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ROBINS REV-UP

'Team Robins - Performing to Our Potential'

'75 Years of Power Projection'

August 19, 2016 Vol. 61 No. 33



Robins emergency personnel attend to Team Robins members portraying victims following a simulated plane crash during an exercise on base. The exercise was conducted to ensure personnel are prepared should such an event occur.

Always Ready

Mass casualty exercise
preps base first responders

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

Preparing for the arrival of tens of thousands of guests from across the southeast for an air show at Robins Air Force Base is no simple task.

Once the date was set for the Thunder over Georgia Air Show this October 1 and 2, plans began to take shape – among them was planning and conducting last week's Major Accident Response Exercise.

A successful air show exercise can't be accomplished alone. It involved help from not only 50 airmen from across the base who volunteered to act as "aircraft victims," but also the 78th Security Forces Squadron; over a dozen officers

► see EXERCISE, A4

Road to Rio: DLA Aviation employee's son competes in Olympics

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

If you've been following the Games of the XXXI Olympiad, or 2016 Summer Olympics in Rio de Janeiro, Brazil, one young man who competed in the men's high jump track and field event has a Robins connection.

DJ Smith, 24, realized his Olympic dreams this past Sunday as a member of the national team from Puerto Rico. He was representing Puerto Rico in honor of his late grandfather, Francisco Rivera Sanchez, a Vietnam War veteran who passed away two years ago.

His proud father, David Smith, is a customer support technician in the Materiel Management Division at DLA Aviation on base. He said his son, while still in



Courtesy photo

DJ Smith, son of David A. Smith, a customer support technician in the Materiel Management Division at DLA Aviation here, is part of the Olympic team from Puerto Rico.

high school, confided in him that one day he was going to be in the Olympics.

"It's ridiculous. He's always been active and run-

ning all over the place," said the elder Smith. "He has energy for days!"

"He trains year-round," Smith added. "He's motivated. It's just something he does. Knowing him like I do, if he says he's going to do something, he's going to do it. It's not a surprise he did and made it."

The road to Rio didn't happen overnight, but began for the younger Smith when he was a high jumper in middle school here in Houston County. Track was something he did to stay in shape, winning a county championship his first year in the high jump.

"He was pretty fast and had pretty good agility," recalled his father.

Once in high school, transferring to Lovejoy High south of Atlanta, he participated in track his freshman

► see OLYMPICS, A4

Air Force Sustainment Center commander praises workforce for role in F-35 IOC

BY LT. GEN. LEE K. LEVY II
Air Force Sustainment Center commander

Airmen of the Air Force Sustainment Center, I had the privilege and honor of representing all of you last Friday at Hill AFB, Utah as the Secretary of the Air Force and Chief of Staff of the Air Force presided over the F-35 Initial Operational Capability ceremony. Below is a short announcement from Air Force Magazine that summarizes it very well.

My message to you is none of this would have happened were it not for the men and women ... the AIRMEN of AFSC. Your fingerprints were all over this momentous day as you professionally worked supply chain issues, F-35 fleet modifications, software tweaks, engine maintenance, air base issues, and a myriad of other details that made ready the F-



LEVY

35 for what was truly a fantastic day not only for our Air Force but for our nation.

I am proud of you and proud of what you helped deliver in putting our nation's adversaries on notice by delivering this essential new capability for the United States. I am honored to be your commander.

"Air Force leadership celebrated its newest operational aircraft at its main operational base, saying the F-35A will soon be the backbone of the fleet. The F-35 will soon become the quarterback of the joint force," Air Force Chief of Staff Gen. David Goldfein said during a ceremony at Hill AFB, Utah, celebrating the Aug. 2 dec-

laration that the F-35 has reached initial operating capability.

Hill is home to the 388th Fighter Wing and associated 419th Reserve Wing that are the first to fly the aircraft operationally.

Air Force Secretary Deborah Lee James said there is still work to do as the F-35 moves toward full operating capability, including keeping costs down so the Air Force can continue to move toward the total fleet goal of 1,763 aircraft.

"But most important of all, we need to continue the focus on our people," James said during the ceremony. "Those that fly, those that maintain, those that support this unit and others."

The new aircraft will give the Air Force an "unmatched advantage" in wars to come, officials said.

"I have a message to our adversaries," Goldfein said. "It sucks to be you."

