

Return to service work underway *AEDC cop first to get police academy honor*



Russell Arbuckle uses the AEDC Model Shop's large gantry mill to correct distortion caused by welding on a diffuser plate from the Von Kármán Gas Dynamic Facility Wind Tunnel A as Joel Gregory and Larry Stanford look on. In all, four plates were damaged when an actuator failed, bending plates like the one pictured below. (Above photo by Rick Goodfriend)

AEDC workers bend both metal and schedules to ensure a smooth road to recovery for VKF's wind tunnel A

By Patrick Ary
Aerospace Testing Alliance

A look at the photos shows the scope of the damage: two-inch thick steel plates cracked and peeled away from stabilizers as easily as peeling the shell off of a boiled egg.

The daunting task of repairing the damage in the Von Kármán Gas Dynamics Facility (VKF) Wind Tunnel A is kind of like putting Humpty Dumpty back together again, except Humpty Dumpty is made of tons of steel and complex motor and monitoring systems.

Also, unlike the "king's men," AEDC workers fully plan to put the nearly

60-year-old facility back together again.

Wind Tunnel A has a computer-controlled nozzle that is designed to simulate flight speeds up to Mach 5.5, but the air has been still for the last couple of months due to an equipment failure that resulted in some seriously mangled pieces of metal.

The cause of the damage was an actuator that failed, allowing the diffuser plates to collapse into the tunnel, according to AEDC Ground Safety Manager Mike Norris.

During preparation for a test, the falling actuator and a resulting change in

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By Shawn Jacobs
Aerospace Testing Alliance

When Arnold Police Lt. Dave Everett left to attend the police academy, the veteran policeman's goal was to fulfill a departmental requirement and learn some things in the process.

Everett, who is the installation plans and programs officer and alternate anti-terrorism officer at AEDC, returned with a prestigious leadership award and the admiration of his department and others.

Everett was awarded the Casey-Fowler-Williamson Leadership Award, which is presented by the Tennessee Association of Chiefs of Police (TACP) to an outstanding cadet who is employed by a police agency. The recipient is selected by the full-time faculty of the East Tennessee Regional Law Enforcement Academy at Walters State Community College in Greeneville. He attended the academy Oct. 4 to Dec. 3.

At 56, Everett is the oldest AEDC officer to complete the academy at Walters State and among the oldest graduates of the academy itself. The Estill Springs resident is also the only Arnold Police officer to ever win the award.

"The police chief's award (as we call it) is awarded on the basis of performance and leadership capabilities that were demonstrated throughout the academy," Jeffrey T. Gazzo, training coordinator of the academy and assistant professor of criminal justice at Walters State, said. "What I learned from observing and interacting with Mr. Everett on a daily basis is that attitude and commitment have no age. Mr. Everett consistently kept a positive attitude throughout the academy and constantly impressed the importance of maintaining a positive attitude and openness to training to his classmates who were many years his juniors."

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Crews keep AEDC roads safe in winter weather

By Shawn Jacobs
Aerospace Testing Alliance

When the weather outside turns frightful – like it did the week of Jan. 9 – chances are AEDC crews have already been at work, making sure the base and its access roads are passable for employees.

"Our main goal is to keep the roads as safe as we can and to be able to get people to and from work," Tom Penfold, section manager for ATA Civil Engineering Facilities Support, said. That is our mission, and so we apply all the resources that are necessary to do that the best we can."

That effort usually begins well before the frozen precipitation begins. Penfold said his office watches the weather forecasts – from Nashville and Huntsville television stations and the National Weather Service – and coordinates with the base Operations Center. The goal is to stay at least 24 to 48 hours ahead of the inclement weather and prepare for when it may come in.

"We watch all of the forecasts because we're in such a strange area where we get some influence from the north and a lot from the south, and even though the Nashville forecast may call for snow, we may be down here in the little warmer weather and not get anything," he said. "We actually have some pretty good experts on the roads

and grounds crew itself. They're really up on all the changes in weather, and they'll watch it closely.

"There's a lot of coordination between us, the Ops Center and Security. Security ... actually has a patrol vehicle that monitors the pavement temperature, and they will let the Ops Center know if the bridges are getting down below 32 degrees. If we're expecting precipitation and they're running at cold surfaces like that then we know we're going to have some issues."

One of Penfold's key concerns is having the right personnel available and making sure they can get on base.

"If it's off hours, there's some difficulty if a guy lives up on the mountain or far away," he said. "Let's make sure he's safely to the base before the snow and ice come in so he can get here and do his job. If it's during [work] hours, then we [may plan] on keeping some folks here instead of releasing them at the end of the day. We have a lot of factors to figure.

"We have a small pool of resources of truck drivers and operators and laborers. We have to watch the amount of hours they work."

Penfold said 15 to 20 roads and grounds employees are available to be called on. The main response vehicles include two trucks with snow plows, which also are salt spreader trucks.



AEDC crews had to plow inches of snow off of the base's roadways to ensure they were safe and passable the week of Jan. 9. (Photo by Rick Goodfriend)

"Those would come out if we're not accumulating yet but we're trying to keep the intersections, bridges and things like that safe," Penfold said. "We'll be applying salt and getting that down and then as it accumulates use the plows.

"Then we have the one brine truck, which is for pre-application. We go put out

brine on roads, kind of like the state does, and prepare that on the intersections and primary roads again. We have two graders, which have blades on them that we use

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HIGH MACH

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Vision

"ATA will be a trusted partner in delivering best value warfighter support and assert stewardship to AEDC"

Core Values

- Be accountable for our own actions
- Ensure the safety of individuals and equipment
- Demonstrate the highest integrity and ethical standards
- Communicate clearly and openly
- Deliver professional and technical excellence
- Nurture, enable and treat people fairly
- Align with customer goals and objectives
 - Use disciplined and innovative processes
 - Continually improve in all that we do



Core Values

- Integrity first
- Service before self
- Excellence in all we do

Setting goals important at home and at work

By Col. Michael Panarisi
AEDC Commander

2011 is only a couple of weeks old, but I suspect most of us are already having trouble keeping our New Year's resolutions.

In fact, I've heard some people say they don't set New Year's resolutions, because "I never keep them, what's the point?" Here's a thought: "If you aim at nothing, you hit it every time."

Or, "If you don't know where you are going, how do you know you got there?"

Setting the goals, identifying the targets and recognizing your progress are the keys to getting anything accomplished.

It sounds a little counter-intuitive, but the process starts at the end when

you declare what you are trying to get done.

Businesses (at least successful ones!) do this all the time.

Wall Street is all about "hitting the numbers," and every manufacturing or process driven entity uses "metrics" to track progress.

Otherwise, they would never know if improvement efforts are paying off, initiatives are effective or if wasteful practices are getting in the way.

The same holds true here at AEDC.

Shortly, we'll finalize our goals for 2011, but here's a sneak preview, and one you can keep in mind for your own contributions and home life.

The nation is facing unprecedented fiscal challenges, and "belt tighten-



Panarisi

ing" will be a way of life for all of us for the foreseeable future. That's not all bad.

Just as the economic downturn forced many industries and businesses to really crank down on their processes, we are in the same boat.

We are all better off if we can find more efficient ways of doing things, spend less, and get better

results out of our efforts.

Along the way, as we discover things we shouldn't be doing, we have to find the right way to stop doing them.

Sometimes it's as simple as changing an old procedure.

Other times, we need to think through unintended consequences, and get a "reg" changed. But this fight is NEVER over.

Some call it "continuous improvement," and that's not a bad label. It's a motto we need to live by.

For 2011, this is more important than ever here at AEDC.

What we do here has huge impact on systems years away. We just can't meet the challenges of 2020 if we can't continue and improve upon the work we did here that made the

F-15, F-22 and other amazing things possible.

We'll be turning over every rock this year trying to dig out every conceivable method of streamlining our operations, cutting costs and preserving what we know is needed.

Some things will have to go, but it's up to all of us to pull out all the stops and keep the ideas flowing. We can – and must – start today and put in place a path that will keep us viable in 2012. And as always, we're relying on everyone to make this happen.

"Top-down" approaches for these efforts have a horrible track record. "Grassroots" are the way to go. So as you discover things we need to do differently, send it "up the chain." We're taking every idea we can get!

Make energy a consideration in all you do

By Steven Pearson
ATA Deputy General Manager

The United States is currently the world's largest single consumer of energy. The Department of Defense is the largest energy consumer in the United States and the Department of the Air Force is the largest consumer in the DoD.

AEDC is not the largest energy user in the Air Force, but we are in the top 10.

So what does "energy usage" mean? The U.S. Department of Energy categorizes national energy use in four broad sectors: transportation, residential, commercial and industrial.

Energy usage in transportation and residential sectors (about half of U.S. energy consumption) is largely controlled by individual domestic con-

sumers. Commercial and industrial energy expenditures are determined by businesses entities and other facility managers.

A question we often hear at AEDC is, "Is energy conservation a fad program or something that is here to stay?" Energy discussions often lead to the global warming issue and whether folks believe it is real or manufactured.

Regardless of your personal opinion, there is general agreement that decreasing energy consumption, and reducing greenhouse gases and other atmospheric pollutants are the right things to do.

Conserving energy at AEDC and at home is an initiative that is here to stay, regardless of whether



Pearson

there is such a thing as global warming/climate change or not.

The fact is that energy availability is going to become a major concern in the next 10 to 20 years.

It will become an issue, not due to lack of energy resources, but due to global competition for those resources driven by population growth, lower oil production growth, and the technological advance-

ment of third world countries and their increasing energy demands. Though the United States is currently the world's largest user of energy, emerging economies of China and India with their massive populations are catching up fast.

The DoD is very concerned about the energy situation and a few years ago initiated a program to develop alternate fuels for aircraft. We have tested several of these fuels at AEDC.

The cost of the alternate fuels is currently higher than fossil-based fuel, but that could flip in a moment's notice. Some of the factors that could quickly change the energy picture are a mid-east war, an oil embargo, or a significantly weakened dollar.

In combination with working to reduce the DoD demand for energy, we must each examine our personal energy consumption as well, to help with the two highest categories of energy use: transportation and residential use.

Every future scenario we read about in the papers or hear about on the news indicates per capita energy consumption must be reduced to conserve energy resources, control costs, protect the environment, and reduce our country's dependence on foreign oil production.

Are you doing your part?

Here is a review of some of the things each of us can do daily that will help both at work and home.

Turn off the lights when you leave a room or your office/work area. Even if the room has a motion detector, the lights will remain on for a few minutes after you leave. If equipped, turn the lights off manually. Turn off specific task lighting when not needed.

Put your computer to "sleep" and turn the power off on your computer monitor when you are away from your office for more than 30 minutes.

Try to take care of business by telephone or computer rather than driving.

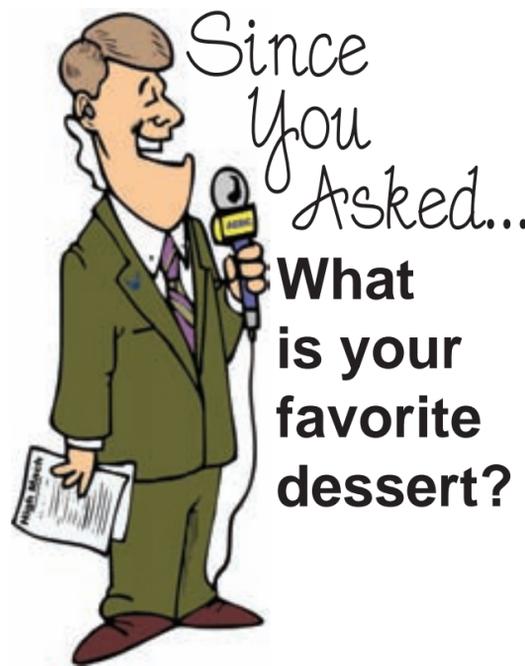
Experiment with conference calls rather than holding meetings. This will not work for all meetings, but a good estimate is 50 percent of our meetings could be held via conference call.

Consider how transportation energy costs can be reduced when planning your daily schedule.

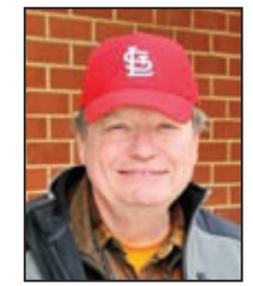
Report energy waste at AEDC. Be on the lookout for water and steam leaks. Prepare work requests or notify your supervisor.

Continue to submit energy conservation ideas via the "Ideas in Action" suggestion program.

Include "energy conservation" in your list of New Year's resolutions. Work to change your energy consumption habits.



