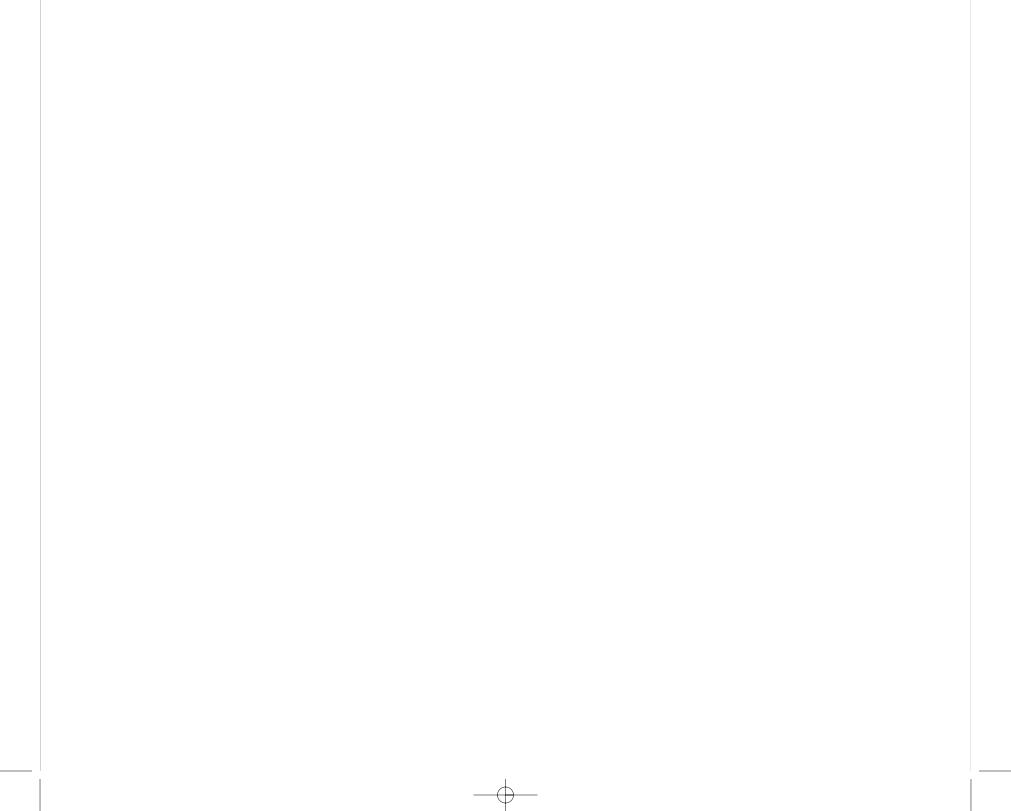
If you know you're going to miss an appointment, call the appointment line at 478-327-7850 within two hours of the scheduled time. That saves about \$363 in off-base referral costs and ensures better patient safety when patients and airmen need to be seen at the 78th MDG.

We apologize for any inconveniences and appreciate your patience.

These temporary measures are the best way to achieve our goal of continuing to provide safe and quality care. Please note, this does not impact Flight Medicine, Women's Health or Pediatrics.

Editor's note: For more information, call DSN 497-8475 or 478-327-8475.

Calories 56



Concussions: A Form of Traumatic Brain Injury to be taken seriously

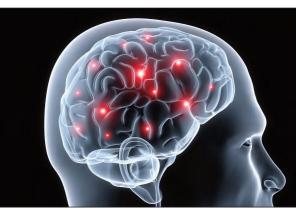
BY LT. COL. MELISSA SMITH Mental Health Flight commander

Some of us old-timers can remember the phrase "A mind is a terrible thing to waste."

That slogan can also be applicable to the most common brain injury - a concussion, a mild traumatic brain injury.

Concussions are triggered by a bump, blow or jolt to the head, which causes the brain to bounce rapidly against the hard and inflexible walls of the skull. That movement not only causes bruising and swelling of the brain but also tearing, twisting and sheering of delicate brain tissue.