FRIDAY FLYBY: Robins hiring multiple selectees for posted position, Page A3

IDS Tip of the Week

Spread positivity by adding it to someone else's day. Help someone out or just listen when they need an ear. Doing one small good deed can go a long, long way.



69th Annual Air Force Ball set for Sept. 17

The 69th Annual Air Force Ball will be held Sept. 17 at the Museum of Aviation Century of Flight Hangar.

A social hour will begin at 6 p.m. Door prizes will be given away and music will be provided by DJ Lee.

See your unit representative for tickets or purchase tickets Thursdays from 10:30 a.m. to 1 p.m. in the Heritage Club lobby. Ticket prices are \$25 for E-6 and below and \$35 for all others. POC is Staff Sgt. Vanessa Barron at Vanessa.barron2.mil@mail.mil or DSN 201-5568.



Weekend Weather

Friday 93/74 Saturday 93/73 Sunday 93/73

You get only one life to live. Safety first.

SECOND FRONT

Base POW/MIA recognition ceremony Sept. 15

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

The ceremony's guest speaker will be ex-POW, and retired Chaplain (Col.) Robert G. Certain. Certain was a B-52 Stratofortress navigator flying over 100 missions during the Vietnam War before being shot down on Dec. 18, 1972. He was later released on March 29, 1973, after being held as a POW for 100 days.

Upon his return Certain became a chaplain until he retired in 1999. The ceremony is one of many events being held at the base in honor of the National POW/MIA Recognition Day. This day is observed annually, on the third Friday in September and was established by Congress in Section 1082 of the 1998 Defense Authorization Act. It is one of only six days the POW/MIA Flag can be flown.

According to event coordinators, a 24-hour Vigil Run will kick off the recognition beginning at 3 p.m. Sept. 14 at the museum.

Time slots are currently available for the run, which invites participants to sign up in 15 minute or



U.S. Air Force file photo by ED ASPERA

longer increments. The goal is to keep the baton/flag moving for the entire 24-hour period of time leading up to the ceremony.

Participants are welcome to bring their office, flight, section, division, branch, family or pets, and may walk or run at their own pace.

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

— From staff reports

NEWS BRIEFS

Visitor Control Center

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

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

Diversity Luncheon

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

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

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

Parking lot closures

►A parking lot closure, south-west of flight line Gate 31 begins Thursday and lasts through Nov. 23.



The parking lot contains 25 handicapped parking spaces which will be temporarily relocated to the parking area

west of Bldg. 155. This construction project will involve removal and excavation of the two west bound lanes and replacement and the installation of new storm drain lines from west of the Perry Street intersection to the Cochran Street intersection of 1st Street. In case of inclement weather or unforeseen conditions, work could be delayed.

►A parking lot closure on the south side of Bldg. 210 is scheduled for Aug. 26 through Sept. 2.

This construction project will involve repaving the existing parking lot.

The two handicapped parking spaces affected will be temporarily relocated. In case of inclement weather or unforeseen conditions, work could be delayed.

If you have any questions or concerns, the points of contact are Ricky Davis at 478-327-2940 or Lorrie Simmons at 478-327-3977.

PACE offers AFMC-wide free professionalism presentations

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

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

RPA pilots set to receive \$35,000 annual bonus

BY TECH. SGT. BRYAN FRANKS
Secretary of the Air Force Public Affairs Command Information

Air Force Air Force Secretary Deborah Lee James announced an increase to the service's remotely piloted aircraft pilot bonus Aug. 10.

RPA pilots who have completed their initial active-duty service commitment from training starting in fiscal year 2016 will be eligible to receive a bonus of \$35,000 per year, \$10,000 more than the current bonus, in exchange for an additional active-duty service commitment.

RPA pilots who previously accepted a

bonus will also be eligible for the increase in exchange for an additional year on their service commitment.

RPAs are piloted by both officers and enlisted personnel.

"The Air Force recognizes the important contribution RPA pilots make every day, and retaining these valued aviators to execute our current operations and shape the future is critical," said Air Force Chief of Staff Gen. David Goldfein.

The Air Force is seeking legislation to increase aviation retention pay above the current limit of \$25,000 per year for all pilots. This pay has not changed since 1999.



2017 Vanguard Award Call for nominations

The Air Force Personnel Center is now accepting nominations for the 2017 Vanguard Award through Jan. 25.

The Noncommissioned Officers Association annually sponsors the award to recognize one enlisted member from each branch of service for a heroic act, on or off duty, which results in saving someone's life or preventing a serious injury.