Val Davenport
"Key lime pie."



Hollis Tolley
"Coconut cream pie."



Margaret Smith
"Peach cobbler."



Renee Gunn
"Chocolate pie."



Carol Smith
"Anything chocolate."

Action Line

Team AEDC

I believe in free and open communications with our Team AEDC employees, and that's why we have the Action Line available. People can use the Action Line to clear up rumors, ask questions, suggest ideas on improvements, enter complaints or get other issues off their chests. They can access the Action Line in one of three ways: via the AEDC intranet home page, Action Line boxes at the base cafeterias and by calling 454-6000.

Although the Action Line is always available, the best and fastest way to get things resolved is by using your chain of command or by contacting the organization directly involved. I encourage everyone to go that route first, then if the situation isn't made right, give us a chance.

Col. Michael Panarisi
AEDC Commander

Smoking Policy

1. The following revised AEDC smoking policy is effective immediately. Smoking is permitted solely in designated areas identified by a plastic "smoke genie." This receptacle is for the sole purpose of cigarette butt disposal. If there is no receptacle, you cannot smoke in that area. It is the responsibility of all smokers to clean up the area surrounding the receptacles for any cigarette butts on the ground. Smoking in government-owned vehicles is strictly prohibited. Personnel are allowed to smoke in their personal vehicles at any time. In case of inclement or cold weather, employees are encouraged to use their personal vehicles if a sheltered designated smoking area is not available nearby. Smoking areas will be held to the absolute minimum and will be located in low traffic, low visibility areas away from points of building ingress/egress and air intakes. A map of all authorized smoking areas is available on the AEDC web portal at [https://lpapro.arnold.af.mil/PORTALimages/Smoking area map.pdf](https://lpapro.arnold.af.mil/PORTALimages/Smoking%20area%20map.pdf). Smoking near a facility in an area not designated on the map is prohibited and any smoking receptacles located in areas not shown on the map will be removed. All "smoking permitted" and "no smoking" signs will be removed unless specifically required by OSHA.

The fact a person smokes has no bearing on the number of breaks they may take. Breaks should be taken in accordance with the company/agency personnel policies that apply to all employees.

Regarding use of smokeless tobacco, containers of tobacco waste product, including sealed containers, must not be left unattended or disposed of in trash receptacles. Users of smokeless tobacco must flush tobacco waste down the toilet. Smokeless is strictly prohibited in conference room meetings and other areas, e.g. PMEL, where Air Force regulations specifically prohibit.

- Supervisors at every level will ensure this policy is followed. Disciplinary action is appropriate for repeated violations.
- Updates to this policy will be made in the future to further align with Air Force guidelines.
- This letter supersedes previous letter dated 28 October 2006, subject as above.

Exhaust plants upgrade boosts reliability



By Shawn Jacobs
Aerospace Testing Alliance

Refurbishment of the A and B Exhaust Plants continues to pay dividends to AEDC in the form of greater reliability and efficiency.

In addition, the project – completed in September 2009 – came in at more than \$55,000 under budget and with no lost testing time.

The overhaul of the A/B Exhaust mechanical and electrical systems was the subject of an end-of-project brief at a “lunch and learn” Dec. 12 in the large Directorate of Operations conference room, presented by Tony Medley, an ATA project manager in the Investments and Design group.

The A/B Plants provide support for J and T test cells. Test cells J-1 and J-2 are altitude cells sized for medium and large turbine engine testing, while the J-6 facility provides ground test capabilities for solid-propellant rocket motors. Altitude test cells T-3 and T-4 are diverse cells with multiple test applications for testing small and medium turbine engines and cruise missile engines.

Medley said the project came about as part of a long-range plan to shut



Above, Wayne Richards, lead electrician for the high voltage cable installation, is shown in April 2008 running the 3,000 feet of 3,500 KCM cable used to replace the aging 1,500 KCM cable in the A/B Exhaust Plants upgrade. The lining in the XS1 electrolyte tank, left, was replaced during the A/B Exhaust upgrade. The white residue in this January 2008 photo is a result of leeching due to the deteriorated lining. (Photos provided by Tony Medley)

down A/B Exhaust and tie in to the C Plant, but maintenance became an issue as the timeline for the replacement continued to be delayed.

“As that project got pushed out, this project was put in to bring A/B Plant back up to its capabilities to make sure it could still function the next however many years it needs to,” Medley said. “There was a team of people who ... looked at the maintenance records to see what we really needed to focus on, so this project was put together based on all the needs to keep those plants

surviving.”

One of the biggest improvements on the B side was replacing 50-year-old deteriorating cables in the control room that controls the exhaust machines.

“It was in conduit; it was underground,” Medley said. “It had water in the conduit, and it was just worn out. They had a lot of problems getting machines on line for operations to do a test and had a lot of downtime due to that, so this project was to replace all those control cables.

“They had some problems with the exhaust machine themselves, and we

took advantage of those downtimes and did as much work as possible without taking the plant out of service. The craft guys did an excellent job on working and supporting. As soon as an exhaust machine had problems and it was down, we went ahead and did our part while they were refurbishing the motors.”

On the A Plant side, a major part of the upgrade involved XS1 and XS2, the exhaust machines that control the pressure ratio of the test cells. Medley said the 50-year-old machines were prone to trouble even though their maintenance

was kept up-to-date.

“The pieces that support those machines – like lube oil systems, heat exchangers, the electrolyte system – there are a lot of failures due to that,” he said. “The synchronous starting system [which gets the motors on line] was old and outdated, so we put in new ‘sync’ motors, starter systems and ran all new cable.”

Medley said finding the proper cable was especially problematic. Not only was copper expensive, they could not locate the 3,000 feet of 1,500 thousand cir-

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Brig. Gen. Richard M. Clark announced as African-American Heritage luncheon guest

By Patrick Ary
Aerospace Testing Alliance

Brig. Gen. Richard M. Clark will be the guest speaker for this year’s African-American Heritage luncheon Feb. 8 at AEDC’s Arnold Lakeside Center.

General Clark is currently the Commandant of Cadets at the U.S. Air Force Academy in Colorado Springs. He is a command pilot with 4,200 flight hours, primarily in the B-1 bomber.

General Clark graduated from the U.S. Air Force Academy in 1986. His commands include the 34th Bomb Squadron at Ellsworth Air Force Base and the 12th Flying Training Wing at Randolph Air Force Base. He also served as director of the Joint Interagency Task Force-Iraq, Multi-National Force-Iraq, Baghdad.

Observance committee

action officer Jackey Gates said General Clark’s visit will be good for AEDC.

“It’s wonderful,” Gates said. “It’s been 10 years since we had a general officer speak; Maj. Gen. Claude Bolton spoke in February 2000. General Clark will have the opportunity to tour our facilities and mentor some of our outstanding men and women, military and civilians.

“We’re proud of the contributions we have made and will continue to make. We look forward to him sharing his insights and experiences.”

Gates said they got in touch with General Clark through AEDC commander Col. Michael Panarisi. The two were classmates at the Air Force Academy and recently became reacquainted.

When he was asked for ideas on potential guests, Colonel Panarisi decided

General Clark was one of the best to bring in not just because of his position and experience, but because he is a great public speaker.

“He’s the kind of guy that lights up a room when he comes in,” Colonel Panarisi said. “He’s very articulate, very engaging and has a wealth of experience in our Air Force – exactly what we’d love to have in a speaker.”

The visit will also serve AEDC well, Colonel Panarisi said, because it will give an Air Force leader a first-hand look at the base and its mission.

“If we can get a leader whose mission is to shape the next generation of USAF leaders here, it’s a big win for our Air Force,” he said. “To get a general officer on Arnold and remember what Arnold, does and be able to describe to everyone else what we do down here –



Clark

that’s huge. We’re thrilled to have him.”

This year’s luncheon honors African Americans and the Civil War. It will take place from 11 a.m. until 1 p.m. at the Arnold Lakeside Center. The cost of the luncheon is \$8.95 for ALC members and \$9.95 for nonmembers. Payment can be made in cash or by check made out to ALC.

The public is invited to attend the event. Reserva-

tions must be made by Feb. 2. To make a reservation, call Jackey Gates at (931) 454-4823, Tina Bonner at (931) 454-6804, 2nd Lt. CharMeeka Scroggins at (931) 454-5623, 1st Lt. Tony Brunson at (931) 454-7756, LaSheena Brunson at (931) 454-6655, Tech Sgt. Naomi Bullock at (931) 454-3537, Sharon Vance at (931) 454-6557 or Miriam Harris at (931) 454-7824.

Arnold Legal Office to host VITA site

Between Jan. 31 and April 18, the Arnold AFB Legal Office is taking appointments for free personal income tax filing assistance through the Internal Revenue Service’s Volunteer Income Tax Assistance (VITA) program.

Persons eligible for this program are active duty service members, guard and reserve members on active status, military retirees, and their dependents whose adjusted gross income is no more than \$49,000.

Call the Arnold AFB Legal Office at 931-454-7814 to schedule an appointment.

Be sure you have all your documents when you come. If you are unsure what documents you need, ask when you call to schedule an appointment. Many military tax documents are available from the MyPay (<https://mypay.dfas.mil/mypay.aspx>).

After Jan. 17, military members and their dependents may also file their income tax returns themselves for free using H&R Block at Home through Military One Source (<http://www.militaryonesource.com>).

Those not eligible for these military-affiliated services but have an adjusted gross income under \$49,000 may utilize VITA programs in the local area.

Call the IRS at 800-906-9887 to locate a VITA site near you. A partial list is available at the IRS’s website (<http://www.irs.gov/individuals/article/0,,id=219171,00.html>).

FDA recalls swabs sold at Exchanges

DALLAS – The Food and Drug Administration issued a recall specific to all lots of alcohol prep pads, swabs and swabsticks manufactured by Triad Group.

Merchandise under the “Exchange Select” label at various Army, Air Force, Marine Corps, Navy and Coast Exchanges as well as Veteran’s Canteens, the products have been recalled due to concerns about “potential contamination of the products with an objectionable organism, namely *Bacillus cereus*.”

The FDA said it issued the recall “out of an abundance of caution” as use of contaminated alcohol prep pads, swabs or swabsticks “could lead to life-threatening infections, especially in at-risk populations, including immune suppressed and surgical patients.”

To date, the FDA said it has “received one report of a non-life-threatening skin infection.”

All affected product has been removed from shelves.

Military shoppers who previously purchased Exchange Select alcohol prep pads, swabs or swabsticks are advised to return recalled product at their nearest Exchange or Canteen for a full refund.

Premiere CEO honored at MLK banquet Jan. 14

By Patrick Ary
ATA Public Affairs

Mark Isom, the founder, president and CEO of Knoxville-based Premiere Building Maintenance Corp., was honored this year at the 22nd annual Dr. Martin Luther King Jr. Commemorative Commission's Leadership Awards Banquet in Knoxville Jan. 13.



Mark Isom

One of the commission's goals is to work with community partners to provide education and leadership training for adults and youth. Isom, one of three honorees at this year's banquet, received the commission's Business Award.

Premiere Building Maintenance provides full-service janitorial and facilities maintenance services and has more than 400 employees in seven states. The company is an ATA subcontractor with 38 employees responsible for janitorial services and refuse collection at AEDC.

Mark Isom's brother, Alan, is the project manager for Premiere's contract at AEDC.

"I am very proud of my brother, Mark Isom, for being awarded the MLK Commission's Business Award as well as his many accomplishments," Alan Isom said. "He is straightforward, hard-working and very dedicated. Mark gives his all to whatever he does and he will be the first to tell you that his company, Premiere,

would not be what it is today without his great employees and customers. That is just one example of the kind of guy he is."

Mark Isom, a former Carson-Newman College football standout, began his career at Southeast Service Corporation in Louisville, Ky., in 1985. He worked his way up to become a group manager nine years later.

In 1993, he became vice president of operations for Burns Janitor Services. In 1996, he founded Premiere. Last year, the company had more than \$13 million in sales. He has received several business and personal awards, including being named Distinguished Alumnus of the Year last year by Carson-Newman.

Premiere also routinely sponsors organizations throughout the state of Tennessee. Isom is a middle school basketball and football coach in the Jefferson City area and for the past six years has awarded college scholarships to at-risk students.

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inside the base on the roadways to plow and remove snow."

Penfold said several bucket loaders are used to clear parking lots. Smaller equipment like lawn mowers with converted blades takes care of sidewalks and pathways.

AEDC has its own salt supply, which is ordered in early fall. The brine is mixed on base and applied as needed.

Penfold said his budget is based on four major snow or ice events each winter, but last winter included six or seven events, which taxed the budget.