Symptoms include seeing stars, confusion, dizziness, headaches, blurred vision, insomnia, concentration difficulties and changes in balance. Contrary to popular belief a loss of consciousness doesn't always occur with a concussion.



According to the Centers for Disease Control, each year an estimated 1.6 to 3.8 million people are diagnosed with sports-related concussions in the U.S., and that number is growing. Sports like soccer, football, ice hockey and cheerleading have been implicated in concussion injuries. In fact, concussions are the second leading cause of traumatic brain injury in people 15- to 24-years old, and are a frequent injury of deployed military members exposed to blast explosions.

Most recover from concussions; however, if they have more than one concussion in their lifetime their recovery period can take much longer. Therefore, prevention and early identification of a concussion are key principles in safeguarding brain function. Wearing protective gear such as helmets, properly using car seats or seatbelts, and detecting and evaluating head injuries early, will go a long way in ensuring that the mind will not be wasted by a concussion.

For more information, see the CDC's Head's-Up Campaign's website at www.cdc.gov/headsup/basics/ concussion_prevention.html, or check out the Defense and Veterans Brain Injury Center's website at http://dvbic.dcoe.mil/.







B4 THE ROBINS REV-UP MARCH 11, 2016

CATCH Kids program aims to get kids to exercise, eat healthy

BY STAFF REPORTS

Robins Air Force Base's Health and Wellness Center has teamed up with other base agencies to "catch kids" before it's too late.

Nearly one in three U.S. children are overweight or obese, according to the Centers for Disease Control.

Marita Radloff, HAWC dietitian, said Robins began CATCH Kids to combat the childhood obesity issue.

"CATCH Kids stands for Coordinated Approach to Child Health, and is the most proven program to prevent childhood obesity and encourage kids and communities to move toward adopting healthier lifestyles," she said.

Radloff said obese children are at an increased risk for chronic illness, such as hypertension, diabetes, sleep apnea and asthma.

"These children also have low self-esteem, miss more school days and have poorer academic outcomes than their normal-weight peers," she said.

Georgia's current obesity rate for children ages 10 to 17 is 16.5 percent – 17th in the nation. For children ages 2- to 4-years old, Georgia fairs a bit better at 13.2 percent, 25th out of 41 reporting states, according to the CDC.

Radloff said CATCH Kids creates a fun and safe environment where kids in kindergarten through sixth grade can learn about making healthy decisions, nutri-



Courtesy photo

tion education and participate in physical activity with their peers.

"The program encourages community and family involvement to work together to support children in pursuing a healthy lifestyle," she said.

CATCH Kids has been proven to be an effective program, Radloff said.

"When CATCH Kids was implemented in a school in Travis County, Texas, a significant 9 percent difference occurred in 4th grade overweight and obese children," she said. "In El Paso, Texas, a similar program reported an 11 percent difference between treatment and a control group of children to prevent the onset of overweight and obesity.

This main trial found that CATCH works to reduce fat consumption and increase physical activity for three years post intervention."

Radloff said CATCH Kids supports the Robins' overall mission to always be mission-ready.

"If you're an active-duty parent who is concerned about your child's health status, you can't fully focus on the mission and your duties," she said. "CATCH Kids makes it possible for you and your family to learn about nutrition and participate in physical activity for an hour twice a week.