Organizations and base-level personnel must contact their major command, combatant command, field operating agency or direct reporting unit for suspense dates and additional information.

Complete application procedures and deadlines are available on myPers. From the dropdown menu, select "Any" and search "Vanguard."

For more information about Air Force personnel programs, go to the myPers website.

Are you missing out on business?

Robins Air Force Base and its units spend more than \$4.6 million on Government Purchase Card purchases using homegrown businesses and propelling the local economy.



If you have a local business which could service Robins, and believe you're not given a fair opportunity due to fraudulent activities, we want to help.

To report fraudulent Government Purchase Card activities please contact Air Force Office of Special Investigations, Detachment 105, Robins Air Force Base at 478-926-2141.

Museum of Aviation celebrates National Aviation Day with selfie call

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

Orville Wright would have turned 145 years old today and as such today is National Aviation Day.

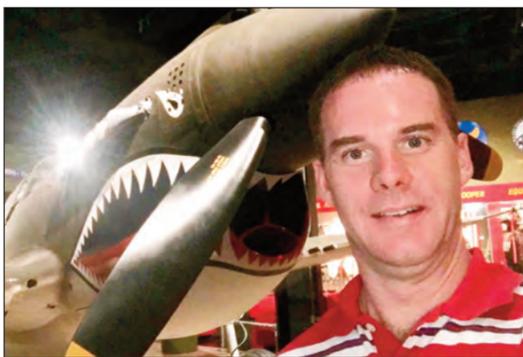
As one half of the Wright brother's team which, on Dec. 17, 1903, the pair made history with their sustained flight.

To celebrate the day, the Museum of Aviation would like visitors to take selfies with their favorite aircraft and post those pictures on social media with the hashtags #moaselfie and #nationalaviationday.

The museum now has a Flickr account as well as Instagram, Facebook, Twitter and Snapchat.

"It's a call to action," said Tyler Bryant, the museum's public relations and marketing coordinator.

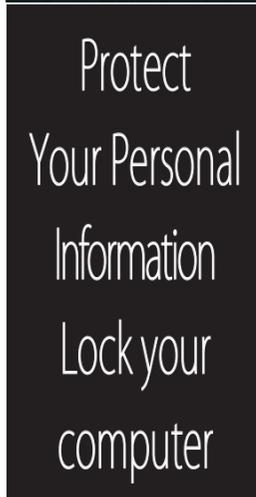
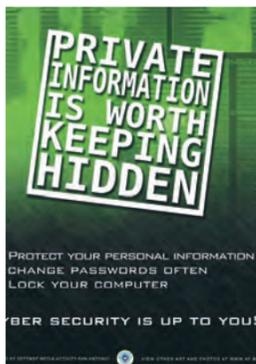
Both Bryant and museum curator Mike Rowland



Courtesy photo

are hoping to see a variety of selfies from the guests to the museum that day.

"It will be interesting to see what people think of aviation," Bryant said.