"This year, we're already off to an early start," he said. "We generally do not have December accumulation at all."

He said if drivers would slow down and operate their vehicles properly they could generally make it to the base during winter driving conditions.

"The key factor is speed and not braking [heavily on snow or ice], and you always have somebody who doesn't do that properly," Penfold said. "It's important for Fire and Security and of course the mission that the roads are safe."



Some members of Team AEDC that were on base when snow fell on Jan. 10 took a little time away from office work to have some fun in the fresh snowfall. 2nd Lts. Wes Meredith and J.J. Labouliere took a break to build a "space and missile-man" outside of Building 1088. (Photo provided)

UPGRADE from page 3

cular mil (KCM, an area measurement for cable) cable that was originally part of the system. Instead, they had to use much larger 3,500 KCM cable. The diameter of the copper wire strand in the new cable equates to a diameter of 1.87 inches. Add the insulation and the rubber sheath, and the diameter increased to about 3 inches.

"We replaced all the heat exchangers, the elec-

trolyte heat exchanger and the lube oil heat exchangers," he said. "We had to run new pipe to the lube oil heat exchanger to bring us up-to-date in getting more capacity out of those. We replaced all the lube oil pumps that keep the XS1 and XS2 lubed."

In addition, Medley said the concrete electrolyte tanks were relined because they leached and allowed bits of the deteriorating lining into the pumps, which caused problems.

Despite these challenges, Medley said the five-year project actually ran very smoothly, thanks

in part to excellent cooperation from AEDC's craft workers.

"They helped me by making decisions in the plant that needed to be made by doing what they felt like they needed to do to make sure everything worked right," he said. "We actually used the model shop electricians and ... mechanical guys on pieces of this project. There are also parts of this project [on which] we used plant craft guys – the plant electricians, pipefitters and other craft guys. Being able for those groups to come together and every-

body work like they did was really just amazing."

Medley said the J and T cells will definitely benefit from less unscheduled maintenance and downtime at the A/B Exhaust Plants, but a cost savings is difficult to estimate.

"Any one of those pieces would have cost us tremendous downtime," he said. "On some of the equipment we could have been crippled where we ran half plant, or we could have ended up down for six months ... due to the fact that it would take that long to order and replace some of the equipment."

AWARD from page 1

directing the assigned tasks of his squad but also by actively assisting in the completion of those duties. Mr. Everett, also, despite his extensive previous experience, demonstrated an open-minded approach to his training.”

Everett said the difference in him and the other cadets was quite noticeable.

“My roommate was 19,” he said. “At the police academy there’s one standard, and everybody has to adhere to that one standard. There is no variance for age or anything, so it was definitely challenging. I could not have made it if it weren’t for the grace of God and many answered prayers.”

The academics of the eight-week course of study were as challenging as the physical requirements.

“The curriculum is definitely difficult,” Everett said. “By nature, it’s written by academic personnel. It fulfills the requirements for an associate’s degree in police science.

“I had no intentions of anything but being able to survive by nature of being older. But when I got there, there was a great group of guys, a great bunch of

teamwork going on. I got a lot more than I gave, I know, because I learned a lot of the new guidance, new laws.”

Everett said being presented the award at graduation by Arnold’s own Police Chief Richard Trull made the honor even more emotional for him.

“Knowing Dave’s ability, dedication and professionalism, I was not surprised in the least to hear he’d been nominated by the entire academy staff for this award,” Trull said. “It was truly an honor for me to be able to travel to Walters State and present the award to Dave on behalf of the TACP. The fact that Dave represented our department, ATA [Aerospace Testing Alliance] and the Air Force to the state of Tennessee in such a positive and impressive manner is noteworthy.

“Dave is a valued member of our team. I depend on him continuously to provide the detailed analysis of federal, state and local laws that allows commanders to make informed decisions and our officers to maintain our high standard of security, integrated defense and enforcement.”

Arnold Police Capt. Dan

Hawkins, Installation Security Section supervisor, said Arnold Police recently became state-certified under the Police Officer Standards and Training (POST) Commission.

“As part of the POST certification, each officer who had not been to a state academy was required to go,” Hawkins said. “Dave is part of the chief’s staff and is a retired Air Force policeman, but he had to complete the academy for state certification. His completion nearly completes our departmental requirement for 100 percent POST compliance.

“Dave has been a tremendous asset for us and always approaches every task wholeheartedly. I am not surprised by his success at the academy.”

Everett has more than 30 years experience as a police officer. In addition to Air Force training as a Security Police officer, he also attended the California Highway Patrol training program and has been a reserve sergeant with the Franklin County Sheriff’s Department for 17 years.

He thanked ATA for making it possible for him



Arnold Police Chief Richard Trull and Lt. Dave Everett display the Tennessee Association of Chiefs of Police Casey-Fowler-Williamson Leadership Award Dec. 22. Everett received the honor Dec. 3 after successfully completing the East Tennessee Regional Law Enforcement Academy at Walters State Community College. (Photo by Rick Goodfriend)

to attend the training.

“It makes us a much more valuable asset for not only ATA but the community at large because of lot

of things happen that aren’t just military,” Everett said. “There are a lot of people who work here who aren’t military, and I thank the

company and my superiors for the opportunity to be able to do that because I think that it’s a plus for me and it’s a plus for them.”

F-16s’ arrival brings ‘battle rhythm’ to strike fighter wing

By Ashley M. Wright

96th Air Base Wing Public Affairs

EGLIN AIR FORCE BASE, Fla. (AFNS) -- After 17 months of silence, the 33rd Fighter Wing flightline here finally roared back to life Jan. 13.

The 33rd FW received four F-16 Fighting Falcons from the 56th FW at Luke AFB, Ariz. The jets will help establish a “battle rhythm,” as the wing stands up the first joint training center for the fifth generation F-35 Joint Strike Fighter.

“Everybody who operates on this base will benefit from an airplane taxiing out of here,” said Col. James Ravella, the 33rd Operations Group commander, “and outside the base, from Tyndall AFB to Pensacola Naval Air Station and other divert bases will get used to us coming over there.”

Officials elected to bring the F-16 to the wing because of its similarity to its descendant, the F-35. Its flying characteristics are similar to the F-35 so the training and mindset pilots are going to have in a single-engine fighter transitions from the F-16 into the F-35.

The initial cadre of F-35 instructor pilots will fly the F-16s for about one year to validate processes and warm up the ramp, which has not been used to fly an

aircraft since the wing transitioned to Air Education and Training Command in October 2009. Officials from AETC, Eglin and Luke worked to bring the F-16s to Eglin for more than a year.

“You are driving down risk by the type of aircraft, the type of flying we are going to be doing and just establishing a battle rhythm at the 33rd FW with the integration of Team Eglin,” said Navy Capt. Michael Saunders, the 33rd OG deputy commander.

Eglin members play multiple roles in the success of the 33rd FW training mission, and the addition of these four aircraft will rekindle those partnerships, Colonel Ravella said.

“It exercises the whole 33rd FW as well as our coordination with the 96th Air Base Wing for its support and the 46th Test Wing where we coordinate air space and scheduling,” he said. “We can’t fly without linking into the 46th Test Wing or the 96th Air Base Wing. Those are the same relationships we are going to exercise when we fly the F-35.”

The benefits of the F-16s already have been evident, even prior to their arrival. Wing personnel began testing hardware like hotlines



Maj. Craig Andrie steps down from an F-16 Fighting Falcon upon arrival Jan. 13 at Eglin Air Force Base, Fla. Four F-16s from Luke AFB, Ariz., were brought to Eglin to help prepare the pilots and maintainers there for the eventual arrival of the F-35 Joint Strike Fighter. Major Andrie is a pilot with the 62nd Fighter Squadron at Luke AFB. (U.S. Air Force photo/Samuel King Jr.)

that had not been in service in the 17 months since the last F-15 Eagle left the base.

Wing officials are producing the template for F-35 pilot and maintainer training, a model which will be applied across the spectrum of fighter operations for the foreseeable future. Those processes will be fielded on those four initial aircraft.

“This program is too important to the future of our nation to leave to conceptual planning. We need to test our processes with real iron, actual aircraft,” Captain Saunders said. “It

is one of those things that is going to help us root out the processes and identify seams or rough spots before we start up F-35 training here. This is a critical piece of that.”

In addition to the aircraft, about 50 maintainers from Luke will stay to work on the aircraft during the year, said Capt. Timothy Plante, 62nd Fighter Squadron Aircraft Maintenance Unit officer in charge.

An advanced team of 10 already has received seven 40-foot trucks full of equipment.

“We got all our parts

and equipment to fly these airplanes,” the captain said. “It is just one step closer to the stand up of the F-35.”

The board-selected pilots from three services have flown a diverse group of aircraft from F-15s to Harriers. The group, including Sailors and Marines, will fly with a common base thanks to the F-16.

“It is a joint effort,” Colonel Ravella said. “Eventually, the Marine pilots will transition to the F-35 will also fly the F-16. The Air Force provided hardware for the joint solution

for the wing.”

The 33rd FW re-designated under AETC on Oct. 1, 2009. The joint wing is responsible for F-35 A/B/C pilot and maintainer training for the Marine Corps, the Navy and the Air Force. In the future, for 59 aircraft there will be three flying squadrons, one for each service/aircraft variant, established.

“It is a part of a continuing process,” Colonel Ravella said. “Bringing an airplane in here is huge step; it is a visual step that the 33rd FW is restarting flying operations.”

TUNNEL from page 1

pressure pushed diffuser plates past their intended points of articulation, bending the plates and breaking the pins holding them in place.

"This thing collapsed and there was a lot of stuff that went down to the (foreign object damage) screen on the other side," Norris said.

Now crews are busy getting all aspects of the facility back online, from fixing diffuser plates and damaged screens to preparations to add all the measurement systems back in.

The failure happened as the tunnel was being prepared for a Standard Missile test project managed by Air Force 2nd Lt. CharMeeka Scroggins. She said because of the failure, the customer just completed a test in 16T and will be testing in Tunnel B next. Those tests were supposed to be done after Tunnel A testing, but Scroggins said everyone had to get together and reschedule to get the job done.

"We were prepped for the Tunnel A test at that particular time and then we kind of had to shift gears," Lt. Scroggins said. "But the project team did a really good job on both sides of the house – on the government and the ATA side – in working together to accomplish our re-planning."

But re-planning doesn't mean the need to have the tunnel back up and running has gone away.

"They still need Tunnel A," said Tom Miller, VKF test asset manager and member of the team working on returning the tunnel to service. "And they're anxiously waiting for us to get back operational."

Getting operational meant some serious work for the Model Shop that is ongoing. It all started with determining the extent of the damage and coming up with a repair plan.

ATA test and support facility manager Walt Bishop said it has truly been a team effort between ATA and the Air Force and credited the Return to Service team

with putting together and managing an aggressive yet realistic plan to have the tunnel operational in a short period of time.

"John Hopf, Lisa Waddell, Steve Simpson, Kim Sudberry, Jeff Tate and Jeff Harvey – to name a few – assembled a workable plan in a short period of time to fix a very complex problem with many unknowns," Bishop said.

The repair of the plates is being worked in the Model Shop, where boilermakers are bending and welding large plates of steel in preparation for the machinists to finish machining the plates to tight tolerances.

"This particular repair highlights one of the greatest benefits of working with the Model Shop ... that of concurrent engineering," Bishop said. "Jim Childers and Jeff Earls, design engineering, are working closely with our skilled craftsmen on a daily basis tweaking and monitoring the repairs as they progress."

"I hate to use the term quick fix. It wasn't quick at all," Bishop said. "But it was quicker than the complete refabrication of the plates."

Still, some portions of the damaged plates had to be cut off and rebuilt from scratch. The welding work varied from tight spots to welds that were two inches wide.

An added complication to the work was the fact that the type of steel the plates were made from in 1952 isn't readily available anymore. Steve Ary from the Metallurgical Lab worked with Model Shop boilermakers to develop a weld procedure to allow them to weld three different metals.

"The boilermakers did a fabulous job, which is allowing us to continue on," Bishop said. "Now we're rolling over to the machining phase, where our machinists will finish the plates."

The machining work has to be precise, Bishop said, because the plates include a sealing surface that is



John England, left, inspects drawings specifying a total rebuild of a diffuser plate damaged in an equipment failure at AEDC's Von Kármán Gas Dynamic Facility Wind Tunnel A. Boilermakers Michael Dickey and Jeff Moss repaired the plate by bending plates of steel almost two inches thick and welding massive plates of dissimilar metals. (Photo by Rick Goodfriend)

critical. Alignment has to be exact.