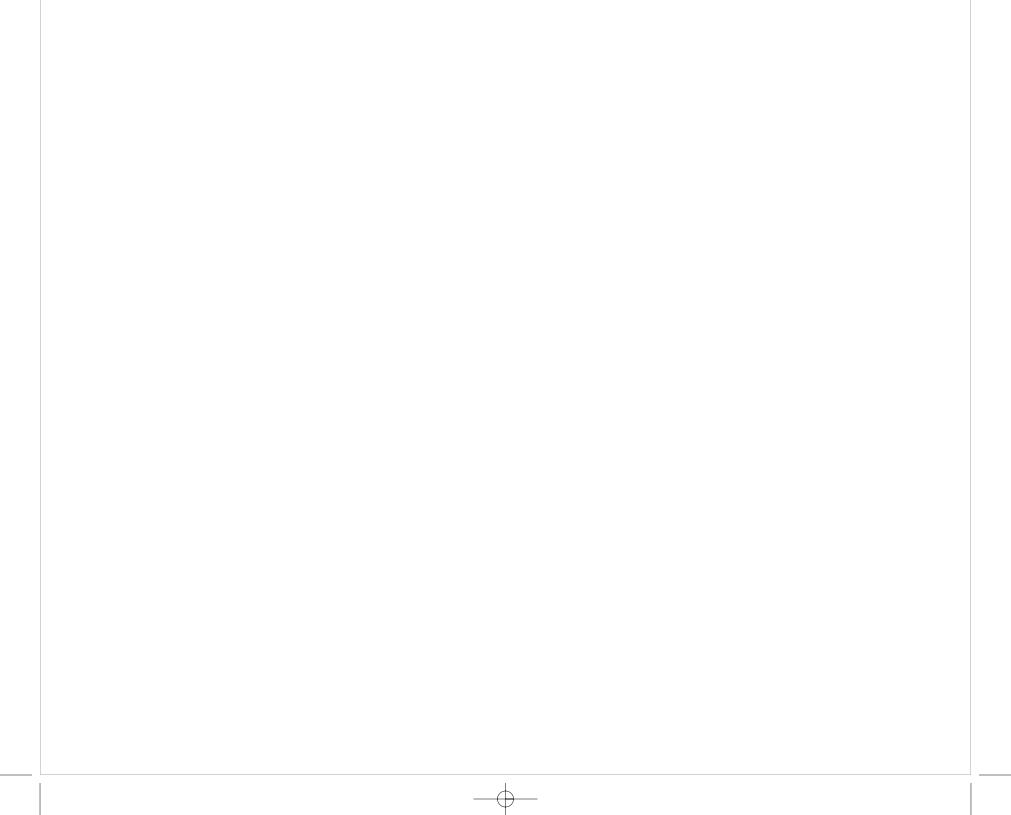
"The program alleviates the stress of having an overweight or obese child because you're working as a family towards a healthier lifestyle," she added.

CATCH Kids, which is currently held on Tuesdays and Thursdays from 5 to 6 p.m., in the HAWC in Bldg. 827, is open to everyone with base access.

"Parent participation is imperative for the children's outcomes to be successful," Radloff said. "Parents must stay and participate in the fun activities that are planned."

There will be a special spring break program from March 28 through April 1, from 1 to 2 p.m.

For more information, call the HAWC at 478-327-8480.



B6 ■ THE ROBINS REV-UP ■ MARCH 11, 2016

Getting to Know You



UNIT: 410th Supply Chain Management Squadron

JOB TITLE: Management assistant

TIME IN SERVICE: 15 years

HOMETOWN: Montgomery, Ala.

What does your work involve at Robins? "Supporting my office staff and support staff with all kinds of tasks and suspenses."

What do you enjoy most about your work? "I enjoy being able to use my knowledge, skills, personality and fast-learning abilities to support the office staff and the support staffs from other organizations."

How does your work contribute to the Robins mission? "Im the go-to woman and liaison between the problem and the fix, no matter what it is. Knowledge of extensive Air Force rules and regulations, procedures and operations are applied to my assignments. I work closely with three flight chiefs who are making decisions on programming, execution and management of buy/repair operations."

What prompted your interest in your current career field? "My husband's desire to become a better supporter. He joined the Air Force as an enlisted member then went to college and became an officer. His career choice made the family move several times and my job was changing each time. The administrative career had the most mobility."

Who has been the biggest influence in your life? "God, Jesus, the Holy Spirit. Life has challenges you must work through and my faith helps with that."

What's the accomplishment of which you're most proud? "My husband's career advancement from aiman to major/educational degrees, two bachelors with 3/4 of his masters; and my two daughters' graduations from UGA and Aubum with scholarships."