Become part of a winning team

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

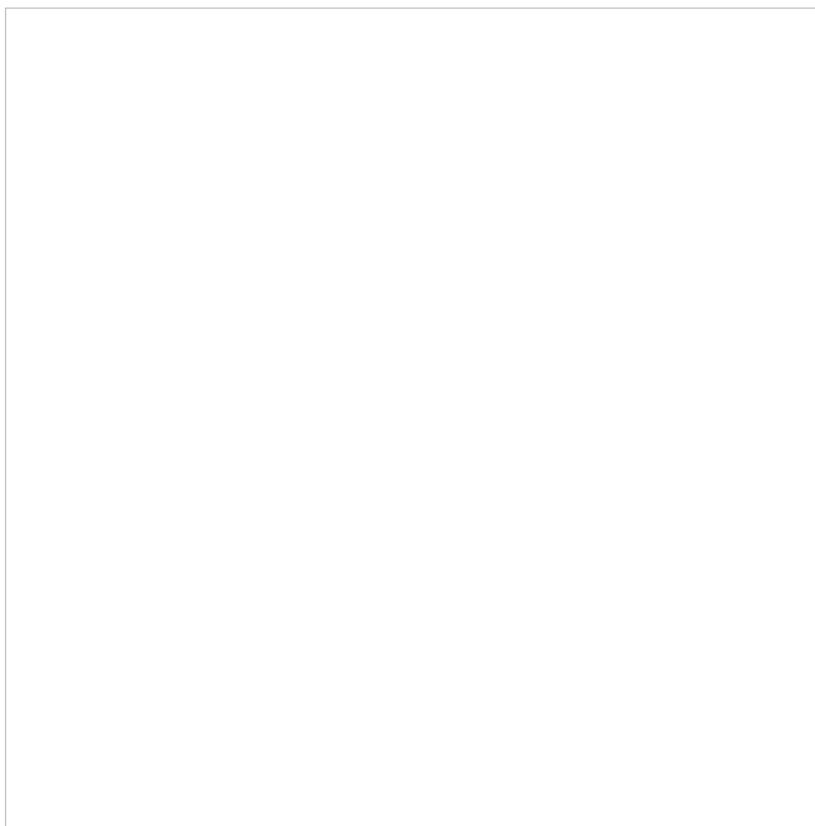
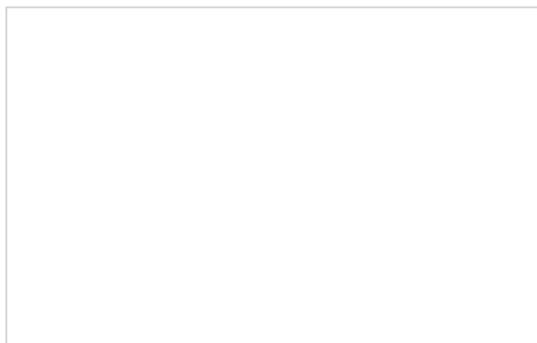
<https://www.usajobs.gov/GetJob/ViewDetails/445574200/>

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

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

Sometimes everyone needs a little help ...

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





U.S. Air Force photos by TOMMIE HORTON

The main objective of last week's Major Accident Response Exercise was to demonstrate all portions of the air show emergency management plan.

EXERCISE

Continued from 1A

from the Houston County Sheriff's Department and Warner Robins Police Department; Houston Healthcare; the 78th Air Base Wing Safety Office; Robins Fire Emergency Services; 78th Medical Group; various emergency management response teams and more.

Last Thursday's exercise involved a simulated F-16 crash response injuring dozens of guests, as well as an air show ground operations exercise.

The ground operations phase included screening visitors for weapons at entry control points, responding to a suspicious package and an active shooter, and dealing with unruly visitors.

The importance of preparation can't be understated, from delving into technical details to conducting countless meetings. It plays a vital role in how the base and community would respond in the event of a major accident.

"The major objectives of this exercise are to demonstrate our air show emergency management plan, to test our command and control capability and test our triage capabilities with our 78th Medical Group Field Response Team," said Maj. Jim Jackson, Thunder Over Georgia Air Show director.

"It's important because it helps us prepare for real-world events," said Tony Purtee, Installation Exercise Program chief.

Exercises like this also give local law enforcement agencies a chance to practice various scenarios together – something that's invaluable when such a large group of people are gathered in one location.

"It would be mission failure without them," said Capt. Kenneth Canty, 78th SFS operations officer. "We couldn't do this without them."

While dozens of volunteers were laid out on the hot concrete pavement by Bldg. 2336, fire rescuers, fire trucks and an ambulance were stationed across the ramp

ready to assist victims once the aircraft crash scenario began.

Emergency personnel rapidly assessed each patient, bringing them to the 78th MDG's Field Response Team for management and care. This portion of the exercise wraps up once patients are ready for transport to local hospitals.

The response team provided triage for those suffering minor injuries all the way to those not expected to live.

By participating in last week's crash scenario, it gave team members hands-on exposure they don't normally get.

"As a field response team we go out and triage, tagging people and taking care of them in the field until they're transported to a higher echelon of care," said Master Sgt. Suzanne Martin, 78th Aerospace Medicine Flight Medicine flight chief.

Planning for the air show itself began back in December, with a base-wide air show staff that has now grown to more than 70 volunteer staff positions.

People will not have seen all the behind-the-scenes labor, from coordinating transportation, volunteers and exhibits, to emergency planning and safety and communication. But there will be one thing people will see.

"Everyone can look forward to a spectacular show – knowing that it is supported by the very best," said Jackson.

On the air show, headlining this fall's event is the Thunderbirds, the flying unit officially known as the U.S. Air Force Air Demonstration Squadron.

Other performers include Patty Wagstaff, six-time member of the U.S. Aerobatic Team and veteran pilot; U.S. Army Special Operations Command Parachute Demonstration Team's Black Daggers; Commemorative Air Force to include the P-51 Mustang and F4U Corsair; Disabled American Veterans; and Randy Ball and the MiG-17F.