"I am very proud of the return-to-service team and the skills and abilities of the Model Shop," he said.

The work has resulted in additional unplanned man-hours in the Model Shop, Miller said, but the workers there are taking it in stride.

"They were able to re-shuffle their work priorities and give the Tunnel A work high priority, meet our schedules and the test customers' needs as well as meet the needs elsewhere on base," he said.

The return to service has meant more than just getting diffuser plates back in order. At least three control systems in Tunnel A had to be removed before the plates could even be taken out.

ATA Technical Specialist Kim Sudberry said the majority of the Tunnel A Diffuser Control System (TA DCS) – consisting of the actuator motors, conduit and associated control wiring for the actuators – had to be removed. Other control systems that required disassembly were the Tunnel A Diffuser Posi-



Donnie Ingle and David Taylor inspect a lower diffuser plate for proper tolerances after a line boring operation using a laser scanner, while Paul Denton looks on. Workers in AEDC's model shop had to re-bore holes after welding the damaged plate from the Von Kármán Gas Dynamic Facility's Wind Tunnel A. (Photo by Rick Goodfriend)

tion Measurement System – which is used to determine diffuser area – and the system that measures the thermal expansion of the plates, which is known as the Tunnel A Diffuser Sidewall Protection System.

"[Those are] the first things to come out, because that stuff's in the way," Sudberry said. "Not only is it the first thing that has to be taken out, it's the last thing that has to be done when you're ready to operate again."

The damage that occurred in Tunnel A happened at a time when there

were plans already in place to upgrade some of the equipment there. Parts have been ordered and are on the way for work that is scheduled to begin sometime in May.

Sudberry says he is taking the "work smart, not hard" approach to the repair work because of the upcoming upgrade project.

"Some of the original instrumentation design will be incorporated in the new design," Sudberry said. "And I've worked with the design team to use what I call smart engineering practices relative for the

return to service, (saying) 'Hey if you're planning on replacing this with new materials, let's find a common junction. There's no need in doing the work twice. So let me have it and as part of the return to service, I'll put it in.'"

The current target date to have Tunnel A back in service is mid-April. Miller believes it will be ready.

"Once the (return-to-service) team was assembled, we had the right skills and the right players to get the work done in the time frame we need to get it done in," Miller said.

Recycling old bombs saves millions of dollars at Eglin AFB

By Mike Spaits

96th Air Base Wing Environmental Public Affairs

EGLIN AIR FORCE BASE, Fla. (AFNS) -- Environmental restoration officials here are shredding their way through 50,000 practice bombs.

So far, they have recycled more than one million pounds of metal from the BDU 33 and Mark 106 bombs.

The effort is part of the Air Force's military munitions response program.

The mission of the MMRP is to take action to ensure munitions response areas and munitions response sites located off of active test ranges are safe for reuse, and to protect human health and the environment.

In this effort, restoration

branch officials and their contractors use a commercial car crusher to "demilitarize" practice bombs prior to recycling. This crushing operation is part of an agreement between the crushing company, the recyclers and Eglin AFB's contractors, and has resulted in savings of more than \$1 million.

"This method of demilitarizing the practice bombs costs us about \$150,000 for one million pounds shredded," said Ralph Armstrong, the 96th Civil Engineer Group environmental restoration project manager. "Had we done it in a more traditional way, the cost would have been between \$1 and \$2 million.

"Based on all of the information we found, this is the first time this has been done in the United States," he added.

To date, MMRP efforts by officials at Eglin AFB have resulted in more than seven million pounds of range debris metal being recycled, saving the government millions of dollars.

Department of Defense officials launched the MMRP in 2004. Eglin AFB has 24 sites managed under the MMRP, most of which are located within its 724-square-mile land area.

Once this phase of operations is finished, which Eglin officials estimate may take several years to complete, a final MMRP report will be made available to the public.



Discarded miniature practice bombs from Eglin AFB, Fla., are piled at a commercial shredding facility near the base. The bombs will be fed into a shredder and the shredded material then will be recycled. To date, more than seven million pounds of range debris metal have been recycled, saving the government millions of dollars. (Photo provided)

FROM DESIGN . . .



. . . TO CONCEPTION

When it comes to woodworking, AEDC employee Daryl Justice will try making just about anything – and then pass it on to someone who can use it

By Patrick Ary
Aerospace Testing Alliance

If you're ever in a meeting with Daryl Justice, you might see him run his hand over the wood on the table where you're sitting. He admits it's a habit; one that he says many people who love working with wood have.

"I'll see a table or something in a store or somebody's home or something, and I'll check it out and mentally I'll just file it away for future reference," Justice said. "And then I'll try to remember what it looked like or sometimes, if I have a piece of paper with me, I'll try to do some dimensions or try to sketch it or something."

Justice, the emergency management lead for ATA, was bitten by the carpentry bug about 20 years ago.



Now he has an impressive portfolio of work that is documented in page after page of photos he keeps in a brown leather album. There are countless photos of him working in his wood shop at home and just as many photos of the finished products: cabinets, tables, bookshelves, clocks and even toys for his grandchildren.

And he hasn't taken a dime for the work he's crafted in the shop behind his home – with the exception of a few bucks for materials here and there – because that's not why he does it.

"It gives me a tremendous amount of satisfaction to see something that I've made that's being put into use, and people appreciate it," he said.

Justice's hobby began when his wife wasn't able to find the right size of shelf for their living room about



two decades ago. They finally just sat down with a piece of paper and sketched up some plans. Then Justice went to work.

"When I first started out my angles were a bit off, my cuts were a little bit short. So I always called it designer firewood; it was just fit to burn when I'd get done," he said. "But over the years I got a little bit better."

Getting better at the craft meant getting better equipment than the 10-inch table saw he started with. He ended up buying a planer, then a joiner, then a big Delta table saw and today, he has just about any tool you can think of.

It also meant that his 12-foot by 15-foot utility shed had to go; he tore it down and built a two-car garage that has never had a car inside of it. That became his wood shop.

As he got better at the cuts and measurements, his



Over the last two decades, AEDC Emergency Management Lead Daryl Justice has built a number of projects in his home wood shop for family and friends. Of the many items he's made over the years, one he's made several times is a baby cradle. He made the cradle pictured at top left in 1999 for co-worker Tamalena Breiding's daughter Katie, top right. (Above photo by Rick Goodfriend)

projects became more ambitious – and more sought-after. Building something for one of his daughters would sometimes turn into a two-piece job.

"One's got three kids, and one's got four kids," Justice said. "When one of them would say 'Dad, I need a cradle for my baby,' I'd go ahead and fix it. When one would see it the other would say 'Hey dad, you fixed one for her so I need one for me.'"

And he didn't stop making cradles for family. In all, he's made seven. Some of them were for people at his church. He also made one for a co-worker: Tamalena Breiding in industrial security got one for her daughter Katie in 1999 as a gift. Breiding was surprised to get it, and says she was even more surprised at the quality of the work.

"I had seen some of his cabinets and stuff, but I don't think I really expected how beautiful it was," she said.

Justice also made a toy box for Katie, who's now 11. It's still in her room and is apparently staying there for a while.

"I asked her the other day if I could move the toy box out of her room and she said no," Breiding said.

The projects on base didn't stop there. Justice also made a china cabinet for a co-worker who couldn't afford one. And when AEDC Fire Chief Daryle Lopes needed something to showcase a Confederate sword he bought as a retirement gift

for an old friend, he went to the guy who he knew had "mad skills" when it came to woodworking. He ended up giving his friend the sword in a display case that got "oohs" and "ahhs" from the crowd on-hand for the retirement ceremony.

"I just described what I was thinking about and then the next thing I know, Daryl came up with that. And it was awesome," Lopes said.

Over the years, Justice turned out dozens of major projects from his shop; some of them he got from woodworking magazines and others were original pieces he designed himself.

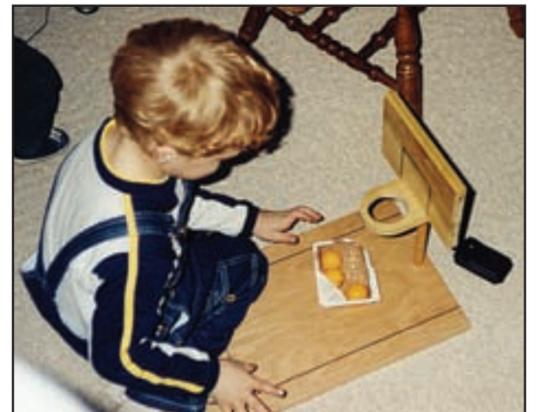
But after about a de-

cade of serious time in the shop, he started to burn out. Projects he promised for friends started backing up, and it started to feel like work instead of fun.

"It just got to be aggravating," Justice said. "So I just quit for a while."

The sword cabinet for Lopes ended up being one of his last major projects and that was almost five years ago.

But his desire to get back out in the shop has never really gone away. Justice still makes little things for his wife, like bookends and bases for figurines. And over the holidays, the itch to create something really started getting to him.



"My neighbor wanted to use my tools, and I had not used the shop for a while," Justice said. "It got cluttered so I got out there and cleaned it up a little bit so he could get in there, and then he did some cleaning up and stuff so he could do his little project. And so what I'm gonna do is go ahead and get everything all straightened up and then get back into it."

He even has an idea of what he wants to start with. One of his bigger past projects was a floor-standing clock with glass shelves. He bought a couple of clock mechanisms around that time, and he's thinking a wall clock might be his first major project in half a decade. Eventually, he may try a real hanging clock, complete with a pendulum – although he thinks that level of precision work might be biting off a little more than he can chew.

"I haven't run into anything that I would not do again," Justice said. "But I'm sure there are things out there I wouldn't do."





Master Sgt. Ryan Miller, AEDC's munitions accountable systems officer, conducts an inventory on base munitions stored in a blast resistant, reinforced area on the base. The munitions at Arnold are for base defense and a number of research, development and testing projects. Sergeant Miller and his five-member team are responsible for the safe procurement, transportation, storage, use and dispensing of a broad array of hazardous materials on base. These include aviation fuel, heavy and light oils, explosives and munitions, and ozone depleting substances. During his off duty time, Sergeant Miller has started his own ministry with the aim of helping others help themselves. One effort he has spearheaded involves helping adults pursue a General Equivalency Diploma and higher education. (Photo by Rick Goodfriend)

AEDC's Ryan Miller stays true to his beliefs

By Philip Lorenz III
Aerospace Testing Alliance

When AEDC's Master Sgt. Ryan Miller attended a church service back in 1995, he wasn't exactly enthusiastic about being there.

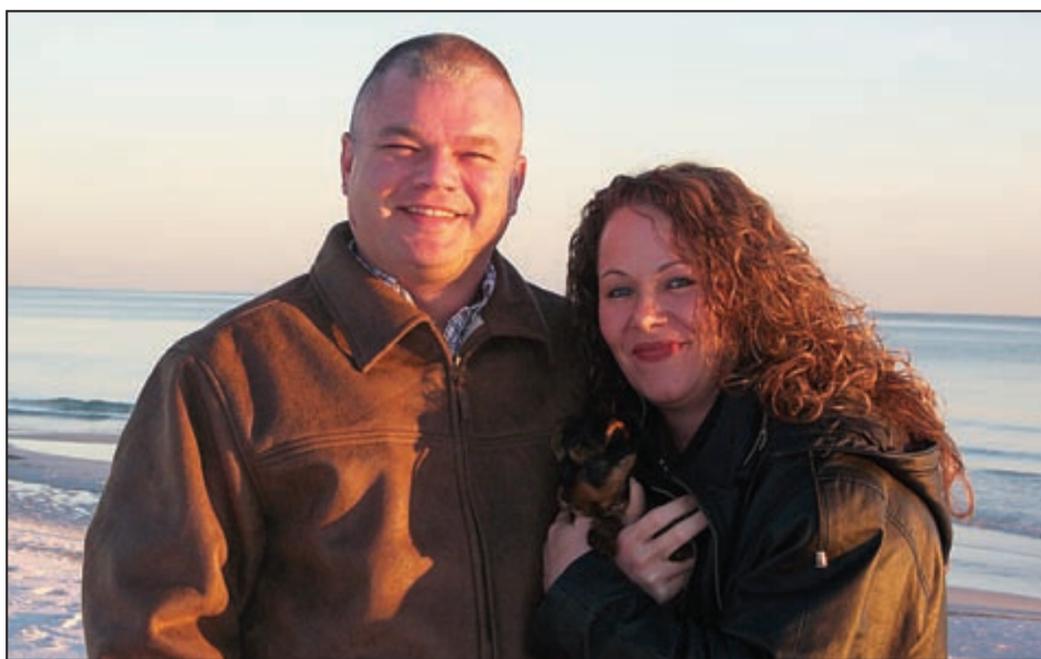
However, that single event dramatically changed his life.