Editor's Note: For continued updates, visit <http://www.robins.af.mil/Airshow>. Times and acts are subject to change. See air show FAQ on page B1.

OLYMPICS

Continued from 1A

year. As a three-sport athlete, also participating in football and basketball, once basketball season was over he tried track again.

He made it to regionals then as well as the state finals for high jump. He participated again his sophomore year when he won the state finals, clearing seven feet, according to dad. His senior year he broke his school's record, jumping 7-feet-four inches.

He'd later earn an athletic scholarship to Auburn University, where he again excelled in various NCAA championships. At 24 years old and standing at 6 feet 4 inches tall today, as an Auburn Tiger,

in 2015 he won the SEC Championship in the high jump; and placed fourth in the high jump to earn All-American honors at the NCAA Indoor Track and Field Championships.

His other accolades included: 2015 Indoor All-SEC First Team, 2014 Outdoor All-American (high jump), 2014 all-SEC Second Team, 2013 Outdoor All-SEC Champion (high jump) and 2013 All-SEC First Team.

Training all year long with one goal in mind to make it to the Olympics, his dream came true this past Sunday when he showcased his talents in front of a worldwide audience.

Although Smith cleared the same height as his competitors, he had a few misses, and did not advance in order to earn a medal.

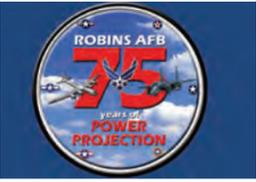
Speaking with his son after the event, the elder Smith said his son wasn't happy about it, but to have made it as far as he did was an incredible feat.

"This is only the beginning for him. In four more he said he's going back – and will medal next time," said his father.

On advice he shared with this son before last weekend's competition, his dad explained that to have made it this far, to be among the top athletes in the world was something truly special.

"I've told him to take it as a blessing, and to enjoy everything that it had to offer," he said. "Be an encouragement for others and share that if you work hard enough and do what you're supposed to do, you can achieve anything."

ROBINS REV-UP



COMMANDER
Col. Jeff King

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They should be e-mailed to lanorris.askew.ctr@us.af.mil and vance.janes@us.af.mil
Submissions should be of broad interest to the base populace. For information, call Lanorris Askew at 472-0806.

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Safety saves lives. Start your savings account today.



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Counselor Connection: Lessons learned from EEO

BY ROBINS OFFICE
OF EQUAL OPPORTUNITY

There are literally thousands of words used every day. We use words to communicate everything from giving orders in the military to telling our significant others how we feel about them. Yet, do words always convey the same meaning for everyone who hears them?

Let's take the word "race." What do you think of first? Do you think of runners in a marathon heading toward the finish line, an election where candidates are competing for public office, or a person's ancestry?

When we consider the words we use on a daily basis, is it possible for others to interpret some of our words as racially derogatory or offensive? With the diversity in our workforce, it is important for us to do a self-analysis of the terms and expressions we may use, and think of how someone else may interpret what we say.

If you are from Generation-X or earlier, it was not uncommon to hear the phrase, "Indian Giver?" This term was often thought of as someone who gives something and then takes it back. The concept of an

"Indian giver" traces its roots back as far as the 1700s. In his 1765 History of the Province of Massachusetts Bay, "Thomas Hutchinson defined an Indian gift as a present for which an equivalent return is expected." It was customary for many Native American tribes to give a gift or something of equal value whenever a gift was given to them; the Native Americans expected the same in return because they viewed this behavior as bartering, whereas the Europeans believed they were receiving gifts. Due to these misunderstandings, the phrase "Indian Giver" is offensive to many people.

This example was intended to show how our words can be easily misinterpreted without a clear explanation. In the words of our current Secretary of the Air Force, Deborah L. James, "There's simply no country in the world as widely diverse as the United States. Progress has been made, but we (the Air Force) can do better." By doing a self-analysis of how our words could impact listeners, it will limit conflict and promote a more professional/cohesive working environment for everyone to enjoy.

In the height of America's social unrest, it is important for us to make sure our words are appropriately interpreted as best as possible.

The 78th Air Base Wing Office of Equal Opportunity is committed to providing equal opportunity to eliminate discrimination in the workplace on the basis of race, color, religion, sex, age, national origin, disability, genetic information non-discrimination act, and reprisal. This is all in an attempt to create a work environment that promotes diversity, inclusion, and equality for all employees so they may feel valued, respected, and supported in their efforts to accomplish the Air Force's mission to fly, fight and win.

Information used in this article is courtesy of <http://www.af.mil/News/ArticleDisplay/tabid/223/Article/578862/secaf-introduces-diversity-initiatives.aspx> and <http://www.npr.org/sections/codeswitch/2013/09/02/217295339/the-history-behind-the-phrase-dont-be-an-indian-giver>.

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Thought for the Day

"When you reach the end of your rope, tie a knot in it and hang on."

– Franklin D. Roosevelt



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Services Events, B3

Lighter Fare

THE ROBINS REV-UP ■ AUGUST 19, 2016

THE PLACE TO LIVE, LEARN, WORK AND PLAY



GOT AIR SHOW QUESTIONS?

The Thunder Over Georgia Air Show will kick off at Robins Oct. 1 & 2. The show will include performances by the U.S. Air Force Thunderbirds, U.S. Army Special Operations Command Parachute Demonstration Team – known as the Black Daggers, multiple warbird acts, aerial acrobatic rock star Patty Wagstaff and others.

With an air show comes a great deal of questions. Below are some answers to frequently asked questions about the show:

→ **What time do the gates open?**

The gates will open at 9 a.m.

→ **What time does the show start?**

Opening ceremony will begin at 11 a.m.

→ **How long will the air show last?**

The air show will end at around 5 p.m. Please note the schedule is subject to change.

→ **Is there a fee for admission or parking?**

No. Admission and parking are free. No tickets necessary.

→ **What time will the shuttle buses start running and for how long?**

Bus transportation to the show will start at 8:30 a.m. both days. The shuttles will run from the Middle Georgia Regional Airport and Anchor Glass until all spectators are off the base.

→ **Will there be handicap buses available?**

Yes. There will be handicap, wheelchair accessible buses running to accommodate on-and off-base air show attendees. Individuals will be directed to the appropriate bus.

→ **Do I need an ID?**

No. ID is not required to enter the show. However, if you are driving on base, the driver must possess a Department of Defense ID, as needed for regular base access.

→ **Is Robins allowing vendors to vend food and drinks at the air show?**

All vending will be through the National Concession Company.

→ **Which day will the Thunderbirds be performing?**

Both! The Thunderbirds will perform their demonstration both days, weather permitting.

→ **Will there be other performers at the air show besides the Thunderbirds?**

A list of air show performers can be found on the air show website at Robins.af.mil/airshow. The list of performers is continuously being updated. Acts and times are subject to change.

WHAT TO KNOW

For more air show FAQs, updates regarding performers, statics and parking, visit <http://www.robins.af.mil/Airshow> and <https://www.facebook.com/Robins-Air-Show-2016-304047656310401>.

If you have specific questions not covered, email them to Robins.Airshow.Community@us.af.mil.

→ **Will it be necessary to have hearing protection?**

Yes. This event will have jets that take off, land and perform. Hearing protection should be the same as used at any extremely loud event. Visitors to the air show are encouraged to bring some form of hearing protection.

→ **Are cameras and video recorders allowed?**

Yes. You may bring cameras and video recorders into the show. Please keep in mind that everything is subject to search.

→ **Can I take pictures or get autographs?**

Yes. Many of the performers make themselves available for autographs and photos.

→ **Will there be an ATM in case I need money?**

Yes. Multiple ATMs will be available on site.

→ **Can I bring in food and beverages?**

No. They will be available on site for purchase.

→ **Are coolers permitted at the air show?**

No. Coolers are not permitted inside the air show gates.

→ **Are pets allowed?**

Sorry, only service animals are allowed.

→ **Can I leave and re-enter the Air show?**

Yes. You can leave and return as often as needed.

→ **Can you bring lawn chairs?**

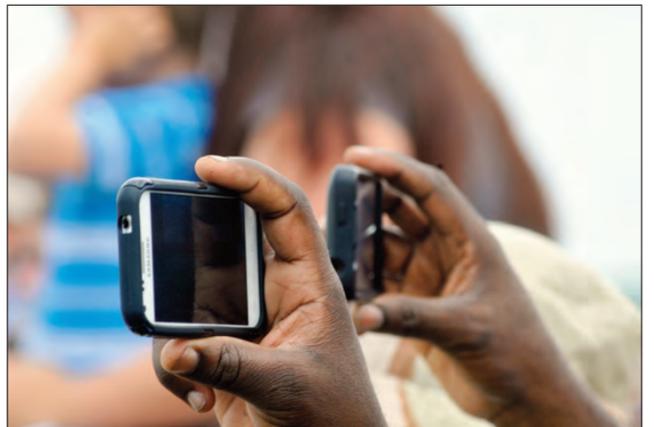
Yes. Lawn chairs, camp chairs and blankets are allowed. Lounge chairs are not permitted. Keep in mind that everything is subject to search.