Sergeant Miller, AEDC's munitions accountable systems officer, was stationed at Wheeler Army Airfield on Oahu, Hawaii, at the time. The Tullahoma native recalls how some older friends wanted him to go to the church, hoping to provide some spiritual direction to the young man's life.

"For years I guess I considered myself an atheist; I didn't believe in any God," Sergeant Miller recalled. "What really changed my mind is I saw this preacher in Hawaii and this homeless guy walked in the door. People looked at him and shunned him and the preacher stopped his sermon, pulled him up to the front, [and] said, 'Sir, you're in a position of honor, you sit right here.'"

Miller, who grew up in Lynchburg, Tenn., said the event was a major turning point in his life.

"I knew then that this man [the minister] had God in him, it wasn't a religion, it was real to him and I knew then that he was making a difference because the way I



Master Sgt. Ryan Miller and his wife, Charity, pose for an informal photo in January 2010 on Fort Walton Beach, Fla. They met six years ago around Christmas. As it turned out, Sergeant Miller had known his wife's mother for years and said it was like he was part of the family long before the couple decided to marry in 2005. (Photo provided)

see it, Christ produced life."

As it turned out, the homeless man was a physician, explained Miller.

"This man was down and out," said the master sergeant. "His family left him. He gave up on life and he lived in his car. And [that] one man changed his life. He is a vital member of society now, he got back into the groove and it's just an amazing thing what this man did."

Twenty years ago, Sergeant Miller said his own life lacked direction and he

knew if that didn't change, trouble lay ahead.

"I was 17 years old and looking at getting in trouble [and] figured if I didn't leave I was probably going to end up in jail," he said. "So, I joined [the Air Force]."

Fast forward to today and all those who work with the master sergeant say the man they know has not only become a close friend, a trusted and reliable co-worker, a professional Airman, but someone who is quietly and effectively

making a difference in the lives of others.

Erik Wineland, AEDC's logistics manager since 2009, had only been on the job a few days when he overheard Sergeant Miller speaking to a co-worker about an effort to help feed local school children when they weren't in school.

He had also learned that the 37-year-old senior enlisted man was leading the effort as a lay minister with a small congregation of approximately 30 people in Winchester.

"It was probably about three days into my tour here and I overheard him talking [about] a project where he was feeding kids who rely heavily on school for breakfast and lunch," Wineland said. "During the summertime, a lot of times the kids aren't getting a square meal because of their circumstances. The feeling I got was more important than the words he said. I recognized right away that this guy meant business and he does what he says he's going to do."

Wineland, a retired chief master sergeant, also saw the same determination and take charge attitude in Sergeant Miller's professional demeanor. New responsibilities entrusted to this member were beyond what are found on most Air Force bases.

"He's well suited for AEDC because we're supposed to be looking at best commercial practices to get the best value for the government," Wineland said. "We are very unique in that respect but we can use creativity and innovation to get the job done. That plays to his strengths because he is that way. So, any time the budget shrinks, he has the ability to step outside and look at things from a different angle and focus in on the important parts of the process and then identify the superfluous parts of the process and weed them out and narrow it down to a lean process."

He added, "Most recently, he just got rid of \$93,000 worth of excess stuff that was beyond its shelf life that needed to go for a very long time. Ryan had to step out of his comfort zone and into a whole new world and he's really making it happen," Wineland said, explaining that because of AEDC's contractor work force, it presents a different work environment than most Air Force bases.

In his off-duty time, Sergeant Miller has also earned a bachelor's degree in business administration and is working on a master in business administration with a focus on project management.

Dee Wolfe, an education and training specialist at

See MILLER, page 11

MILLER from page 10

AEDC, had recently retired from the Air Force when she joined the work force at Arnold.

“Master Sgt. Miller is the epitome of senior NCO (non-commissioned officer), leader, mentor and friend,” she said. “He is the kind of guy people want to follow because they know he will take care of them and will not take advantage of them or of his position over them.”

She recalls one particular event that left a lasting impression.

“The best example I have of his willingness to step forward was during the retirement of a co-worker,” she said. “The co-worker was reading the ‘Child’s Medal’ to his sons as part of the ceremony and became too choked up to continue. Without a word, Master Sgt. Miller stepped forward, picked up the script and finished reading the Medal.”

Janice Baker, the A&E’s building manager, is Sergeant Miller’s maternal great aunt.

She said Miller was like many teenagers, immature and potentially heading toward problems. However, in his case, the Air Force helped him turn his life around.

“He has served his country well, going overseas – Ryan is a very good-hearted person, very people oriented,” she said, explaining what she considers the source of her nephew’s values.

“My older sister is a very dedicated Christian,” Baker said. “She’s very

good hearted, she will do anything for anybody, and Ryan is basically the same way. I think he gets a lot of that from his grandmother.”

Baker said an old saying is applicable to how her nephew helps others.

“‘[If] you give a man a fish; you have fed him for today; teach a man to fish, and you have fed him for a lifetime,’ I think that sums it up.”

Wineland said Sergeant Miller has qualities that make him stand out from his peers.

“He’s hardheaded, in the right way, he’s persistent,” said Wineland. “Ryan has a tender heart and tough hide and he will help you, but you have to be willing to help yourself. He’ll give you 49 percent, but you’ve got to be willing to give 51 percent, not the other way around. And he will tell you what you’re doing wrong from where he sees it and he’s never been anything but honest.”

Sergeant Miller, who plans to retire next summer, has a few words of advice

for Airmen following in his path or just anyone in life.

“The first thing is, foremost, be generous, always give,” said the Winchester resident. “And, always be prepared, have a plan, from the very beginning, on everything. We make plans for everything and like Erik [Wineland] said, some of them don’t go through. We set that plan to the side or re-vamp it or whatever we’ve got to do and we move on. Always have a plan financially and a plan for your future, for education.”

Duty assignment notifications to come by e-mail starting today

By Tech Sgt. Steve Grever
AF Personnel Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFNS) -- Air Force officials are automating active-duty assignment notifications for Airmen in the ranks of lieutenant colonel and below beginning Jan. 21.

Airmen will receive an e-mail notification about their new assignments and have seven days to acknowledge their assignments through the Virtual Military Personnel Flight website. Colonels, general officers, basic military training and pipeline students still will use the current assignment notification process.

Officials are consolidating and modernizing many business processes, and transforming online personnel services was one initiative to help accomplish their goals.

Maj. Gen. A.J. Stewart, Air Force Personnel Center commander, said center staff members continue to research and develop new online solutions to reduce

the amount of time Airmen spend on individual personnel actions.

“AFPC is here to take care of the needs of all Airmen by making the personnel process easier for them so they can focus on the mission,” General Stewart said. “The new assignment notification process will automate how Airmen receive new assignments and make it easier for local military personnel sections to manage this program.”

Master Sgt. Kathi Glascock, AFPC’s relocation operations manager, said the new notification process not only gives time back to active-duty Airmen, but also streamlines the number of personnel actions associated with managing the assignment notification program.

“AFPC processes about 153,000 assignment actions ever year,” Sergeant Glascock said. “The new notification system will save Airmen time as well as base personnelists who manage assignments and relocations programs for their installa-

tions. It also condensed the new assignment (Report on Individual Personnel) from six to two pages.”

AFPC specialists developed and tested the automated capability for almost two years and sought feedback from personnelists at Lackland and Randolph Air Force bases.

Master Sgt. Charyl Samson, the 802nd Force Support Squadron relocations superintendent at Lackland AFB, said her office will be able to eliminate several manual processes that will allow them to accomplish their mission more efficiently.

“From a personnel standpoint, we will save a tremendous amount of time from processing new assignment notifications and suspending members,” Sergeant Samson said. “I’m looking forward to seeing it in action in the field.”

For more information about the automated assignment notification process, visit the Air Force personnel services website or call the Total Force Service Center.

Commander's Fit Tip: exercise benefits your blood pressure

By Col. Michael Panarisi
AEEDC Commander

We've explored numerous benefits of a fitness program, but recently I was reminded of perhaps the single most important reason to stick to a rigorous plan ... and it's the one we probably talk about the least.

It's commonly understood that both cardio and weight training workouts can help you lose weight, increase your strength, boost your metabolism and make you feel better all around.

But there's a much bigger benefit, and frankly, one that I rely on to keep me out of the pharmacy. Regular, challenging aerobic exercise will lower your blood pressure; just ask any doctor. High blood pressure is known as "the silent assassin" – no symptoms, no clues and constant damage. Here's the scoop.

You've probably had your blood pressure measured countless times. The technician or nurse will wrap a pressure cuff around your arm (near the location of a big artery or first aid "pressure point") and pump it full of air until it's rather uncomfortable. Then, they hold a stethoscope below the cuff, and start releasing the air pressure in the cup.

What's up with that? They are listening for your pulse as they drop the pressure in the cuff. When they pumped up the cuff, the squeeze action closed the artery, so no blood gets through, and the artery is "silent" in the stethoscope.

As they release the pressure in cuff, the artery opens back up and blood will start to flow. When they can hear the first pulse, they note the pressure. That's the "big number" in your reading, and if you want to

sound sophisticated, you'd call it "systolic pressure." To get the "small number" (the diastolic pressure) they keep releasing the air pressure, until the artery goes silent again (you don't hear a pulse in a wide-open artery; you have to squeeze it some).

That combination of numbers (diastolic and systolic) is reported as your blood pressure, and normal for adults is around 120/80. The numbers represent the actual pressure reading in the artery, in weird scientific units (millimeters of mercury), but it's not unlike the "PSI" (pounds per square inch) you get from your tire gauge.

The systolic reading tells us how much pressure is built up when your heart beats (mainly when the left ventricle contracts and sends oxygenated blood from your lungs through your body), and the diastolic reading shows how much pressure remains between the beats.

Both numbers matter, and as mechanical engineers are well aware, fluid dynamics hold the key to understanding what's going on.

When your heart beats (contracts), the force applied to the blood gets transferred to the walls of your arteries. They literally expand and contract with each beat. The tissue in the blood vessels has to deal with all that expansion and contraction and as you age, that tissue gets stiffer.

By the time you are 65, you will likely join the more than fifty percent of Americans that have high blood pressure, meaning your numbers are bigger than 140/90.

If you hit these numbers earlier than that, you are

literally taking years off your life. Every beat of your heart damages the sensitive tissue in your blood vessels, and they respond by getting harder. The cycle continues. Strokes, aneurisms, heart attacks, these are the "biggies" but the list goes on and on.

Some of our organs have networks of tiny arteries, and these are the most fragile.

Your kidneys and your retinas (the "seeing" part in the back of your eyes) are really vulnerable. In fact, an optometrist can "see" your blood pressure when they look into your eyes, as they can see the pulsing in your retina.

There are lots of medical reasons for high blood pressure in young adults, but the top causes are stress, lack of activity and – you guessed it – weight.

You see, all those fat cells have tiny artery net-

works too, and these tiny arteries make it hard for the blood to get through. That resistance ends up taxing the whole system, and the result is higher overall pressure. Lose the fat, and the numbers almost always come down.

In fact, many people find that they can stop taking blood pressure medicine when they establish a good fitness routine.

As you challenge your heart, your blood vessels naturally dilate to allow more blood to flow to your muscles. This "stretch" will last for hours after the exercise, and you'll notice your blood pressure will be lower for a long time.

That's the result we're after! Mine goes down more than 10 points and stays down all day. It really works, and I haven't taken blood pressure medicine for years.

I know some believe that

their medical conditions are genetic and feel hostage to their DNA. I don't subscribe to that.

No doubt your genetics are a huge influence, but I heard a great quote: "Things happen when genetics meet environment and lifestyle." It's like "Success is when preparation meets opportunity."

If you have a genetic disposition for high blood pressure, then it's even MORE important that you avoid the environment and lifestyle (and diet!) that allows that condition to arise. Even if you can't get off the pills entirely, you may find you need a lower dose (read this as fewer side effects!) and you still get all the other benefits of exercise.

As always, your doctor needs to be a part of this, particularly if you are already on blood pressure medicine. You can't just charge off to the gym and

hit the treadmill at max gas right away. But even a walking profile will help, and in a few weeks, you'll be able to up the ante.

As a gadget collector, I picked up a home blood pressure kit when I got into this, and I highly recommend you do the same. You'll be amazed at how much your pressure changes throughout the day, but the real amazing thing happens when you see a downward trend after a few weeks of workouts.