→ **Is there shade?**

There are limited areas of shade available throughout the flight line. Also you can take a walk through one of our larger static display areas to get a break from the sun.

→ **What happens if it rains?**

In the event of rain some flying demonstrations may be postponed or cancelled. However, unless the weather poses a serious threat to the safety of the visitors and participants, the show will proceed as scheduled with some modifications.



A BETTER YOU

Tips on sharing Robins' roads safely

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

As the warm weather continues and students head back to school, it's still an ideal time to enjoy the outdoors and relish what nature has to offer.

At Robins, that means many Team Robins members are taking advantage of walking, jogging and running on base. They're also riding their bikes, which at times takes them near busy roadways, especially during peak morning and afternoon hours when folks are entering or leaving the base.

It's important to pay close attention to your surroundings when riding, as drivers can become distracted, turn in front of you, fail to look to the right and behind when turning on red or pass a bicycle too closely.

Dave Decker, the 78th Air Base Wing Safety Office's Occupational Safety chief, shared a few tips on how to safely maneuver around the installation safely.

"Bicyclists on base are required to follow the requirements of 'Air Force Instruction 91-207, The U.S. Air Force Traffic Safety Program,'" he said.

The AFI requires riders to wear a highly visible outer garment during the day, and outer garment containing retro-reflective material at night.

It also requires them to wear a properly fastened, bicycle helmet that meets Consumer Product Safety Commission, ANSI, or Snell Memorial Foundation standards.

Bicycles are required to be equipped with a white front light visible for 500 feet and a red reflector or light clearly visible from the rear for 300 feet.

According to the National Highway Traffic Safety Administration, some of the top mistakes bicyclists make include: turning or swerve suddenly; riding through stop signs or red lights; riding in the wrong direction; or riding while impaired. A big mistake cyclists sometimes make is riding into the street from a driveway, alley or from between parked cars without stopping or looking for traffic.

The driver has the right of way and expects all entering traffic to yield.

Everybody can follow the rules of the road – use turn signals, yield to pedestrians, keep right when travelling slower than other traffic, obey traffic laws and patiently share the road.

Bicyclists should always go with the flow



of traffic, not against it, and be ready to stop at driveways or intersections.

They should also watch for uneven pavement.

Walk and don't talk

With the ever-growing influence of technology, another topic of importance is cell phone use and pedestrian safety, such as texting or talking on the phone while using a crosswalk.

Distraction among pedestrians is a major contributor to pedestrian safety risk, often leading to a serious injury, according to NHTSA's Office of Behavioral Safety Research. Distraction contributes to large numbers of crashes, fatalities and injuries.

The most important reminder here is to always be aware of your surroundings, which means paying attention to what is happening around you. Cars are driving past you, and once you step off the curb and into the street to use a crosswalk, be sure to hang up first.

Talking on the phone while crossing the street is another distraction which can take away from your ability to negotiate traffic.

"We see this disturbing concern everywhere – people using their phones while walking across the streets, even if inside a crosswalk where people believe they are safe," said Decker. "It's safer to use a crosswalk than not, but they give people false security because the crosswalk won't stop a motorist from driving through it. The driver could be distracted and not stop."

"Now, with new mobile applications such as the Pokémon Go App, people are even more distracted to the point of getting injured or killed just because of playing a game on their phone," he said. "We need to use personal risk management at all times ensuring we're doing the right thing and ultimately being safe."

Cell phone use has become so prevalent that last year the National Safety Council added statistics on cell phone distracted walking to its Injury Facts 2015 – a publication that includes statistical reports on unintentional deaths and injuries.

In 2013, 6,100 pedestrians were killed by motor vehicles, and 160,000 pedestrian injuries required medical attention; 23 percent of deaths and injuries resulted from pedestrians darting into the street.

The majority of those were younger than 15 years old.

HAWC offers quick, easy back to school freezer recipes

This month, the base Health and Wellness Center is providing easy and healthy recipes that can be made in advance and frozen for those crazy back-to-school weeknights.