You have to write down the results often to see the trend, but it's worth the two minutes it takes. If you need some motivation, real results help, and when the numbers go down, you can't deny that your effort is paying off.

So if you are one of the millions with numbers on the rise, try this "antidote." All the "side effects" are beneficial!

AEDC's Jeff Haley is passionate about history, music

By Philip Lorenz III
Aerospace Testing Alliance

Jeff Haley remembers having a fascination with history since his childhood. Maybe it had something to do with the stories his grandmother, Evelyn Haley, shared about his relatives who served in the Civil War. Or, maybe it had a lot to do with his father, Sterling, who was present when President Harry Truman spoke at the dedication of Arnold Engineering Development Center in 1951.

Haley, a draftsman for the electrical engineers at Aerospace Testing Alliance's control and data systems development team, said history has always meant something personal to him.

"I guess it started with me in elementary school, I always loved to hear my grandmother talk about the soldiers on Tennessee maneuvers in the early days of World War II," the Manchester, Tenn., native recalled, referring to the troops who moved into and through Camp Forest, a sprawling Army base for training soldiers on their way to fight in World War II.

Haley, who first came to work at Arnold in 2003, said his love of history really took off after first attending the annual Tennessee Military Collectors Association (TMCA) event in 1986.

However, the seeds of his interest were planted early in life when his family, including his grandmother and father, shared their stories. AEDC, which is located on the original site of Camp Forest, always translated to family connections for him.

"I remember us driving down Wattendorf and he [Haley's father Sterling] would show me the foundations of remnants of the camp," Haley recalled, adding that his father's time in the Army and National Guard helped to solidify his interest in military history. "It just kind of went from there and I collected military

things, especially from World War II. I've been a collector for years, ever since I was a kid really. You could go to flea markets and yard sales and pick this stuff up for a quarter. Of course you can't do that anymore."

Haley, who still lives in Manchester, also had an uncle who helped survey the land during the initial planning phases of AEDC, prior to the beginning of construction on the base.

Speaking of his paternal grandparents, he said, "They got to meet several of the soldiers passing through [Camp Forest]. Of course back then just about everything was rationed and it was hard times for the local people - the soldiers would sneak sugar to them if they needed it and stuff like that."

After attending that first TMCA event, Haley started meeting some well known veterans, like Paul Tibbets, the retired Army Air Force Brigadier General who piloted the Enola Gay, the plane that dropped the atomic bomb on Hiroshima, Japan in 1945.

Haley also met, among others, retired Capt. Theodore "Dutch" Van Kirk, the Enola Gay's navigator and retired 1st Lt. Don Albury, the copilot of Bockscar, the plane used to drop the second atomic bomb on Nagasaki, Japan.

"I've met some of the original crew of the Memphis Bell and I actually met a couple of the very last survivors of the USS Indianapolis," he recalled.

Haley enjoyed meeting others who shared their love of history. He also has sought out books on history.

"I've read a lot on the Civil War and pretty much [everything] on World War II," he said. "Right now I'm reading a book on the Battle of Franklin, Tennessee, which is actually [about] the Civil War."

However, what has had the most lasting impact on Haley



Jeff Haley plays a guitar while his wife Becky plays her fiddle during a practice session at their home. (Photo provided)

are what has been revealed from those who experienced the events that have shaped the nation.

"I have learned a lot from talking to older people," he said. "One of my neighbors, who I grew up next to, he retired out of the Navy [and] he retired on the base here, too."

"He was on a PBY aircraft the whole time and he still has his leather flight jacket, log book and all this stuff - it's just so cool."

Bring up the subject of Camp Forest, and Haley's eyes light up.

"A lot of crack divisions trained here," he said. "General Patton, of course, he came here on maneuvers with the 2nd Armored Division, the Hell on Wheels Division. He was famous even before then, but his headquarters for the maneuvers was at the old high school which

is now the Coffee County Jail in Manchester.

"Probably three quarters of the U.S. Army in World War II had ties to Camp Forrest or passed through [to conduct] maneuvers or training. This played a significant outcome in the war itself."

Haley's other passion is one he shares with his wife, Becky.

"My wife and I actually met through music," he said. "I was playing at a private party hosted by Dennis Flatt and he (Dennis) and Craig Smith introduced me to Becky Buller. So, music has been very good to me. Becky plays for Valerie Smith and Liberty Pike bluegrass band out of Bell Buckle, Tenn."

Like history, Haley's connection to music is rooted in family ties.

"My father has always played music," he said. "He is an accomplished banjo player. My grandfather and my dad's two brothers played music."

"My grandfather played the fiddle and the old time banjo. Because of this, I grew up listening to Bluegrass music. When I was a child I would play my dad's Bill Monroe and Stanley Brothers albums on the record player instead of children's music."

Looking back on how history and music have shaped his life, Haley recalled how even his future wife's choice of attire helped to cement their relationship.

"On one of our first dates, she wore a World War II jacket and it had the infantry pins on it and things like that and I was just 'Wow, it kind of put icing on the cake,'" he said.

Congressional committee studying women in combat

By Karen Parrish

American Forces Press Service

WASHINGTON -- Defense Department officials will review the recommendations of a congressional commission studying the role of women in combat when the group's report is complete, a DOD official said Jan. 14.

Congress established

the Military Leadership Diversity Commission as part of the 2009 National Defense Authorization Act. The commission's task is to evaluate and assess policies that provide opportunities for promotion and advancement of minority members of the armed forces.

The commission's report, expected in March, will include the findings and conclusions of the commission as well as its recommendations for improving diversity within the armed forces.

"DOD will look at the recommendation and go from there," Pentagon spokesman Marine Corps Col. Dave Lapan said. "We'll see what the nature of the report is when it's done."

Congress repealed the combat exclusion laws in the January 1994 National Defense Authorization Act, but requires the services to submit proposed changes to existing assignment policy to Congress for review, Colonel Lapan said.

"For example, when the Navy recently changed its policy to enable women to serve on submarines, that would go through that process," he said. "So the Navy would have to inform Congress it was going to make a change."

The Marine Corps also triggered congressional review when it opened some intelligence positions to women, Colonel Lapan said, but female Marines serv-



Capt. Angela Kimler, 816th Expeditionary Airlift Squadron pilot, conducts post-flight operations on a C-17 Globemaster III at an air base in Southwest Asia March 10, 2010. Captain Kimler was the aircraft commander during a flight with an all-female crew deployed from the 14th Airlift Squadron at Charleston Air Force Base, S.C. A congressionally mandated committee has been evaluating and assessing the role of women in combat. Their report is due in March. (U.S. Air Force photo/Senior Airman Kasey Zickmund)

ing on engagement teams in Afghanistan are in line with department policy on women's assignments.

Colonel Lapan said the U.S. military currently prohibits women from serving in combat units below the brigade level. The Marine women on engagement

teams are not assigned to combat units, but are augmenting them for a specific mission, he said.

"Part of the reason to do that was because the infantry battalions that were out there didn't have any women, because they couldn't," he explained.

Women make up 14.6 percent of the active duty military. By service, the percentage ranges from 7.5 percent in the Marine Corps to 19.2 percent in the Air Force, according to statistics compiled by the Women in Military Service for America Foundation.

Arnold Golf Course 454-GOLF

Arnold Golf Course and Mulligan's Coffee Bar and Grill now have base numbers. Arnold Golf Course has a new base number that is easy to remember: 454-GOLF (4653). Mulligan's Coffee Bar and Grill now has its own number for ease and convenience in placing advance or to go orders. This new base number is also easy to remember: 454-FOOD (3663).

Customer Loyalty Program for golf advanced green fee players to start for 2011 season. Purchase an annual green fee at Arnold Golf Course for 2011 and receive:

- 10 percent discount on Pro Shop merchandise
- 10 percent discount on cart rental
- 10 percent discount on Driving Range tokens
- 10 percent discount on food and beverage purchases at Mulligan's Coffee Bar & Grill

These discounts will be good during the 2011 season which runs April 2011 through March 2012. This discount program is not to be used in conjunction with the Members First Plus discounts. Maximum discount allowed is 10 percent. Sale items and alcohol are not authorized for these discounts. Come by to purchase your annual green fee and get your card for a year of savings.

Mulligan's Coffee Bar and Grill now open. An expanded breakfast and lunch menu as well as a great selection of popular beverages are in store for customers with the reopening of Mulligan's Coffee Bar and Grill. Hours are 6:30 a.m. to 2 p.m. Monday-Friday and 7 a.m. to 2 p.m. on Saturday and Sunday. A new feature is the addition of the "We Proudly Brew" coffee bar featuring Starbucks beverages including hot and iced coffee, lattes, macchiatos, frappuccinos, espressos, hot chocolate and a variety of teas. A convenient "to go" parking area has been created right outside the Mulligan's side door. A punch card program offers \$2 off any purchase after getting five punches (given with any purchase). The newest addition to Mulligan's is the installation of Wi-Fi.

Arnold Lakeside Center 454-3350

Football Frenzy final game day will be Jan. 23 from 11:30 a.m. to 8 p.m. Order the special "Big Dawg" supersized chili dog with fries for \$4.95 members and \$5.95 nonmembers. Prepare for the halftime NFL trivia contest and win some prizes. The grand finale of Football Frenzy will be the Super Bowl on Feb. 6 with a Super Snack Buffet to include pizza, wings, chips and dip and more for \$6.99 members and \$7.99 nonmembers. Members only special for Super Bowl is a dozen wings for only \$5. There will also be more half time trivia and a square board contest with prizes each quarter to include a prime viewing spot in a recliner until the next quarter.

Second Friday Karaoke will be Feb. 11 from 6-10 p.m. All ages are welcome from 6-8 p.m. but 8-10 p.m. is reserved for adults only. Special for members only 7-9 p.m. – 25-cent wings and half-priced pizzas. Dining room special will be Lynchburg ribeye for \$13.95 members and \$14.95 nonmembers served 4-9 p.m. Call ahead for dinner reservations at 454-3350.

Wednesday Lunch is available for dine in or carry out from 11 a.m. to 1 p.m. Call ahead to 454-5555 to place orders. No delivery available. For better service, you may call on any day and preorder. In addition to the Hap's Pizza menu, chef salad is available for \$4.50 which comes with ham, turkey, cheese and boiled eggs. Add grilled or fried chicken for \$2 more. Call to see what other specials are available each week.

Movie nights are every Thursday with movie start time of 6 p.m. and dinner available from the Express or Pizza menus from 5-8 p.m. The schedule for February is: **Feb. 3** – "Life As We Know It," rated PG-13 starring Katherine Heigl and Josh Duhamel. Two single career-driven adults become caregivers for their goddaughter after their mutual best friends die in an accident.

See Briefs, page H3

Book Fair returns Feb. 8 to new A&E Training Rooms



Books Are Fun is back for a book fair from 9:30 a.m. to 3 p.m. Feb. 8 in the A&E Building's new training rooms (A125 and A127). Discounted selections include paperbacks, best-sellers, educational, reference, cookbooks, children's items, gift selections and more. Save up to 70 percent off retail prices and find some great items for Valentine's Day gifts, Mother's Day, Father's Day or any occasion.

ALC plans trip to Nashville's Chaffin's Barn Dinner Theater Feb. 11

Arnold Lakeside Center has planned a getaway for the day to Chaffin's Barn Dinner Theater in Nashville to see "Til Beth Do Us Part," a side-splitting comic romp about marriage. Career-driven Suzannah Hayden needs a lot more help on the home front than she's getting from her husband, Gibby. Enter Beth Bailey, Suzannah's newly-hired assistant, a gregarious, highly-motivated daughter of the South. Beth explodes into their lives and whips the Hayden household into an organized, well-run machine. Gibby grows increasingly wary as Beth insinuates herself into more and more aspects of their lives, including convincing Suzannah that Gibby must go! Gibby sets out to save his marriage and his efforts to stop Beth at any cost set up the wildly funny

climax in which things go uproariously awry. Whether you're married or single, you're sure to enjoy this family-friendly, laugh-out-loud comedy. Enjoy dinner before the show and then watch as the real magic begins, the lights dim and the stage descends from the ceiling. Cost is \$65 and deadline to sign up is Jan. 27. Depart from the ALC at 4:30 p.m. and return approximately 12 a.m. This trip has all the elements for an outstanding night of fun located in one building and with transportation provided at a great price. Chaffin's Barn Dinner Theater is rated one of the top twenty-five tourist attractions in Nashville. Call Melissa at 454-3303 to sign up for the trip. There must be a minimum of five to go and maximum participants allowed is 30.

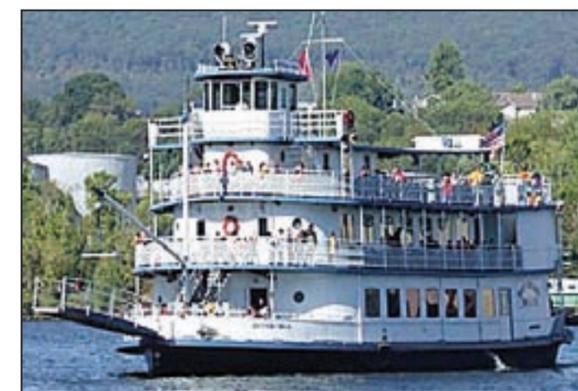
Woman's Club Valentine Dinner Dance coming up Feb. 12 at ALC

Celebrate Valentine's Day in style by joining the AEDC Woman's Club at their annual Valentine's Dance on Feb. 12. Come for a Razzle Dazzle fun time at the Arnold Lakeside Center. The social hour starts at 6 p.m., gourmet buffet dinner at 7 p.m., then dancing to the sound of Nashville's "Timeline". Cost is \$35 per person and dress is coat and tie. A silent auction will be held throughout the evening to benefit the Scholarship Foundation. This event is open to the public and all are invited to attend. Reservations and/or cancellations must be made by noon Feb. 4 to Liz Jolliffe, 393-2552 or lizjolliffe@yahoo.com, or Jane Ricci, 962-1378, or dickanjane@comcast.net.



Suzanne Rutley, Liz Jolliffe and Anne Wonder working on decorations for the AEDC Woman's Club annual Valentine's Dance on February 12.

Sweetheart Luncheon Cruise Feb. 13



Outdoor Rec (ODR) is heading to Chattanooga for the Southern Belle Riverboat Cruise to celebrate Valentine's Day. Ages 16 and up are invited to bring their sweetheart for a cruise on the Tennessee River. Lunch will be baby Bella chicken with fettuccine and cracked peppered round of beef with baby red potatoes, mixed vegetable medley, yeast dinner rolls and a special dessert. Enjoy live entertainment while dining and taking in the scenery. Meet at ODR at 8:15 a.m. to prepare for the journey to Chattanooga and the two hour luncheon cruise. Estimated time of return to ODR is 2:45 p.m. Cost is \$40 and reservations are required by Feb. 2. There must be a minimum of 20 to attend and max space is for 26. The fee is nonrefundable if cancelled after Feb. 2. Be sure to bring your camera and extra clothing depending on the weather.



Horizon is a Services Division publication designed to inform our customers of events and specials in Services Division activities. All program dates, times and prices are subject to change. Services Division mailing address is at 100 Kindel Drive, Suite C321, Arnold AFB, Tenn. 37389-3321

Services information written and provided by Tanya Heggard

This Services supplement is published by *The Tullahoma News*, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the Air Force. This supplement is an authorized publication for members of the U.S. military services. Contents of this supplement are not necessarily the views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

Services Division is an exclusive area available to all AEDC personnel, active duty, retired military, National Guard, Reserve military and others as approved by the commander. Services activities include Wingo Inn (lodging), Arnold Lakeside Center, Outdoor Recreation (Marina, FamCamp, Crockett Cove), Golf Course, Family Member/Youth Programs and Fitness Center. Those mentioned above are eligible to use any Services activity during regular operating hours unless it is specified as a "members only" event. Membership remains a personal choice, however, only members are entitled to discounts and other benefits associated with membership.

Services Division Phone Numbers

Area code 931 DSN 340
 Services Chief – 454-7779
 Services Deputy – 454-5915
 Community Services Flight Chief – 454-4062
 Complex Manager – 454-3367
 Arnold Lakeside Center (ALC) – 454-3350
 Arnold Lakeside Center catering – 454-3350
 Hap's Pizza – 454-5555

Gossick Leadership Center – 454-4003
 Membership Information – 454-3367
 Information Tickets, Tours – 454-3303
 Fitness Center (FC) – 454-6440
 Outdoor Recreation (ODR) – 454-6084
 FamCamp – 454-4520 or 454-6084
 Marina – 454-6084 or 454-3838
 Recycling – 454-6068

Family Child Care – 454-3277
 Family Member/Youth Programs – 454-3277
 Human Resources – 454-5481
 Marketing & Sponsorship – 454-3128
 Barber Shop – 454-6987
 Wingo Inn – 454-3051
 Golf Course (GC) – 455-5870 or 454-GOLF
 Mulligan's Coffee Bar & Grill – 454-FOOD

February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 ALC AEDC Woman's Club luncheon meeting 9:30 a.m. FC Cycle Pump Class - Endurance Cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. FC Intramural Basketball 6 p.m.	2 FC Body Pump Boot Camp 6 a.m. ALC Lunch, 11 a.m. – 1 p.m., call ahead 454-5555 FC Pilates 11 a.m.	3 FC Cycle Pump Class - Yellow shirt cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. ALC Dinner & Movie Night "Life As We Know It" PG-13 dinner 5-8 p.m. movie 6 p.m. FC Intramural Basketball 6 p.m.	4 FC Piloga 11 a.m. ALC Scallops with Mango Salsa on Fresh Spinach, \$13.95 member, \$14.95 non member 4-9 p.m. ALC First Friday Jam Night, 6-10 p.m. FamY Movie Night, 5-7 p.m., age 9 and up, free popcorn, 454-3277	5 ODR Cold Weather Camping 101, 1 p.m., for ages 8+, sign up by Feb. 2, 454-6084 ALC Pork Medallions with Sautéed Apples, \$10.95 member, \$11.95 non member, 5-9 p.m.
6 ALC Super Bowl Sunday game on big screen, Super Snack Buffet \$6.99 member, \$7.99 non member, \$5 dozen wings special for members only, doors open 4:30 p.m., games, contests and prizes	7 FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class – Zesty cycling 11 a.m. FC Yoga 11 a.m.	8 ALC Book Fair, 9:30 a.m. – 3 p.m., save up to 70% off, A&E Rm A125 & A127 (new training rooms) FC Cycle Pump Class - Endurance Cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. FC Intramural Basketball 6 p.m.	9 FC Body Pump Boot Camp 6 a.m. ALC Lunch, 11 a.m. – 1 p.m., call ahead 454-5555 FC Pilates 11 a.m.	10 FC Cycle Pump Class - Yellow shirt cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. ALC Dinner & Movie Night "Unstoppable" PG-13 dinner 5-8 p.m. movie 6 p.m. FC Intramural Basketball 6 p.m.	11 FC Piloga 11 a.m. ALC Spicy Garlic Lime Chicken, \$9.95 member, \$10.95 non member 4-9 p.m. ALC Trip to Chaffin's Barn Dinner Theater, meet 4:30 p.m., return 12 a.m., \$65, RSVP by Jan. 27, 454-3303 ALC Second Friday Karaoke, 6-8 p.m. family time, 8-10 p.m. adult time, 25 cent wings and 1/2 price pizzas for members only 7-9 p.m.	12 ODR Paintball, 9:30 a.m., \$20 includes lunch, ages 10 and up, 454-6084 ALC AEDC Woman's Club Valentine Dinner Dance, 6 p.m., \$35, social, dinner, dancing and silent auction, RSVP by Feb. 4 to 393-2552 or 962-1378
13 ODR Sweetheart Luncheon Cruise, 8:15 a.m. – 2:45 p.m., \$40 includes cruise and lunch buffet, sign up by Feb. 2, 454-6084	14 FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class – Zesty cycling 11 a.m. FC Yoga 11 a.m.	15 FC Cycle Pump Class – Endurance Cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. FC Intramural Basketball 6 p.m.	16 FC Body Pump Boot Camp 6 a.m. ALC Lunch, 11 a.m. – 1 p.m., call ahead 454-5555 FC Pilates 11 a.m.	17 FC Cycle Pump Class - Yellow shirt cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. ALC Dinner & Movie Night "Morning Glory" PG-13 dinner 5-8 p.m. movie 6 p.m. FC Intramural Basketball 6 p.m.	18 FC Piloga 11 a.m. ALC Penne with Shrimp and Goat Cheese Stuffed Tomatoes, \$8.95 members, \$9.95 non members, 4-9 p.m.	19 FamY Drum Lessons start, \$50 for four 30 min sessions, 12-4 p.m., sign up 454-3277 ALC T-Bone with Parmesan Dusted Mushrooms, \$13.95 member, \$14.95 non member, 5-9 p.m.
20	21 FC Open 5 a.m. – 6 p.m. FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class – Zesty cycling 11 a.m. FC Yoga 11 a.m.	22 FC Cycle Pump Class – Endurance Cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. FC Intramural Basketball 6 p.m.	23 FC Push up / Pull up / Sit up competition anytime during regular hours FC Body Pump Boot Camp 6 a.m. ALC Lunch, 11 a.m. – 1 p.m., call ahead 454-5555 FC Pilates 11 a.m.	24 FC Cycle Pump Class - Yellow shirt cycling 11 a.m. FC Karate 3 p.m. FC Zumba 4:15 p.m. ALC Dinner & Movie Night "Megamind" PG dinner 5-8 p.m. movie 6 p.m. FC Intramural Basketball 6 p.m.	25 FC Piloga 11 a.m. ALC Cream Cheese & Prosciutto Stuffed Chicken, \$11.95 members, \$12.95 non members, 4-9 p.m. FamY 4-H meeting, 4-5 p.m. FamY Special Projects & Spaghetti Dinner, \$15 (\$10 siblings), 5-10 p.m., sign up by Feb. 21, 454-3277 ALC Last Friday Trivia Contest, 6:30 pm, teams of 4	26 ALC Butter Beef on Noodles with Mashed Cauliflower, \$8.95 member, \$9.95 non member, 5-9 p.m.
27	28 FC Body Pump Boot Camp 6 a.m. FC Cycle Pump Class – Zesty cycling 11 a.m. FC Yoga 11 a.m.					

Hours of operation

Arnold Lakeside Center — Special function luncheons available. Call 454-3350 for arrangements. Catering/Management offices Tuesday-Friday 10 a.m.–3 p.m.; Lunch: limited menu Wednesdays, 11 a.m.–1 p.m., call 454-5555 to place orders; Dinner: Arnold Express Menu or Hap's Pizza only Thursday 5–8 p.m., dinner or Arnold Express Menus and Hap's Pizza Friday 4–9 p.m. and Saturday 5–9 p.m.; Main Bar Thursday 5–8 p.m., Friday 3:30–10 p.m. and Saturday 5–10 p.m.; Social Hour Friday 4–6 p.m., Movie Night Thursday 6 p.m.
Family Member/Youth Programs — Tuesday through Friday 10 a.m.–5 p.m., Saturday 12–5 p.m., First Friday Movie Night 5–7 p.m.
Outdoor Rec — Main Office, Check In and Auto Shop Tuesday through Saturday 10 a.m.–5 p.m., Marina by appointment only.
Fitness Center — Monday-Friday 5 a.m.–9 p.m.; Saturday 8 a.m.–4 p.m.; Sunday 12-5 p.m. Open 5 a.m.–6 p.m. Feb. 21.
Arnold Golf Course — Pro Shop 8 a.m.–5:30 p.m., Driving Range open 24 hours with prepurchased key card.
Mulligan's Grill— 6:30 a.m.–2 p.m. Monday through Friday, 7 a.m.–2 p.m. Saturday and Sunday.
Recycling — Monday through Friday 7 a.m.–4 p.m.
Wingo Inn — Monday through Friday 7 a.m.–6 p.m., Saturday and Sunday 8 a.m.–4 p.m.
Barber Shop: by appointment — Monday, Wednesday & Friday 8 a.m.–2p.m.; Thursday 8 a.m.–noon.

BX/Commissary customer eligibility

AEDC government civilian and AEDC contractor employees have access to the following limited items at the base exchange (BX): consumable items including toiletries and over-the-counter pharmaceuticals, food items such as candy, chips, little meal items, hot dogs and soft drinks. Alcohol and cigarettes are not included as consumable items. However, only active duty and retired uniformed services personnel and their dependents are eligible to use the base commissary next to the BX. The commissary hours of operation: Tuesday, Wednesday and Friday 9 a.m.-5:30 p.m., Thursday 9 a.m.-6:30 p.m. and Saturday 8 a.m.-4:30 p.m. The BX hours of operation: Tuesday through Friday 9 a.m.-5:30 p.m., and Saturday 8 a.m.-4:30 p.m. For more information contact Janie Warren, BX manager, at (931) 454-7153 or Jeff Lillard, Commissary manager, at (931) 454-3545.