When parents are running between soccer, gymnastics or helping the kids with homework, pop one of these meals into the oven for a dinner that's ready in minutes.

These meals are full of the nutrition your family needs to fuel up for back to school madness. Prep these easy meals on the weekend to save extra time.



Sweet Potato and Black Bean Empanadas

These tasty pies are a perfect for Meatless Mondays. Mild sweet potatoes and black beans take on smoky, spicy tastes from cumin, paprika and chiles. You can use any type of bean here, or even add cooked and drained ground beef or chorizo. If you have picky eaters, replace the sweet potatoes with Russet potatoes.

(Recipe adapted from <http://www.myrecipes.com/recipe/sweet-potato-bean-empanadas>)

INGREDIENTS

- 1 box refrigerated pie crusts, softened as directed on box
- 1 egg, beaten
- 2 sweet potatoes
- 2½ tablespoons of 4 oz. canned poblano or green chilies (depending on desired level of spiciness.)
- 1 tablespoon cumin
- 1 tablespoon smoked paprika
- 1 can of black beans, rinsed and drained
- 1/3 cup chopped green onions
- 2 tablespoons chopped fresh cilantro
- ½ teaspoon salt

RECIPE DIRECTIONS

1. Peel sweet potatoes and dice to 1-inch cubes. Place in large dish and microwave for 5 to 6 minutes until fork mashable. Let cool.
2. In a medium bowl, combine chiles, cumin, smoked paprika,

black beans, green onions, cilantro and salt. Add sweet potato mash to mixture.

3. Unroll pie crust on cutting board. With a rolling pin, roll it out until it's 18 inches in diameter. With a 2 ½ to 3-inch round cookie cutter, cut 12 rounds from pie crust.

4. Working one dough round at a time, top each with about 1 teaspoon of black bean and sweet potato mixture. Moisten edges with water, fold dough over to make a crescent shape, and press with fingers to seal. Use fork to create design around edge and seal the empanadas. Place in gallon sized plastic bag to freeze.

To bake:

Thaw empanadas overnight. Preheat oven to 400°F. Beat egg and brush over tops of empanadas. Bake about 15 minutes or until golden brown and thoroughly heated in the center.

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

HAPPENINGS/SERVICES

FRI	SAT	SUN	MON	TUE	WED	THUR
19	20	21	22	23	24	25
<p>ON TAP Beginners Frame Class Register by Today Classes are Aug. 30 and Sept. 6 Arts & Crafts Center Cost is \$20 for two 3 hour sessions For details, call DSN 468-5282.</p> <p>Kids Karaoke Night Today 5 to 8 p.m. Base Restaurant Contestant ages 3 to 12 \$10 for adults, \$7.50 for kids. Cost includes meal, drink and dessert. For details, call DSN 468-6972.</p> <p>King & Queen Championship Tournament Today</p>	<p>6 p.m. Bowling Center Entry fee is \$20 For details, call DSN 468-2112.</p> <p>Trap and Skeet Fun Shoot Saturday Noon Skeet Range \$20 For details, call DSN 468-4001.</p> <p>Thunder Alley Saturday 9 to 11 p.m. Bowling Center \$10 per person For details, call DSN 468-2112.</p> <p>Tips from the Pro Tuesday</p>	<p>5 to 6 p.m. \$5 for unlimited balls Pine Oaks Golf Course For details, call DSN 468-4103.</p> <p>Last Friday Aug. 26 Heritage Club \$250 Club Card drawing for members present at 7 p.m. Heavy hors d' oeuvres 4 to 6 p.m. Jazz Band 5 to 8 p.m. DJ 8:30 p.m. to Midnight Soul Sophistication starts at 8:30 p.m. Free taco bar at 9 p.m. For details, call DSN 468-2670.</p> <p>Wild Adventures Trip Aug. 27 Valdosta, GA</p>	<p>\$45 includes transportation. For details, call DSN 468-2945.</p> <p>Paintball (Single Airman Only) Sept. 17 Perry, GA A \$15 refundable deposit is required. For details, call DSN 468-2945.</p> <p>Fall Bash Oct. 22 Services Marketing \$45 includes transportation. For details, call DSN 468-6559.</p> <p>Afterburner August Special 5:30 a.m. to 1 p.m. Base Restaurant, Bldg. 166 Berry Berry Very Good For details, call DSN 472-7827.</p>			