AAFES Dividends

Dividends generated from the Army and Air Force Exchange Service (AAFES) overall earnings are a major contributor to Services nonappropriated fund (NAF) construction and renovation projects as well as equipment purchases. Services would like to thank all AAFES customers for their support. Dividends received for June 2010 totaled \$6,448.53.



New Track is Open Behind the A & E Building

The running track behind the A&E building is now available for use but will require using caution since it is still an active construction site. Please use the paved entryway apron to access the running track and do not attempt to walk across unfinished soil. Do not cross the orange barriers that will be up during the installation of the concrete sidewalk. The running track will be temporarily closed in the spring for application of the rubberized running surface. The new track is available to all base personnel.

Briefs from H1

Feb. 10 – “Unstoppable,” rated PG-13 starring Denzel Washington and Chris Pine. With an unmanned, half-mile-long freight train barreling toward a city, a veteran engineer and a young conductor race against the clock to prevent a catastrophe. **Feb. 17** – “Morning Glory,” rated PG-13 starring Rachel McAdams, Harrison Ford and Diane Keaton. An upstart television producer accepts the challenge of reviving a struggling morning show program with warring co-hosts. **Feb. 24** – “Megamind,” rated PG starring voices of Will Ferrell and Brad Pitt. The super villain Megamind finally conquers his nemesis, the hero Metro Man ... but finds his life pointless without a hero to fight.

Friday night dining room specials available from 4-9 p.m. Feb. 4: Scallops with mango salsa on fresh spinach, \$13.95 member, \$14.95 nonmember. First Friday Jam is 6-10 p.m. **Feb. 11:** Spicy garlic lime chicken, \$9.95 member, \$10.95 non member. Second Friday Karaoke 6-10 p.m. Member's Special: 25-cent wings and half-priced pizzas 7-9 p.m. **Feb. 18:** Penne with shrimp and goat cheese stuffed tomatoes, \$8.95 members, \$9.95 nonmembers. **Feb. 25:** Cream cheese & prosciutto stuffed chicken, \$11.95 members, \$12.95 nonmembers. Last Friday Trivia 6:30 p.m. All specials and times are subject to change without notice. Please call ahead to ensure availability and openings.

Saturday availability and specials: Feb. 5: Pork medallions with sautéed apples, \$10.95 member, \$11.95 nonmember. **Feb. 12:** Grilled lamb chops with pomegranate port reduction, \$13.95 member, \$14.95 nonmember. **Feb. 19:** T-bone with parmesan-dusted mushrooms, \$13.95 member, \$14.95 nonmember. **Feb. 26:** Butter beef on noodles with mashed cauliflower, \$8.95 member, \$9.95 nonmember. The dining room is open on Saturdays from 5-9 p.m. unless otherwise specified. Please call for reservations to ensure these specials are available. All specials and times are subject to change without notice. Please call ahead to ensure availability and openings.

Trivia Contest returns 6:30 p.m. Feb. 25. Teams can have up to four people. No cell phones are permitted during the event. Anyone using a phone while a question is underway will be disqualified. A tutorial will be given promptly at 6 p.m. to all participants prior to the start of the game. Six rounds of questions will be administered consisting of three questions in each round. Each round is worth 10 points. The team with the most points at the end will have their choice of available prizes. Remaining teams will select prizes in order of finish in point standings. Ties will be broken by a trivia play-off.

Family Member/Youth Programs (FamY) 454-3277

Youth Movie Night will be Feb. 4 from 5-7 p.m. Ages 9 and up are invited to the Open Rec Center to watch a movie. There will be free popcorn, juice and water.

4-H meeting is set for Feb. 25 from 4 to 5 p.m. The 4-H program is for youth in fourth grade through 18 years of age. Future meetings are scheduled for March 24 and April 28.

Drum Lessons will begin a new session Feb. 19. Cost is \$50 for four 30-minute sessions and is open to ages 7 and up. Classes are held on Saturdays from 12-4 p.m. in 30-minute blocks for four week sessions. New sessions will begin March 19 and April 16. Call to set up your time preference.

Special Demonstration Projects planned for Feb. 25 from 5-10 p.m. Come out and learn how to make an apple pie with three easy steps. Learn how to make recycled paper with three easy steps. Even if you aren't into these projects everyone is still welcome to come hang out with your friends and enjoy some new games and a spaghetti dinner. The meal includes spaghetti with meatballs, corn, tossed salad and garlic bread. Beverages include water, soda and fruit punch. Cost is \$15 per person ages 5 and up. Additional children from the same household will pay \$10 each. Deadline to sign up is Feb. 21. Late registration fee and/or cancellation fee of \$10 each will be applied after Feb. 21. There must be at least 10 signed up to hold this event. Maximum participants allowed is 15.

Air Force Air Society is currently accepting applications for our **General Henry H. Arnold Education Grant Program** which provides \$2,000 grants to selected sons and daughters of active duty, Title 10 AGR/Reserve, Title 32 AGR performing full-time active duty, retired, retired reserve and deceased Air Force members; spouses (stateside) of active duty members and Title 10 AGR/Reservists; and surviving spouses of deceased personnel for their undergraduate studies. The value and success of this program is demonstrated in the 91,095 grants disbursed since the first awards were made for the 1988-1989 academic year. Available to students who are in college or will be entering college next academic year. More information and eligibility requirements can be found at <http://www.afas.org/Education/ArnoldEdGrant.cfm>. Deadline for this grant is March 11. Air Force Air Society is now on Facebook!

Germs Are Everywhere! Because germs are in so many places, it's important to wash your hands often. Be sure to wash your hands...

- Before you eat or touch food
- Before you touch your mouth, nose or eyes
- Before you touch a cut or sore
- Before and after you touch someone who is sick
- After you eat
- After you touch raw foods such as meat or fish
- After using the rest room
- After blowing your nose, coughing or sneezing
- After touching your pet or other animals
- After playing outside
- After touching garbage

Fitness Center 454-6440

Intramural Basketball League is underway with games played on Tuesdays and Thursdays at 6, 7 and 8 p.m.

3 Point Shoot Out will be held Jan. 26 at 5:15 p.m. Participants will shoot two shots from each of five locations earning one point for each shot made. Choose to use the “Money Ball” anytime and it is worth two points. Top three point earners will win prizes.

Push Up / Pull Up / Sit Up Competition is set for Feb. 23. Stop by anytime during regular hours and complete as many properly performed reps in each category. The top finisher in each category will receive a prize.

Body Pump Boot Camp is now a regular class on Mondays and Wednesdays at 6 a.m. lasting an hour. It incorporates plyometrics, jump squats, burpees, mountain climbers, calisthenics, jumping jacks, sit ups, push-ups, and strength training utilizing dumbbells, medicine balls and your own body weight. It also addresses cardiovascular endurance and core conditioning in interval fashion. Forums will also use concepts such as team exercises – grab a partner for additional fun and exercise. This class is progressive as the weeks go on and a progress sheet will be developed for all participants to track their improvement. This class is geared toward all levels of fitness so come out and have some fun. Classes are for eligible users only (Members First Plus members, active duty military, retired military and DoD civilians).

Random Fitness Initiative continues. Twice a month the Fitness Center staff will roam the base during lunch and award people for showing self initiative for working out on base at a location other than the Fitness Center. Those selected will receive a prize.

Karate class is held 3-5 p.m. Tuesdays and Thursdays on the main gym floor. This class is taught by volunteer Don Gardner of ATA. For more information on these classes contact Don at 454-3497.

The Fitness Center staff welcomes any **individual request for assistance** in developing a specialized fitness plan to help complete your fitness and health objectives. Call for assessments, instruction and fitness/workout plans.

Outdoor Rec (ODR) 454-6084

Cold Weather Camping 101 will be held Feb. 5 at 1 p.m. for ages 8 and up at the Outdoor Rec building. This class will better your skills and knowledge when it comes to camping in cold weather. Learn things like choosing the right spot, staying warm during the night and packing the right supplies for the trip. Some of the class will take place outdoors so dress or bring appropriate clothing. Bring your own equipment also, if you want. The class should last approximately an hour and a half depending on participant questions. Deadline to sign up for this class is Feb. 2 and there must be at least three to hold the class. Maximum class size is fifteen. Call 454-6084 to



Mulligan's Coffee Bar and Grill expands seating with enclosure of the patio. Work has already begun for the increased winter seating capacity to increase by 48 when completed. The area will be heated and lights have already been installed. Carpet will go in after the curtains are completed. The curtains have the option to be raised or lowered depending on the weather.

sign up or for more details.

Paintball is set for Feb. 12. Ages 10 and older are invited to play. Meet at Outdoor Rec. at 9:30 a.m. Cost is \$20 and includes lunch. Remember to wear long-sleeved shirts and long pants.

FamCamp and Crockett Cove cut prices for winter months. Outdoor Rec has marked down prices by half for camping through February 2011. Call 454-6084 for further information or to make reservations.

Battlefield Trips coming in March: Stones River Battlefield March 19 and Chickamauga Battlefield March 26.

The Battle of Stones River began on the last day of 1862 and was one of the bloodiest conflicts of the Civil War. The battle produced important military and political gains for the Union and it changed forever the people who lived and fought here. Join Outdoor Rec for a trip to Murfreesboro to tour the park guided by a park ranger. The tour will take place rain or shine and will cover the entire park with stops at certain points along the way to get a more in depth look at the importance of these areas within the battlefield. Then tour inside the visitor's center featuring artifacts from the war as well as accounts from those who were involved. The tour itself will be from 1-4 p.m. Meet at Outdoor Rec at 11:30 a.m. and plan to return approximately 5:30 p.m. There is an option to stop for food along the way if the group so chooses. Bring cameras if you want and extra money for souvenirs. This trip is for all ages and cost is \$10 (free for age 7 and under). Deadline to sign up is March 16. There must be a minimum of 8 to take the trip with maximum of 26.

In north Georgia and south Tennessee, Union and Confederate armies clashed during the fall of 1863 in some of the hardest fighting of the Civil War. The prize was Chattanooga, a key rail center and the gateway to the heart of the Confederacy. Learn more about the Chickamauga Battlefield on a park ranger guided tour. Meet at Outdoor Rec at 8:15 a.m. and return approximately 4 p.m. The tour will be from 11 a.m. to 2 p.m. EST. Plan to stop for lunch after the tour. This trip is for all ages and cost is \$12 (free for age 8 and under). Deadline to sign up is March 23. There must be a minimum of 8 to take the trip with a maximum of 14. Remember to bring your camera and extra money for souvenirs.

It's time to learn more about the significant things that happened in this country's history in places that aren't that far away. Call 454-6084 to sign up or for more details.

Reservations for pavilion usage by authorized personnel must be made through the Outdoor Recreation Program. This includes the two pavilions at Gossick Leadership Center Beach, the Arnold Lakeside Beach and two in the Crockett Cove area. Rental fee is \$25 per day and a \$50 refundable cleaning deposit is required. Reservations may be made up to 30 days in advance at Outdoor Rec (building 3055, previously known as Community Activities Center) or by calling 454-6084.

Reservation Policy: FamCamp and Crockett Cove reservations may be made 45 days in advance for active duty military and reserve components and 30 days in advance for all other eligible patrons. Marina reservations may be made

15 days in advance for active duty and reserve components and 10 days for all other eligible patrons. Reservations are made through Outdoor Rec, 454-6084.

Wingo Inn 454-3051

Reservations for Wingo Inn can be made 120 days in advance. Room rates start at \$39 per night. Please call 454-3051 for reservations.

AEDC Woman's Club 455-5676

The “winter blues” will be dispelled by our February speaker, Cherie Jobe will present the program at the February meeting of the AEDC Woman's Club. She promises to tickle your funny bone and inspire you with heart wrenching stories she has gleaned from her many years spent behind the hair dresser's chair. Dare we compare her to the hairdresser in “Steel Magnolias”? “Behind the Chair” is the name of her book and it is full of things to make you laugh out loud! This is one program you won't want to miss.

The meeting is at the Arnold Lakeside Center Feb. 1. Social hour is at 9:30 a.m. and the meeting starts at 10 a.m.

If you are not currently a member of AEDC Woman's Club, consider this as your invitation to join us.

Reservations must be made by noon Jan. 26 by contacting Liz Jolliffe at 393-2552 or JAJolliffe@aol.com or Jane Ricci at 962-1378 or dickanjane@comcast.net.

This is a private organization which is not part of the Department of Defense or any of its components and it has no governmental status.

The Services insert to the High Mach is designed to inform our customers of events and specials in Services activities. All program dates, times and prices are subject to change.